

## **BAD BREATH**

Bad Breath or halitosis is common and easy to eliminate. The problem arises because most people don't know they have it and it is offensive to others in their company. It is caused by:

1. Aromatic foods like garlic and onions. The food is absorbed and goes through the blood stream to the lungs and is expelled as a gas. Fortunately, it is temporary and lasts until the food is fully digested.
2. Poor dental hygiene leaving food and plaque on the teeth causing bad breath as the foods decay in the mouth just as they would in a garbage heap. Brushing, flossing, irrigating and tongue scraping eliminate this problem.
3. Periodontal or gum disease by virtue of the odor given off from dying gum tissue and accumulated debris underneath the gum line that cannot be removed by normal brushing, flossing and irrigating, gives off a sickening sweet odor. Cleaning by a dental hygienist and instruction on how to remove the soft deposits that form under the gum help alleviate this problem.
4. Xerostomia (dry mouth) or a reduction of saliva flow causes the debris usually washed away by saliva to stay in your mouth. Breathing through your mouth also dries the oral cavity. Drinking water and breathing through your nose help remedy this cause.
5. The habitual use of tobacco and alcohol not only cause bad breath but also increase the likelihood of periodontal disease and oral cancer.
6. Medical disorders such as respiratory tract infections, post-nasal drip, bronchitis, diabetes, gastrointestinal problems, sinus infections and liver and kidney disorders also give off odors that cause bad breath.

The bacteria and dead cells that exist in your mouth give off volatile sulfur compounds produced by bacterial and cellular degradation. They include hydrogen sulphide, methyl mercaptan and dimethyl sulphide. If people tell you that you smell like a stagnant pond, then these chemicals are what are causing it. If you have tried to remedy all the problems stated above using traditional homecare methods to no avail, then you need to neutralize these products by using chlorine dioxide, which we sell, in the form of Oxyfresh

**SHELLY L. FRITZ, DDS  
7520 MONTGOMERY NE E-12  
ALBUQUERQUE, NM 87109  
505-555-6980**