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# Dental Care Tip: Fill Your Cavities

We all know that cavities are holes in your teeth caused by tooth decay. If you have cavities, run don't walk to the dentist and set yourself up to get fillings. Not only do they add to bad breath all by themselves, but cavities also provide a perfect place for those pesky food particles that bad-breath-causing bacteria feed on to lodge in your mouth. Fillings help.

**[Cav's Tip:** Getting healthy teeth and gums doesn't have to be hard... Discover how you can effectively end Bleeding Gums, Gingivitis, Gum Disease & Bad Breath Naturally. [Learn more here.](#)

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