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# **How To Stop Bad Breath Without Spending A Fortune**

If you have no idea [how to stop bad breath](#), but you find yourself experiencing a lot of the negative effects of unappealing breath, you will be happy to know that there are a number of possible solutions out there that are inexpensive and easy to use.

The negative effects of bad breath can be many, and include issues that can develop in your career or personal life because of the lack of self confidence and ability to communicate that can arise from smelly breath. To those who suffer from such issues, it is clearly no laughing matter.

If you don't want to spend a fortune, you should focus on the things that you can control without a huge investment. You can brush your teeth more often, specifically in between meals, to avoid bacteria build-up that leads to bad breath.

Meanwhile, you can drink more water and green tea, both of which help flush out some of that bacteria and provide natural relief to nasty breath. You can also stay away from foods that are notorious for contributing to skunky breath, such as garlic, onions and others. These are all very easy fixes that don't cost much, if anything, to implement.

Discover How A \$2 Mix Of Common Safe Ingredients Can Cure Your Bad Breath In 3 Days With A 96.03% Success Rate! [Click Here To Learn More.](#)

Instead of paying for expensive mouthwashes, you can create your own bacteria-killing mouthwash at home. This can be done by combining some warm water with a bit of baking soda, which may sound strange, but can be a powerful way to clear out the bacteria in your mouth. Gargle the solution for a minute, and try not to swallow any.

It may not taste great, but mouthwashes that taste great have a taste that fades with time. Meanwhile, baking soda actually tackles the true cause of the problem- bacteria build up- instead of simply covering it up for a little while.

As you can see, there are a number of ways that you can learn [how to stop bad breath](#) without spending a ton of money. There are others out there as well, but these are a good place to start if you are battling problems with your breath. To be sure that you are approaching the problem in the best possible way, try a number of methods and make sure that you don't slack off when it comes to your daily hygiene and brushing practices! Those are the backbone of any campaign to eliminate bad breath.

You can also find this article published on [How To Stop Bad Breath Without Spending A Fortune](#), and on the tag pages [bacteria breath](#), [bad breath and what to do about it](#), [bad breath home remedies](#), [bad breath remedies](#), [bad breath remedy](#), [bad breath solution](#), [bad breath solutions](#), [Bad Breath Treatment Reviews](#), [chronic bad breath](#), [halitosis breath](#), [how to bad breath](#), [how to cure bad breath](#), [how to stop bad breath](#), [how to treat bad breath](#), [stinky breath](#), [stop bad breath](#), [to cure bad breath](#), [what can you do for bad breath](#), [what to do about bad breath](#), [what to do for bad breath](#).