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# **Bad Breath Detector: When You Need To Know If You Have Bad Breath**

Because our body odor and breath odor is so natural to us we can't tell whether it smells good or bad. It is this uncertainty that makes us constantly wonder if we smell fresh or not and this includes our breath. Having bad breath is the cause of enormous anxiety as is the not knowing. It's no fun being with other people and not having the confidence to talk freely, laugh and get up close.

Whether we are worried or not we should make use of a [bad breath detector](#). Getting a diagnosis from a bad breath detector is a lot more preferable to being avoided by others. There are still many people who have no idea there is such a device and it is portable and easy to use. It is small enough to be hand held. If you want to buy a detector then it will cost from around \$30 to \$50. If you have bad breath the LED lights will turn red.

If you want to avoid purchasing an actual device then you can use a method that has been used for many years. Use a wooden (disposable) spatula to scrape your tongue. The ideal situation would be for the spatula to come away clean. If your daily routine of brushing and rinsing is efficient then it should be clean.

However, if there is white debris on the spatula it will smell and it is highly likely your breath smells bad. If you want to avoid this you must remember to brush your tongue before rinsing. It is only by brushing that you remove the bacteria.

If there is an unpleasant odor when you floss this means the food particles caught between your teeth is being broken down by bacteria. It would be a good idea to continue flossing, brushing and add a good mouthwash to your dental hygiene products.

**[Get A FREE Online Breath Test \(Click Here\)](#)**

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