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# Top Four Bad Breath Solution Myths

Having bad breath can be a great nightmare for anyone. Although the condition is not life threatening, it can ruin your social life and make you an outcast. This is why finding an effective bad breath solution is very important. Before you do though, there are some common but mythical beliefs about bad breath solutions that you should know about. The sooner you know about them, the sooner you can find the right solution.

### **Mouthwash Can Take Care of Bad Breath**

It actually depends on the kind of mouthwash you use. Unfortunately though, a lot of commercially sold bad breath solution mouthwashes aren't as effective as they seem. A number of mouthwashes can only temporarily cover the problem of odor. After sometime though, the effects of the product will begin to wear out. The same old bad breath problem will come right back. Some say that the reason why some mouthwashes have strong tastes and scents is because that is how they mask the odor.

It has also been discovered that there are mouthwashes that can make bad breath worse. It seems that the alcohol content in some washes can dry out the mouth. This can result in two things. Saliva becomes so depleted that food particles, germs and other substances cannot be effectively washed away. The dryness in the mouth is also the preferred environment of bad breath causing bacteria.

### **Frequent Brushing Can Eliminate Bad Breath**

Even proper brushing can sometimes not be enough as a bad breath solution. In fact, brushing too aggressively can result in damaging the tissues of the gums, tongue and mouth. Brushing too much can also result in dryness. These may lead to further bad breath.

Proper brushing though is still highly recommended. It is suggested that one should brush at least twice a day for 2-3 minutes each time. The teeth, gums, tongue and inner cheek should be brushed as well. Some individuals may be asked by their dentists to use tongue scrapers for additional cleaning. Daily flossing is also recommended.

### **You Can Immediately Find a Solution Because You Can Easily Tell if You Have It**

It may take you some time to find a bad breath solution simply because you may not even realize at first that you have bad breath. It is also a myth that you can smell your own breath by cupping your hands over your mouth and blowing into them. This won't work because it is a fact that we all simply get accustomed to our own odors. Talking is also different from just breathing into your hands. When we talk, the breath that we expel comes from the back.

A dentist would usually ask you to breath through a halimeter to determine for sure if you need a bad breath solution. This device will measure the sulfur compounds that cause bad breath.

### **You can catch bad breath from other people.**

Bad breath is not contagious and you will definitely not get it by kissing someone. This is especially true if your kissing partner has cleaned his mouth religiously and still has bad breath. This means that even with a clean mouth, the odor causing bacteria may still be breeding and causing the release of sulfur compounds that give the bad odor.

**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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