

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

How to Know if You have Bad Breath

There are several ways of determining if you have a case of bad breath. While they can be embarrassing, it is one step closer to solving the problem.

The first way of determining if you have [bad breath](#) is, believe it or not, when another person complains about it or at least calls the person's attention to it. This is probably the most embarrassing of all the ways of finding about the problem. But if you look on the bright side, it is also the most surefire way in making you deal with the problem immediately.

Another method is by asking a close friend or family member to smell your breath. This is effective if you suspect that you have [bad breath](#) and wants confirmation. It is the first step in taking care of this embarrassing condition.

However, if you are really embarrassed to ask other people's opinions, then you can do the test yourself. One of the most basic tests is by licking the palm of your hand and letting the saliva dry. Once it's dried, you should then smell the palm's surface. If it doesn't smell good then it is an obvious sign of bad breath.

The presence of white coating on your tongue is also another indicator of bad breath. The whitish material is actually bacteria that need to be brushed off of the tongue's surface since it can cause [bad breath](#).

[Discover the Truth About Bad Breath! Click Here to grab your free copy of 'The Bad Breath Bible'. AND FREE products worth \\$33.45](#)

You can also find this article published on [How to Know if You have Bad Breath](#)