

Keep your breath fresh



Good oral hygiene makes it easy to step into every day with confidence.

Here's how to do it:

- **Brush and floss regularly.** Maintaining a proper oral health routine helps prevent bad breath at the source.
- **Drink water.** Stay hydrated by sipping plain water throughout the day. Sugary drinks are not a substitute. Choose fluoridated tap water when possible.
- **Eat properly.** Maintain a healthy diet with regular meals to keep your breath in check. Don't forget to brush after eating.
- **Gargle with warm salt water.** To loosen plaque and kill bacteria, mix one tablespoon of salt in eight ounces of warm water. Once the salt dissolves, gargle normally.
- **Avoid antiseptics.** Swap out your antibacterial mouthwash for a fluoride rinse. Check the label to make sure it doesn't include any alcohol.
- **Visit your dentist.** If your bad breath doesn't go away, consult a dentist.

Certain types of bacteria release gases responsible for not-so-fresh breath. These bacteria often live on your tongue, between your teeth and under your gum line.



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