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How To Beat Bad Breath With 1 Cheap Item From Your Fridge

If you've read "[The Bad Breath Report](#)", you already know that hydrogen sulfide (which smells like rotten eggs!) is one of the main Volatile Sulfur Compounds, or "VSCs", produced in 85-90% of bad breath cases.

In a study detailed at the 83rd General Session of the International Association for Dental Research, Dr. Kenichi Hojo of Tsurumi University in Yokohama, Japan, found that sugarless yogurt significantly reduced the levels of oral hydrogen sulfide in 80% of participants.

The 24 volunteers who partook in the study followed strict instructions on oral hygiene, diet and medication intake. The participants first avoided all yogurts for 2 weeks and then had samples of VSCs taken from their mouths. They then ate 90-grams (about 3 ounces) of sugarless yogurt twice-a-day for 6-weeks.

At the end of the study, more samples were taken and a significant reduction in hydrogen sulfide levels was discovered in 80% of participants.

It was postulated that active bacteria in the yogurt, specifically *Lactobacillus bulgaricus* and *Streptococcus thermophilus* effectively drowned-out the bacteria responsible for producing the hydrogen sulfide.

While that doesn't effectively address the root cause of bad breath (as explained in "The Bad Breath Report"), it does show fighting bad breath doesn't have to be unpleasant. After all, what could be more pleasant than a pot of tasty yogurt every day!?

To apply findings of this study, simply...

Eat about 3-ounces of sugar-free yogurt containing live cultures of *Lactobacillus bulgaricus* and *Streptococcus thermophilus* (Check the labels!) every day!

(Courtesy: [The Bad Breath Report](#) - Beat Bad Breath With Household Ingredients)

You can also find this article published on [How To Beat Bad Breath With 1 Cheap Item From Your Fridge](#), and on the tag pages [Bad Breath Treatment Reviews](#), [Bad Breath Treatment Tips](#).