

Know About Bad Breath Causes

If you are facing embarrassing situations in front of your colleagues due to bad breath then it is the time to get out of it. But before, it is pivotal to understand the major reasons behind it.

Type of food:

There are several bad breath causes and one of the major is the type of food a person eats. The food particles that remain in your mouth after eating can also result in odor. Some foods are rich in volatile oils that are a prime source of bad odor. Volatile oils present in some food items also lead to bad breath. Various kinds of foods use onions and garlic as ingredients which contain such volatile oils. These are absorbed by the bloodstream and taken to the lungs after the process of digestion. When these foods reach the lungs, they result in bad breath which is eliminated only after the food is removed from the body. It is a fact that onions and garlic can be a cause of bad breath for up to 73 hours subsequent to consumption.

Dental problems:

If you are suffering from chronic dental problems then it is better not to overlook them. Dental hygiene is very essential not only to prevent bad breath but also for the overall oral health. One must therefore brush and floss daily. Plaque is harmful for gums and is the primary cause of gingivitis and tooth decay. Besides, it is also one of the major bad breath causes. Unclean or badly fit dentures too cause bad breath. The problem of bad breath is not confined to the complex causes. Some simple bad breath causes can also result to the same, for example a dry mouth. Due to the lack of saliva the dead cells accumulates in the frontal oral cavity section and release odor. The mouth mostly dries out during the sleep.

Infections:

Sinus infections are one of the most recognized bad breath causes. Similarly, various other infections like bronchitis, upper respiratory infections and throat infections are also primary bad breath causes. It is

definitely not that easy to prevent all kinds of infections in a quick session of time. Sometimes one requires going for a chronic treatment in order to get rid of them.

Tobacco products:

If you are thinking that smoking tobacco products is quite favorable to your esteem and style then give it a thought again. It is obvious that you won't prefer to use tobacco at the stake of your health. If you are using, it's your choice. But it is important to know that tobacco products are also one of the significant bad breath causes. It is one of the leading bad breath causes because a person using tobacco is highly prone to periodontal disease.

It is quite strange but important to know that severe dieting is also one of the crucial bad breath causes. Severe dieting results in a disorder called ketoacidosis. It is a process in which chemical breakdown takes place during fasting and releases an obnoxious fruity smell.

Shifting habits:

After understanding various bad breath causes, it is easy to understand how one can change his or her habits in order to eliminate them. It's not that difficult to prevent bad breath causes but all you're required is to take the right step.