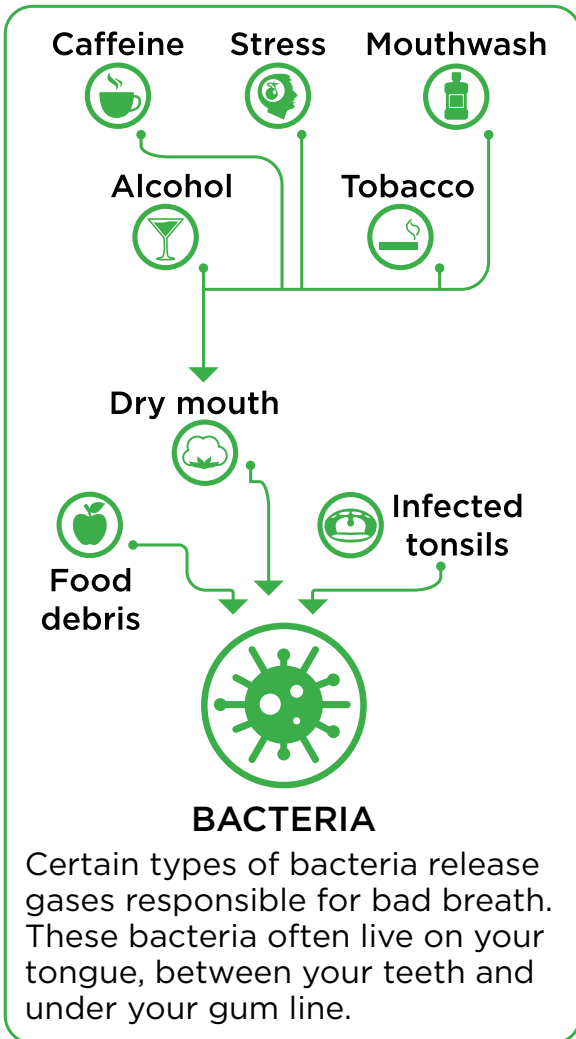


# Keep Your Breath Fresh



**Halitosis. Dragon breath. Stomatodysodia.** Whatever you call it, bad breath is not pleasant. Here's how to avoid this condition affecting 80 million Americans.<sup>1</sup>



## How to keep bad breath at bay:

- **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. Once the salt dissolves, 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.

<sup>1</sup>What is halitosis? Academy of General Dentistry.  
<http://www.knowyourteeth.com/infobites/abc/article/?abc=H&iid=306&aid=1254>

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