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Bad Breath Treatment Tip: Anise Tea Mouthwash

Take a few teaspoons of anise seeds, and boil them in water for a few minutes to make a licorice flavored tea. Strain the seeds out and then either drink the tea or use it as a mouthwash. Whichever way you choose you'll find its natural anti-microbial properties will help cleanse your mouth and clean your breath. If you like it, drink it; if you don't just use it as a mouthwash and gargle

Your current mouthwash and toothpaste could be causing your breath to get worse, NOT better! **Try a FREE trial of the most popular mouthwash to stop bad breath (a \$33.45 value).** [Click Here](#)

You can also find this article published on [Bad Breath Treatment Tip: Anise Tea Mouthwash](#), and on the tag pages [Bad Breath Treatment Reviews](#).