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# Tools That Keep Bad Breath At Bay

The so-called tools below that help prevent bad breath are so common that they no longer need a lot of introduction. However, gaining information about them can help you appreciate these tools better and know how to use them more effectively in the fight against halitosis.

**Toothbrush** – this is the most basic tool in cleaning the mouth. The modern-day toothbrush has been around for about 200 years, but before that, some methods of cleaning the teeth included rubbing the teeth's surface with rags with soot and salt. Brushing your teeth effectively includes brushing the areas of the teeth near the gums as well as brushing the tongue and the cheeks.

**Toothpaste** – while it doesn't really add a lot in preventing bad breath, toothpaste helps improve the teeth's appearance. Most of the available toothpastes today have fluoride which helps protect the teeth from tooth decay.

**Tongue cleaner** – although a toothbrush can clean the tongue, this specialized tool scrapes the surface of the tongue better and can reach those areas further back inside your mouth.

**Dental floss** – the areas between each tooth can be difficult to reach using a toothbrush alone. Thus, a dental floss is needed to clean those areas where bacteria may be concentrated. There are a variety of dental flosses out there ranging from the basic thread to the Y and F-shaped ones which make it easier to reach the molars.

There are other products out there that promise to prevent bad breath. However, the ones listed above are good enough to do the job and to protect your teeth from damage.

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

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