

FIX THAT BAD BREATH

(4th Edition)



The Quick and Easy Solution to Bad Breath...

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Preface:

Over 100 million people suffer from chronic halitosis (bad breath) in the world, but many don't seek help because they're embarrassed.

That's not the way to go about it because although bad breath is often caused by oral problems, other bad breath causes are associated with other health problems.

Studies suggest 10-20% of bad breath causes are due to disease outside the mouth. That's 2-5 million people whose bodies are warning them of a serious problem.

However, contrary to what many think, bad breath - whether chronic or temporary - **cannot** be effectively treated with "generic" bad breath products, such as mouthwashes, home-made rinses remedies etc.

Most oral rinses available today in the market - even 2nd or 3rd generation mouthwashes (otherwise known as oxidizers) - are in fact **broad-spectrum** antibiotics, that is, they **do not target** specific strains of microbes and their effects typically last less than an hour.

The same goes for home-made remedies, including hydrogen peroxide rinses, baking soda, EST.

Because bad breath is often just a symptom of other conditions, infections or diseases that you may or may not be aware of (not necessarily serious), treating bad breath "directly" means you are **only addressing a symptom**, not the root causes of the problem.

Furthermore, the causes of halitosis will be different for each bad breath sufferer, making each particular case **unique**, with different factors involved, and hence different strains of bacteria (or fungi) involved.

Bacterial imbalances are present for a reason. Determining the **root causes** of your bad breath, and hence identifying **your particular type** of bad breath, is what will enable you to use specific methods, tools, treatments and remedies that will target the actual root causes of your bad breath problem.

"**Fix Your Bad Breath - Step by Step Guide**" is written by former chronic halitosis sufferer Thomas Harry, who suffered from bad breath for many years.

The author will take you, step by step, through the process of **identification of all the root causes** (often multiple) of your bad breath problem, and provide you with the methods, tools and specific remedies or treatments that will target your particular type of bad breath.

This is an **in-depth, practical self-instructional guide** that contains all the information and advice you need to effectively cure your bad breath:

- Proven strategies, techniques and little-known at-home treatments and remedies that will help you **freshen your breath from day 1**, whether your bad breath is chronic or temporary
- Identify **what type of bad breath** you suffer from and the most likely factors that are contributing to your problem
- Learn the only reliable methods to **test for bad breath** at any given time and find out the **exact** areas where those malodors are originating from
- Discover the **specific remedies** you can use at home that will target your particular type of bad breath. Not "broad-spectrum" solutions but remedies that **will work for the unique you**
- Get access to the most up-to-date research, plus the **invaluable experiences** and **advice** of a former chronic bad breath sufferer who has now been bad breath free for over a decade
- Do popular bad breath products work at all? If so, for how long? Shocking research that proves **what works, what doesn't and why**
- Learn **all the tricks** you need to use to eliminate bad breath caused by: wisdom tooth infections, tonsil stones, URIs, sinus problems, post nasal drip, runny nose, allergies, gum disease, acid reflux, indigestion, diet... and many more!
- Find out the **precise prevention methods** you can use at home to keep halitosis at bay once you have already cured it

Easy to follow instructions that will show you the **exact steps** you need to take to get rid of your bad breath **once and for all**.

Ultimately, dealing with the underlying causes of your halitosis is the only approach that has the potential to **cure it permanently**.

Continuous covering up of those nasty odors would not solve the problem. However, taking drastic action now to **finally address the root cause of the issue** ones and for all...is the way to go!

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Chapter one

Introduction:



“**Halitosis**” is a term used to describe any undesirable odor in expired air, regardless of whether the odorous substances originate from oral or non-oral sources.

Bad breath is not only a personal problem, but also affects the public, as it occurs within a social and cultural context and [it affects one's body image and selfconfidence.](#)

Over 100 million people now suffer from chronic halitosis (bad breath) globally.

Scientists studied the psychosomatic aspects of patients complaining of halitosis and they found that the patients had high scores for obsession and compulsion and interpersonal sensitivity, and the psychological conditions in terms of anger, inadequacy, sensitivity, decreased self-confidence, and insecurity in social and intimate relations were closely associated with these patients.

However, the most fascinating problem regarding halitosis is the apparent inability of a person to know by him/herself whether he/she has halitosis and to what extent.

They may not be aware of their breath bad odor due to a normally functioning olfactory system which has become desensitized to its own stimulants.

Telling people about their bad breath is [very embarrassing](#) and it is difficult to approach this issue as a person's feeling may be hurt; for this reason, dental professionals must be prepared and trained to practice in a sensitive and appropriate manner to deliver optimal oral health care and hygiene.

A number of methods have been used to detect the presence of halitosis either directly or indirectly.

Direct tests include direct smelling of the exhaled air by judges; this technique is called organoleptic or hedonic measurement and is considered the most logical measurement approach.

It can also be detected indirectly by identifying the odor-producing microorganisms or assessing their byproducts in vitro.

Halitosis is a multi-factorial problem that requires a well-defined approach to achieve definitive diagnosis and treatment.

Several studies analyzed the etiology of halitosis and found that 75–90% of the cases had halitosis of intraoral sources, about 40% caused by Tongue Coating (TC) and 30% due to periodontal disease.

Only 4–10% of the cases were caused by extra oral sources. Few studies have documented the prevalence of oral malodor in a sample chosen to represent the entire population.

Perhaps the biggest problem with bad breath is that there is no single cause, and that there is therefore equally no one single solution either.

Moreover, it is certainly possible to spend thousands of dollars or naira on medical or dental treatments that may or may not work, and that is presumably an expense that most people would not choose to suffer.

This book is all about the effective natural ways that you can employ to tackle this malicious problem, so that by the time you finish going through this book, you should have had all the information necessary to get rid of that nasty odor henceforth.

So, brace yourself up for this interesting journey into the path of eliminating that stubborn and embarrassing breath issue.

I can only assure you of one thing...you are sure on the path to experiencing that fresh breath you've always craved for!

[Click here](#) to grab a complete copy of the [66-paged eBook](#) to regain your freedom!