Keep Your Breath Fresh

**Halitosis. Dragon breath. Stomatodyssia.** Whatever you call it, bad breath is not pleasant. Here’s how to avoid this condition affecting 80 million Americans.¹

**What you can do?**

- **Brush and floss regularly.** Maintaining a proper oral health routine helps prevent bad breath at the source.

- **Drink water.** Stay hydrated by sipping plain water throughout the day. Sugary drinks are not a substitute! Choose fluoridated tap water when possible.

- **Eat properly.** Maintain a healthy diet with regular meals to keep your breath in check. Don’t forget to brush after eating!

- **Gargle with warm salt water.** To loosen plaque and kill bacteria, mix one tablespoon of salt in eight ounces of warm water. Wait for the salt to dissolve, then gargle normally.

- **Avoid antiseptics.** Swap out your antibacterial mouthwash for a fluoride rinse. Check the label to make sure it doesn’t include any alcohol.

- **Visit your dentist.** If your bad breath doesn’t go away, consult your dentist. Halitosis can be a symptom of a more serious condition.

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**BACTERIA**

Certain types of bacteria release gases responsible for bad breath. These bacteria often live on your tongue, between your teeth and under your gum line.