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What Are the Health Problems Related to Bad Breath?

Bad breath or an unpleasant taste may indicate gum disease. Gum disease is often caused by bacteria. These bacteria produce toxins that irritate the gums and bone. Untreated, gum disease can damage the gums, bone and other tissues.

Bad breath can result from several conditions, including poor oral hygiene, dry mouth, dental disease, and other illnesses. People who suffer from dry mouth often experience bad breath as well.

Bad breath can be caused by many things, including seasonal allergies, diabetes, acid reflux, gastrointestinal issues, chronic lung infections, liver or kidney problems.

Symptoms of Halitosis

Halitosis occurs when there is too much buildup of bacteria in certain areas of the body. People with halitosis may notice a thick layer of dead cells or plaque on the surface of the tongue. These cells can cause a coated tongue and dryness and other symptoms.

Halitosis can be caused by poor oral hygiene, tobacco smoking, drinking alcohol beverages, using chewing tobacco, eating spicy foods, or having an impacted wisdom tooth.



How To Get Rid Of Bad Breath From Throat

The most common way to get rid of foul breath odor is to brush with antibacterial toothpaste and floss regularly. You should also avoid eating food like onion and garlic. If you do not care about these types of foods, you can cut them out of your diet.

You can also rinse your mouth with water before going to bed at night. This will help keep your mouth fresh and clean. Morning breath is usually worse than evening breath. Try brushing your teeth first thing in the morning.

If you feel like your breath smells bad all day long, it might be time to see your dentist. Your dentist can examine your teeth and determine if they need cleaning. He or she can also check for cavities and remove any tartar build-up.

It is important to note that some people have bad breath because of health conditions.



Bad Breath From Throat Mucus

Mucus is a clear fluid produced by glands throughout your body. When mucus builds up in your throat, it can become sticky and block airflow. This causes bad breath.

When you swallow air, it travels down the esophagus and enters your stomach. As it moves down the digestive tract, it mixes with gastric juices and bile. Once mixed, the mixture forms a thin liquid called chyme.

Having unpleasant breath can be caused by a variety of factors. Some of these include:

- **Poor Oral Hygiene** - Poor oral hygiene is one of the leading causes of bad breath. It leads to the accumulation of harmful bacteria and debris in the mouth. In addition, it can lead to gum diseases which can cause pain and discomfort.
- **Smoking Tobacco** - Cigarette smoking has been shown to increase the amount of bacteria in the mouth. This increases the likelihood of developing bad breath.
- **Diabetes** - Diabetes can cause dry mouth and increased levels of sugar in the blood.
- **Alcohol Consumption** - Alcohol consumption can affect the production of saliva. Saliva helps wash away bacteria from the mouth. Without adequate amounts of saliva, bacteria are more likely to accumulate in the mouth.
- **Eating Spicy Foods** - Certain spices can irritate the lining of the mouth. They can also cause the release of enzymes that break down proteins. This can cause the formation of ammonia gas.
- **Having An Impacted Wisdom Tooth** - A wisdom tooth can grow into the roof of your mouth.
- **Infection** - Infections can cause bad breath. For example, infections of the sinuses can lead to nasal discharge.
- **Hormonal Changes** - Hormones can play a role in causing bad breath. Women experience this problem during their menstrual cycle. Menstrual periods often cause bloating and swelling in the face.
- **Allergies** - Allergic reactions can cause inflammation and irritation of the nose and sinuses.



Bad Breath From Sinuses

Unpleasant mouth odor can sometimes originate from sinuses. A cold or flu may cause congestion and nasal drainage. These symptoms can lead to an increase in mucus production.

In order to treat bad breath from sinuses, use saline sprays. Saline sprays contain sodium chloride . They work by drawing excess moisture out of the nose and sinuses. Saline sprays come in different strengths. Choose one that is appropriate for your needs.

Having a sinus infection will usually produce a thick yellowish-green substance. You should try to avoid touching this substance as it could spread germs to other parts of your body.

If you touch the substance, clean your hands thoroughly afterwards. If you cannot get rid of the smell, you might need to see a doctor.



Approximately 30% of the population complains of some sort of bad breath. (health.harvard.edu)

Natural Remedies For Bad Breath From Stomach

Options for breath odor treatment vary depending on the source of the problem. In addition, the severity of the condition and the person's overall health must be considered.

Oral health care professionals recommend using natural remedies for bad breath if they have not worked effectively. Natural remedies are safe and effective ways to address various problems associated with bad breath.

Treatment of Halitosis Options

Proper treatment of halitosis will depend on the underlying cause of the problem. If you suspect that there is a medical issue involved, seek professional help as soon as possible.

If you have no other options available, then you can try natural remedies. Here are some of the most effective home remedies for halitosis treatment. They include:

1. Apple Cider Vinegar : ACV has been shown to reduce bad breath. It works best when taken orally.
2. Lemon Juice : Lemon juice helps to kill bacteria and freshen breath.
3. Baking Soda : Baking soda dissolves the foul odors and neutralizes the acids.
4. Salt Water Rinse : Saltwater rinses clean the mouth and kills germs.
5. Peppermint Oil : Peppermint oil has antiseptic properties and reduces bad breath.
6. Listerine : Listerine contains active ingredients that kill bacteria and reduce bad breath.



You can try either drinking a glass of 100 percent pineapple juice or chewing on a slice of pineapple. ([healthline.com](https://www.healthline.com))

How Can I Prevent Bad Breath Odor?

There are some quick, easy ways to banish the smell of bad breath. Remember, the odor from what we eat can stay around until the food works its way completely out of our system - up to three days later! To reduce or prevent bad breath, practice good oral hygiene. Brush your teeth twice a day with fluoride dentifrice to remove food debris and dental plaque.

Brush your tongue too, or use a tongue scraper. Replace your toothbrush after two to three months or whenever you get sick. Use floss or a dental pick to remove food particles and dental plaque. Floss regularly and clean your retainer or orthodontic appliance nightly.

Add a fluoride rinse to your regular daily regimen. Fluoride rinses can help protect teeth against cavities and strengthen enamel. Regular dental visits help maintain healthy gums and prevent tooth decay. They also detect early signs of gum disease, which could lead to serious health problems if left untreated. The American Dental Association recommends seeing the dentist once every six months.

Water, sugar-free gum, and sugary candies stimulate the production of saliva, helping wash away food particles and bacterial deposits. Hard fruit and veggies help rinse away plaque and food particles.

Keep a record of what you eat. Bring it to your dentist if you think certain foods or medications could contribute to bad breath. Likewise, write any medications you take. Some medications may cause bad breath.



Who Treats Bad Breath?

Bad breath can often be attributed to dental problems. While many patients seek help from their dentists, some need to consult with a specialist to rule out other causes of foul odors.

Periodontists are dentists who specialize in the treatment of gum problems. Your dentist may diagnose gum disease by looking at your teeth and gums. He or she may recommend that you see a periodontist if the problem appears to be more serious than gum disease.

Treating Halitosis

Halitosis is caused by poor oral hygiene, especially if there is excessive use of tobacco products or alcohol. Tongue scraping and tongue brushing are helpful, as well as avoiding foods that cause bad breath.

Chronic sinusitis can be treated by using a saline nasal spray. Antibiotics can cure a bacterial infection, but they do nothing to treat bad breath. Your dentist, doctor or pharmacist should be able to identify the source of your bad breath and recommend the most appropriate treatment for you.



What's The Cause Of Bad Breath Conclusion

Having a strong odor emanating from your mouth is not only embarrassing, but it can also be unhealthy. If you're suffering from halitosis and have plaque buildup, you'll want to visit your dentist soon.

If you suspect that your bad breath is because of an underlying medical condition, such as diabetes, then you will need to speak with your physician about treatment for this bad smell.

For more information on how you can help you get rid of your bad breath, check out our resources below. We look forward to helping you keep your smile healthy and beautiful!

FAQs for What's the Cause of Bad Breath

What is the Most Common Cause of Bad Breath?

Dental hygiene plays a major role in preventing bad breath. You must brush and floss regularly to remove bacteria and food particles from between your teeth and under them. Brushing twice a day suffices to clean your teeth, while flossing helps remove debris from between your teeth and along the sides of your gums.

Throat conditions like tonsillitis, and strep throat can cause bad breath. A sore throat makes swallowing difficult, so food and bacteria build up in the back of the throat. This leads to bad breath because it mixes with saliva and becomes trapped behind the tongue.



How Can I Get Rid of Bad Breath Quickly?

Having an unpleasant odor coming from your mouth is embarrassing. It's important to know how to get rid of bad breath quickly. Your salivary glands produce saliva to wash away bacteria and food particles. Inflamed glands do not produce enough saliva. Bacteria builds up as a result and produces an unpleasant odor.

The breakdown of food particles and bacteria gives off the odor. To prevent bad breath, you need to maintain good oral hygiene. Brush and floss your teeth daily, and avoid eating and drinking anything that could make you feel sick.

Artificial saliva can rinse the mouth after meals. Mouthwashes containing baking soda and salt can reduce bad breath temporarily. You can also try chewing sugarless gum.

How Can You Tell You Have Bad Breath?

Odor-causing bacteria live in your mouth and on your tongue. They feed on food particles and dead cells. These bacteria release sulfur compounds into the air when they break down food. Because the sulfur compounds are odorous, they give off a foul odor called "halitosis."

Bad breath often comes after you eat certain types of foods. Foods rich in protein and carbohydrates create more odor than those high in fat.

You can also tell you have bad breath when you notice it during social situations. Other people may find your breath offensive even if you haven't eaten recently.

Bad breath isn't just a problem for adults. Children who suffer from chronic coughs often develop bad breath. In fact, children who experience frequent coughing episodes often have a higher risk of developing bad breath.

How Do I Keep Fresh Breath All Day?

To keep fresh breath all day long, keeping your mouth clean is essential. Use dental products designed specifically for cleaning teeth and gums. Avoid using toothpastes or mouth rinses that contain alcohol. Alcohol dries out your mouth and leaves residue behind.

If you have a cold, use saline nasal sprays instead of over-the-counter decongestants. Saline solutions work by drawing water into your nose through tiny channels in the membranes lining the inside of your nostrils. This reduces swelling and congestion.

One Simple Way To Maintain Your Perfect Smile!



Hi, My name is Marc Hall

I am 54 years old and I live with my wife, Martha, in a small town next to Charlotte, North Carolina.

I have always been passionate about plants and their ability to keep us healthy. Therefore, I have been researching some of the **best natural ways** that could help anyone support their healthy teeth.

So, what I did was to perfect an easy, yet powerful formula, which consists of **amazing vitamins** and plants, such as **Vitamins A, C, D3 & K2, phosphorous, potassium, zinc, micro-encapsulated calcium (MEC), xylitol, collagen, MSM and spearmint/peppermint.**



I Truly Believe This Formula Is A Work Of Art!

And I will be more than happy to share it with anyone who needs it. A formula that will support the health of your teeth, keeping them strong and your breath fresh.

Before turning this formula into a supplement, I made sure that it is:



Are natural, sourced from local growers that let plants reach their full maturity and use no chemical treatments.



Are mixed in the right way and in the right amount to keep their properties intact.



Are processed under strict sterile standards with regularly disinfected equipment.

**After all my requirements were 100% met,
we finally had the final product:**

I called it

DENTITOX PRO



The product is made here, in the USA, in our FDA approved and GMP certified facility, under sterile, strict and precise standards.

Dentitox Pro is non-GMO and safe. You can rest assured that it does not contain any dangerous stimulants or toxins, and more importantly, they are not habit forming.

That's right. Just \$69.

**You can get a 30-day supply of
Dentitox Pro for a one-time fee of just
\$69.**

And you can get access to everything in the next 90 seconds.
You can now support the health of your teeth with 100% natural ingredients, no matter
if you are 40 or 80 years old.

Plus, with every order made today, you also get free shipping!

How does that sound? Take a look below!

The moment you place the order, you'll be taken to a secure checkout page.
Just fill in your payment details by using a **credit** or **debit card**.

After you fill in your information and confirm your package will be **shipped for free right to your doorstep** as soon as possible.

If you order the 3 bottles or 6 bottles package (which we highly recommend as we estimate that **we will run out of stock soon** as this has happened before) you'll also **take advantage of a huge discount**.

Just click below to select your package!

BASIC	BEST VALUE	MOST POPULAR
1 bottle	6 bottles	3 bottles
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\$69 / Bottle	\$49 / Bottle	\$59 / Bottle
TOTAL: \$99 \$69	TOTAL: \$594 \$294	TOTAL: \$297 \$177
 Buy Now	 Buy Now	 Buy Now
 Free US Shipping	 Free US Shipping	 Free US Shipping
		

All you need to remember is that Dentitox Pro can be found **only on this page** and is not available for purchase anywhere else. So, take advantage of the only chance to grab this **exclusive formula**. Once again, **Dentitox Pro is selling very fast**, as thousands of people are eager to see for themselves the amazing results of this product. But once it will be sold out, it will take me at least 8 months to restock on the rare ingredients and produce another batch. So, **hurry up** and make your choice. If you have doubts, I totally get you...

I am so confident that Dentitox Pro will work for you too that I'm going to give you...



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If you are not happy with the benefits Dentitox Pro has to offer, **we will issue a full refund!** Just contact us in the first 60 days from your purchase, even if you used up the entire bottle or not, we would still **give you your money back.** This means you have 2 whole months to see if Dentitox Pro is the right choice for you or not. **No hidden fees** or subscriptions. Just a **safe and secure** one-time simple payment.

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I can't wait to hear your opinion after trying Dentitox Pro!

Remember! For each order of 3 and 6 bottles you will have a big discount, and every order comes with free shipping, no matter where you live.

BASIC 1 bottle	BEST VALUE 6 bottles	MOST POPULAR 3 bottles
<p data-bbox="370 1367 561 1398">30 Day Supply</p>  <p data-bbox="350 1686 581 1755">\$69 / Bottle</p> <p data-bbox="407 1772 521 1829">TOTAL: \$99 \$69</p> <p data-bbox="326 1850 610 1919"> Buy Now</p> <p data-bbox="370 1944 570 1971"> Free US Shipping</p>	<p data-bbox="711 1367 912 1398">180 Day Supply</p>  <p data-bbox="695 1686 925 1755">\$49 / Bottle</p> <p data-bbox="737 1772 883 1829">TOTAL: \$594 \$294</p> <p data-bbox="664 1850 948 1919"> Buy Now</p> <p data-bbox="711 1944 911 1971"> Free US Shipping</p>	<p data-bbox="1060 1367 1261 1398">90 Day Supply</p>  <p data-bbox="1040 1686 1271 1755">\$59 / Bottle</p> <p data-bbox="1084 1772 1230 1829">TOTAL: \$297 \$177</p> <p data-bbox="1011 1850 1295 1919"> Buy Now</p> <p data-bbox="1058 1944 1258 1971"> Free US Shipping</p>



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