

Remedies for Bad Breath

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Does the term "death breath" mean anything to you? Come on, you've surely encountered someone that hit you with a dose of the old foul air. Let's face it; it's the biggest turn-off in the book. No one wants to be remembered for their atrocious breath. This is why proper oral hygiene is imperative. Also, maybe a few remedies for bad breath in general. This is just something we have to keep on top of every step of the way, people. That cheeseburger with onions you just had for lunch could ruin the whole thing. Maintaining sweet clean breath is a chore, but one we should all invest some time in.

How often do you brush? Well, the ideal answer would be three times each day. While this is what's recommended, most individuals do not take the time to do so. I'll admit, I probably only brush twice a day for the most part, but I do floss daily and use a decent mint fluoride rinse. You essentially want to keep your mouth clean from all odors. This can and should be done following each meal. It's mandatory in my book to brush before you go to bed at night. You definitely don't want to leave all that YUCK on your choppers overnight. Think about the repercussions. We're not just talking about bad breath here; but cavities as well. No one wants cavities! Yikes, anything but the drill! In more modern times, remedies for bad breath have gone beyond good oral hygiene. We are now overwhelmed with breath enhancers. What convenient remedies for bad breath are in your purse or pocket? You surely have some Tic Tacs or maybe a pack of Certs or Dentine Ice close at hand. These quick fixers will mask any foul odor regardless of what garlic infused dish you just gobbled down at the local Italian joint. An alternative option when it comes to remedies for bad breath is Breath Assure. Have you ever tried this stuff? It's basically a capsule that you swallow after meals. It supposedly destroys any notion of bad breath before it ever has a chance to rear its ugly head. You can purchase this product online and typically in drug stores. In the end, good oral hygiene is always one of the best remedies for bad breath. You can't beat a clean minty mouth. Just always remember to brush your tongue.