



HOME REMIDIES

SANTHOSH HERBAL HEALTH CENTRE

**168, SANTHOSH COMPLEX, KENNEDY SQUARE, MEDICAL COLLEGE,
ROAD, THANJAVUR - 613 004. TAMILNADU - INDIA.**

PHONE : + 91 4362 240096

contact@santhoshherbals.com | www.santhoshherbals.com

Bad Breath Home Remedies

Bad Breath can be caused by many things, cavities, dentures, smoking, alcohol, lung infection, throat infection, everything from certain foods to poor oral hygiene. So here are some tips that may help you with bad breath.

- Brush your teeth after every meal.
- Chew some **cardamom** seeds to sweeten your breath. The aromatic flavour in cardamom is a breath freshener.
- Add 1 **lemon juice** with some sugar and salt to a glass of water and drink it often.
- **Parsley** is a great food to neutralize. Its leaves are rich in chlorophyll, nature's own deodoriser. Chew some leaves for fresh breath.
- Tea made from **Fenugreek (methi)** seeds is also beneficial in bad breath and bad odour.
- Brush your tongue every time you brush your teeth.
- Rinse your mouth before sleeping with a glass of water with the juice of half a lemon added.
- Drink **Water** throughout the day.
- If you keep teeth, tongue, and mouth clean, you will not suffer from the problem of bad breath. You should take all care in cleaning your teeth by using proper tooth brush and adopting correct brushing technique. Follow the good oral hygiene rules. Please read all the information given in the related links given above.