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What is the Cause of Halitosis Bad Breath

Part of the solution to bad breath is first finding out the cause of halitosis bad breath. It is only when the cause is identified that an appropriate treatment can be found. Different resources present different causes of bad breath and not all sources are always in agreement. Here are some of the possible causes of bad breath according to a variety of sources

Bacteria

This cause of halitosis bad breath is not always present in all bad breath resources. It is popularly believed though that bacteria can find their way around the teeth, gums and tongue. According to some experts, the real cause of halitosis bad breath that is difficult to cure is naturally occurring oral bacteria in the tongue and throat. These bacteria eventually promote the chemical reactions that result in the production of awful smelling volatile sulfur compounds.

Poor Oral Care

Common sense would also tell you that not cleaning your teeth and mouth could mean that food particles could still be stuck in hard to reach areas. These particles will eventually rot and contribute to the bad smell that may already be around. These substances may also develop into plaque which can lead to tooth decay and further bad breath.

Some may also not realize that particles and bacteria can also collect in and on the tongue. In case you haven't noticed, the white or yellow film on your tongue is actually quite smelly.

Food

Onions, garlic, spices and other foods may cause halitosis bad breath temporarily. These foods have oils that reach the lungs. When we speak, the odor of the oils is released through the mouth.

It has been suggested by some that too much protein in the diet can also promote bad breath. Some believe that protein is what oral bacteria break down to produce odorous sulfur compounds.

Dry Mouth

We normally wake up with dry mouths in the morning. This is also usually the time when we experience temporary bad breath. This is because the lack of saliva means there is no natural wash for oral bacteria and other particles. It is also suggested by some that a dry mouth means there is no oxygen around which is an ideal environment for the growth of odor causing bacteria. Smoking and not drinking enough water can also lead to mouth dryness.

Gum Disease

Your bad breath may actually be due to a more serious problem. Among some individuals, the cause of halitosis bad breath may be serious gum disease. Gingivitis which may lead to more serious periodontitis will cause the emission of a foul odor. The only way to treat bad breath of this sort is to treat the gum disease.

Medical Conditions

More serious medical conditions could be the cause of halitosis bad breath. Digestive problems and respiratory infections are often seen as bad breath culprits. Diabetes and liver or kidney problems however may also cause halitosis bad breath. Treating the underlying condition is the only way to cure bad breath of this sort.

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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