

## **Bad Breath Remedies and Prevention**

Bad breath is something that most of us are afraid of. In many cases, majority of the population do not know they suffer from bad breath. To get rid of bad breath, we have to take initial steps in preventing bad breath to occur every time you open your mouth.

These home remedies to get rid of bad breath will be helpful for you.

1. The best bad breath remedies are that you have to make it a habit to brush your teeth or rinse your mouth after every meal. Make it a routine to brush your teeth or rinse every night before you go to sleep.
2. Mouth wash is readily available in any medical store. But keep in mind not to purchase a mouth wash that contains dyes and alcohol.
3. Sunflower seeds can be helpful to get rid of bad breath. All you have to do is chew on some sunflower seeds and drink a glass of water, mainly after you eat a non vegetarian meal.
4. Eating an apple daily will help to remove bacteria in the mouth, the main cause of bad breath.
5. Lemon does wonders. The lemon juice mixed with warm water can be used to gargle your mouth to help get rid of bad breath. It is one of the best home remedies for bad breath.
6. To get an aromatic breath, cardamom is the best. Although is it pungent, it will give you good results for bad breath. It is also a mouth refresher.

These home remedies for bad breath will be of good use. But, in order to prevent this, we can take certain precautions to prevent bad breath.

1. It is good if you drink plenty of water. Drinking plenty of water will help to get rid of the bacteria in the mouth.
2. Bad breath remedies are good as it helps to kill the unwanted germs in the mouth. Although, you may brush regularly and maintain a good oral routine, it is important that when you brush your teeth, make sure to use a tongue cleaner to clean the tongue. The bacteria usually stay on the tongue causing bad breath.
3. If these home remedies for bad breath do not work, it is advisable to see a dentist. You may be having an oral disease that needs doctor's consultancy.
4. When you use mouthwashes, make sure that you go in for those that have ingredients of aloe vera and parsley. It is good to help get rid of bad breath.
5. It is said, tea is one of the best bad breath remedies. Those who are coffee addicts, it is advisable to switch to tea as coffee forms a thin coat on the tongue which blocks the oxygen supply on the tongue.
6. Now and again, chew on sugarless gum. This will help you clean your mouth as chewing increases the saliva flow.

Bad breath is a needless problem that many of us face. Follow these home remedies for bad breath and help to prevent them by taking appropriate steps.