



What Causes Bad Breath?

Bad breath, medically called halitosis, can result from poor oral hygiene habits and may be a sign of other health problems. Bad breath can also be made worse by the types of foods you eat and other unhealthy lifestyle habits.

Basically, all the food you eat begins to be broken down in your mouth. As foods are digested and absorbed into your bloodstream, they are eventually carried to your lungs and given off in your breath. If you eat foods with strong odors (such as garlic or onions), brushing and flossing - even mouthwash - merely covers up the odor temporarily. The odor will not go away completely until the foods have passed through your body.

<http://www.webmd.com/oral-health/guide/bad-breath>

Low-carb lifestyle junkies are more likely to suffer from a seldom-discussed side effect of such diets -- halitosis, aka bad breath. And since more than 25 million people say they have tried the Atkins diet (not to mention other low-carb eating plans), according to the National Marketing Institute, bad breath may be an epidemic!

<http://www.webmd.com/oral-health/guide/low-carb-diets-can-cause-bad-breath>

Alcohol consumption causes digestive problems which leads to bad breath. In addition, alcohol dries out the mouth, which reduces saliva production.

Stress is another cause which may not be readily apparent when you are looking for reasons for bad breath. Stress affects the digestive system. An insufficient supply of digestive enzymes may be another cause.

http://www.health911.com/remedies/rem_badbr.htm

Whether you call it bad breath or halitosis, it is an unpleasant condition that is cause for embarrassment. Some people with bad breath aren't even aware there's a problem. If you're concerned about bad breath, see your dentist. He or she can help identify the cause and, if it is due to an oral condition, develop a treatment plan to help eliminate it.

What you eat affects the air you exhale. Certain foods, such as garlic and onions, contribute to objectionable breath odor. Once the food is absorbed into the bloodstream, it is transferred to the lungs where it is expelled. Brushing, flossing and mouthwash will only mask the odor temporarily. Odors continue until the body eliminates the food. Dieters may develop unpleasant breath from infrequent eating.

http://www.ada.org/public/topics/bad_breath.asp

Bad breath causes can be related to a number of factors such as a medical disorder. Medical problems such as a respiratory tract infection, chronic sinusitis, diabetes, or a gastrointestinal disturbance may be the cause of bad breath.

Bad breath causes can also be related to the condition known as xerostomia, which occurs when the saliva flow decreases. Saliva is essential to cleanse the mouth and remove particles that may be a bad breath cause. Dry mouth, which can be a bad breath cause, is typically triggered by various medications, salivary gland problems or continuous breathing through the mouth.

http://www.ada.org/public/topics/bad_breath.asp

Medications. Saliva rinses away bacteria that foul the breath, and many drugs, among them antidepressants, diuretics, and even aspirin, can dry the mouth.

Bacteria. The stink-creating kind mostly hang out on the tongue, happily churning out gases as they munch on food particles and substances broken down from saliva, and multiply at night, when the salivary glands slow down (hence morning breath). Some people harbor more species of malodorous bacteria than others, which may be why certain individuals are especially halitosis-prone. A study in the Journal of Medical Microbiology suggests that *H. pylori*, the same bug often responsible for stomach ulcers, can cause bad breath and gum disease if it finds a home in the mouth.

<http://health.usnews.com/articles/health/2008/12/02/8-surprising-causes-of-bad-breath.html>

A whiff of bad breath can hint at matters more serious than a meal of onions and garlic or a skipped tooth brushing. Foul exhalations warn of gum disease, dry mouth, and other unhealthy medical conditions.

Cavities and tongues with deep grooves serve as prime reservoirs for bacteria we commonly call plaque. The bacteria produces volatile sulphur compounds that give a person bad breath, or halitosis. A malodorous mouth can be a warning sign of gum disease, which is caused by plaque.

http://www.livescience.com/health/060807_mm_bad_breath.html

Breath odor is the scent of the air you breathe out of your mouth. Unpleasant, distinctive, or offensive breath odor is commonly called bad breath.

A fruity odor to the breath occurs as the body attempts to get rid of excess acetone through the breathing. This is a sign of ketoacidosis, which may occur in diabetes. It is a potentially life-threatening condition.

<http://www.nlm.nih.gov/medlineplus/ency/article/003058.htm>

In many people, the millions of bacteria that live in the mouth (particularly on the back of the tongue) are the primary causes of bad breath. The mouth's warm, moist conditions make an ideal environment for these bacteria to grow. Most bad breath is caused by something in the mouth.

Some types of bad breath, such as "morning mouth," are considered fairly normal, and they usually are not health concerns. The "morning mouth" type of bad breath occurs because the saliva that regularly washes away decaying food and odors during the daytime diminishes at night while you sleep. Your mouth becomes dry, and dead cells adhere to your tongue and to the inside of your cheeks. Bacteria use these cells for food and expel compounds that have a foul odor.

<http://www.colgate.com/app/Colgate/US/OC/Information/Popular-Topics/Bad-Breath/What-Causes-My-Bad-Breath.cvsp>

Bad breath is not contagious and you cannot catch it from someone else. Also, chronic bad breath (Halitosis) does not come from the stomach. The only stomach odor someone smells occurs when you burp. Certain foods like garlic and spicy foods once absorbed into the body can release odor through the lungs when you breathe. This food odor is transitory and should not be confused with bad breath. Air flow through the nose of someone with bad breath does not have an offensive odor, only air flow through the mouth. Because our sense of smell has the ability to adjust to odor, most people with halitosis are not aware of their bad breath.

Nearly all bad breath originates from the mouth, mostly from the surface of the tongue, below the gum line, between the teeth and other hard-to-reach areas. The mouth is normally inhabited by bacteria and the balance between the different kinds of bacteria determines the quality of your breath. The odor-causing bacteria are anaerobic which means they cannot live in the presence of oxygen. These anaerobic bacteria inhabit the surface of the tongue by residing between the papillae of the tongue which is oxygen deficient; i.e. they live "within" the tongue. These bacteria cannot be removed completely with a tongue scraper and will recolonize the mouth following antibody therapy. These naturally occurring bacteria feed on proteins (oral debris) and produce volatile sulfur compounds (VSC) as a by-product of metabolism causing the malodor of bad breath.

<http://www.dentist.net/bad-breath-cause.asp>

Bad breath is likely to be experienced by most adults at least occasionally and, either real or imagined, can have a significant impact on a person's social and professional life.

Bad breath can be caused by a number of problems. Oral diseases, fermentation of food particles in the mouth, sinus infections, and unclean dentures can all contribute to mouth odor. Many non-oral diseases, such as lung infections, kidney failure, or severe liver disease, can also cause bad breath, though rarely. Many people think bad breath can originate in the stomach or intestines; this is extremely rare. The esophagus is usually collapsed and closed, and, although a belch may carry odor up from the stomach, the chance of bad breath being caused from air continually escaping from the stomach is remote. Cigarette smoke can cause bad breath, not only in the cigarette smoker, but also in one who is constantly exposed to second-hand smoke.

<http://medical-dictionary.thefreedictionary.com/Bad+Breath>

Proteins are in coatings that build up daily on the tongue surface, teeth and gums, and between the teeth, as well as in mucous at the back of the throat. So we need to constantly remove these coatings.

Diets high in proteins can also directly affect Bad Breath. Proteins such as dairy, which includes milk and cheese will increase bad breath and will thicken mucous at the back

of the throat. which in turn breaks down to bad breath. Drying agents such as alcohol and medication as well as acids from soft drinks, sports drinks and coffee also increase bad breath levels.

<http://www.breezecare.com/>

Everyone knows brushing your teeth can help avoid bad breath. But what some people do not know is brushing your tongue can help too. Now we've all heard it before, we know you're supposed to brush your teeth twice a day, floss once a day, but really the place where bad breath sticks around is on your tongue. Brush your teeth twice a day, floss once a day and brush your tongue every time. The key is really to keep your mouth clean.

<http://healthcorner.walgreens.com/display/1295.htm>

The toothbrush simply does not have the area coverage nor the hardness to effectively clean the tongue. More importantly, it causes gagging. A tongue cleaner removes more mucous, bacteria and debris from the tongue than anything else, and with terrific ease and efficiency. This has been proven through the experience of oriental civilizations that have used tongue cleaners for centuries to have the lowest incidence of tongue diseases and disorders.

<http://www.healthandyoga.com/HTML/product/tongue.html>

Japanese scientists have discovered a simple solution to help people who have bad breath, which is good news for their friends who have to smell it. Researchers from Japan's Tsurumi University found that sugarless yogurt reduced the levels of hydrogen sulfide in the mouths of 80% of the people they tested. Hydrogen sulfide is the foul, bad egg-smelling chemical compound that causes bad breath. They also concluded that eating natural yogurt regularly helps fight tooth decay and gum disease. One in four people suffer from halitosis, and most of us experience gum disease at some stage in our lives.

The study was small, with only 24 volunteers, but the results were promising for people with oral hygiene problems. For two weeks, the participants avoided yogurt and other products containing the halitosis-fighting bacteria streptococci and lactobacilli, such as cheese and pickled vegetables. Then for six weeks, the volunteers ate 90 grams of yogurt twice a day. Bacteria samples were collected from the saliva and the tongues of the participants for analysis after each test period. The results suggest we should switch from mints and breath fresheners to sugarless yogurt to keep our friends.

<http://www.breakingnewsenglish.com/0503/050322-halitosis.html>

You need to brush and floss your teeth regularly to keep ahead of the bacteria that causes bad breath. Chewing gum and using mouth wash only covers up the bad breath for a short time. It will return if you are not killing the bacteria which causes you to have breath problems. The true cure is to regularly and thoroughly clean your teeth, gums and tongue. You can also eat avocados. It is known to help relieve chronic bad breath problems.

http://www.ehow.com/how_4860628_bad-breath-good-oral-hygiene.html