

File Created by [Blogging Rebirth](#) WP Plugin

# Today's Quick Tip: Keep On Chewing

Saliva can help wash away food particles and bacteria. It also moistens your mouth, thereby eliminating dryness that can cause bad breath bacteria to multiply. Not chewing for long periods of time can cause limited saliva production. You can make saliva flow more freely by chewing on sugarless gum after eating.

**Some startling facts about bad breath you probably didn't know:**

- Did you know your current mouthwash probably contains more alcohol than a 6-pack of beer?
- Your toothpaste may contain a kind of SOAP that drastically dries out your mouth!
- Bad Breath does NOT come from the stomach!

[Grab your free copy of 'The Bad Breath Bible', AND free products worth \\$33.45](#)

**Like this post?** [Publish It On Your Own Blog](#)

You can also find this article published on [Today's Quick Tip: Keep On Chewing](#)