

# Bad Breath Gone

One Day Detox

SUPER  
TEETH  
HACKS



# Bad breath gone wrong?

Try these easy to prepare home remedies.

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# Chapter 1: Remedy for Bad Breath

After discovering a lousy odor from my breath and investigating its causes, it was time to find ways to mitigate the problem. The best and the first option was to visit a dentist for a check-up. However, this was not appealing due to the task of pre-booking appointments and traveling to the dentist, which would cost a lot of time. The foul odor from my breath led to a loss of self-confidence, and hence I was forced to stay indoors. Fortunately, home remedies for mitigating bad breath came in handy. The internet provided a great platform to research what I could do before visiting the dentist.



While there are many mainstream medicines that promise to cure bad breath, most of these fail to tackle the root of the problem and instead offer temporary solutions. There are, however, effective detox plans that would cleanse your blood and digestive system, which is a long-term solution to the lousy breath challenge. Before settling for a given detox plan, consult a competent authority to make sure it fits you and your lifestyle.

# Bad Breath Gone One Day Detox

## Making your Alcohol-Free Mouthwash

Did you know that drinking alcohol causes your mouth to get dry? Many of the over-the-counter mouthwashes also contain alcohol, which you may not have known.

As earlier mentioned, a dry mouth has been linked to foul breath hence using mouthwash that contains alcohol is likely to lead to a bad odor problem.

Fortunately, you can manufacture alcohol-free mouthwash at home with easily accessible ingredients.



An all-natural, DIY alcohol-free mouthwash can be prepared by following this recipe:

- A little cup of hot water.
- Cinnamon in half a teaspoon.
- A two-lemon juice.
- One and a half teaspoons of honey.
- 1/2 tsp. Bicarbonate of soda.

Pour the mixture into a container after thoroughly mixing all of the components. The homemade mouthwash can be used for up to two weeks.

Additionally, the ingredients for this homemade mouthwash are safe to use for children, and it can be used up to 12 times per year. In addition, this all-natural mouthwash is an excellent alternative to the commercially available kind.

# Using Tea Tree Oil

Tea tree oil can be used to freshen your breath in a variety of ways:

- Brushing your teeth with toothpaste containing a few drops of tea tree oil
- Brushing your teeth with tea tree oil instead of toothpaste.
- A few drops of tea tree oil mixed with warm water can be used to swish around in your mouth.

Additionally, tea tree oil to a bowl of salt water, and enjoy the refreshing flavor.

Tea tree oil can also work in small amounts to freshen your breath by diluting clove essential oils for an improved scent! Whatever you do, don't use tea tree if you have dental caries or periodontal disease.

I highly suggest that you make your own by combining a few drops of tea tree oil and water into a bowl small mess tin. Gently swish this combination in the mouth and let it sit for 20 to 40 minutes before rinsing out.



# Spices and Herb Mixes from Your Kitchen that Can Do Wonders in One Day

## 1. Pepper, Nutmeg, and Cinnamon Combo

Nutmeg has a strong flavor and is popularly used to enhance breath freshness. Additionally, nutmeg has rich antioxidant qualities to help clean your gut and blood. Place one heaping tablespoon of Nutmeg powder in your mouth and chew on it slowly for some time.

- You can add one small slice (or half a teaspoon) of ground nutmeg with as much cinnamon as about 1/4 tsp. Alongside the nuts and spices to strengthen the taste further.
- Add a little bit of salt and mix it into the nutmeg-cinnamon mixture. Put in a tiny amount of ginger powder to taste if you want a more robust flavor.
- Finally, use a teaspoon to mix some honey (add it only after the mixture starts spilling out) and give your tongue a good stir with salt.
- This can be made into an hour or two before bedtime, ready for action tomorrow morning!

I recommend brushing your teeth with this mixture so the macerated flavor can spread toward the back of the throat, where most bacteria dwell.



## 2. Clove, Cumin, and Mint Combo

Clove has potent anti-oxidant properties which speed up the detoxification process. On the other hand, Cumin is the mother of all detox spices. Cumin offers antioxidant and antiseptic qualities that aid in detoxification. Even more, cumin aids in digestion and lowers acidity in your digestive system.

Mint will give your detox drink flavor and character.

- Firstly, make a paste from 10-12 cloves of ground.
- Add 3 teaspoons of cumin, either ground (ground with a mortar and pestle) or powdered form, and 3/4 to 1/2 teaspoon of mint.
- Mix it until you achieve the perfect strength that works well on your tongue. Put them all into your mouth while chewing – enjoy!

## 3. Artichoke and Beetroot Combo

Fatty foods are more likely to get stuck in the intestinal tract, which may have many adverse effects, including bad breath. Artichoke helps cleanse your digestive system and is also recommended as a liver cleanse. Beetroot, on its part, is a healthy root whose health benefits span digestive health, cardiovascular benefits, and skin rejuvenation, among others.

- Start Combine clove and cinnamon in a cheese grater or nut mill and grind the mixture.
- Next, boil six artichoke hearts for twenty minutes to an hour, then strain them into your lemon-citrus juice. Chop up beetroot finely vice any other blender or food processor (advise: use a small one). Place this on top of the artichokes while they're draining to avoid adding too much of this to your juice.



- Mix it all in a blender until you achieve the perfect color that looks and tastes like an actual lemon-citrus beverage!
- Finally, add two spoons of raw organic honey (which may have health benefits) to your mixture.
- Pour out into glasses and serve cold!

#### 4. Ginger, Turmeric, and Honey Combination

Ginger and turmeric have been at the heart of numerous medical research and have been proven to possess many health benefits. Turmeric has the curcumin compound, whose strong antioxidant qualities will help cleanse the liver and kidneys. Turmeric is also used to cleanse the blood and keep healthy skin. Other Turmeric benefits include cancer management, and healing sores, among other benefits.

Many cultures trust ginger for its cleansing properties. The herb's superior flavor will give your detox combo taste in addition to its healing properties.

Honey gives the combination a flavor and is also a significant body cleansing aid.

- First, grate half a teaspoon of turmeric into your juice.
- Next, grate half an inch piece of ginger root and the rest cinnamon stick with a hand grater.
- Also, chop one or two lemons into your juice pot until it resembles pure lemon extract (advice: not just powdered).
- Mix this in a blender or food processor and strain off when you have achieved the desired peachy-orange color that looks like lemon-lime water.
- Finally, add two tablespoons of honey to your mixture, mix it, and refrigerate until ready.

## 5. Cardamom Powder and Rosemary Combination

Both green and black cardamom has rich antioxidant properties and other medicinal advantages. Cardamom also has antibacterial and antifungal properties, which will help prevent harmful breath-causing bacteria. Rosemary is also an excellent antioxidant, and a unique flavor will give the combination a great taste.

- Start with two tablespoons of honey to your juice. Next, take some rosemary and cardamom leaves and adds them both in. Also, crush up half a teaspoon each into the mix as well.
- Finally, add one or two limes and juice up to enjoy the flavor.



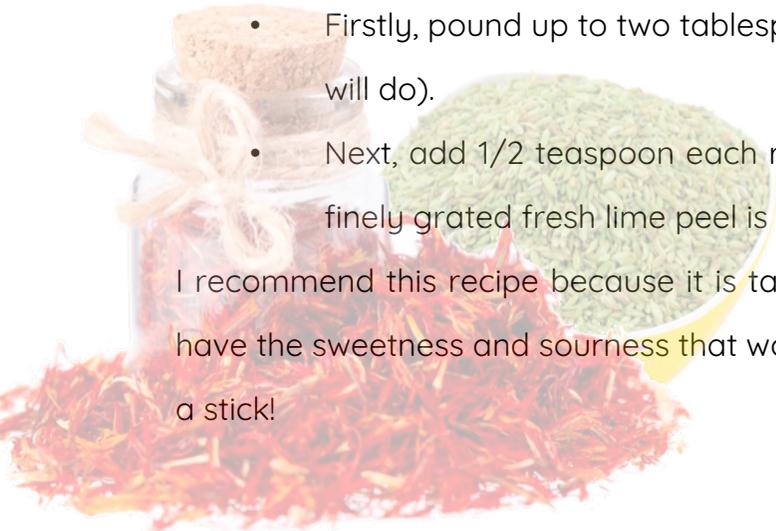
## 6. Saffron and Fennel Combination

Fennel has a rich flavor and has been used as a breath freshener for centuries. Additionally, fennel is a remedy for diarrhea and flatulence, among other digestive system illnesses.

Saffron triggers the body to produce enzymes that help the liver function properly. It is also widely used to enhance good mood in depression-related illnesses, relieving stress and aiding the body's well-being.

- Firstly, pound up to two tablespoons of fennel and 3(ish) saffron (a pinch or two will do).
- Next, add 1/2 teaspoon each rosemary, dried ginger, and cardamom. Also, the finely grated fresh lime peel is always included as well.

I recommend this recipe because it is tangy enough to get your mouth watering but still have the sweetness and sourness that won't make you feel like you're chewing with a stick!



# Chapter 2: Canker Sores and Remedies

Canker Sores can be a shaming condition that can lower self-esteem and self-confidence. Afrique, a friend of mine, had a similar problem. After explaining why I was keeping off social places, he offered to help me through it. Afrique confessed that we had faced a similar situation caused by ulcers. The ordeal made it hard for him to have a social life. This prompted this research on Canker Sores.

Aphthous ulcers or canker sores are caused by corrosion of the inner parts of the mouth. Corrosion occurs due to minor injury or consuming citrus or acidic fruits. Patients who wear braces or dentures may also experience canker sores. Finally, patients with immune system-related illnesses quickly experience canker sores. Canker Sore Symptoms include painful sores in your gum, tongue, and other delicate parts. The sores are primarily white with a red border. Some patients also experience swollen lymph nodes and fever. Unlike cold sores that appear on the outer parts of the mouth, canker sores appear solely inside the mouth.

## Relationship between Canker Sores and Bad Breath

Canker sores, just like other wounds on a patient's body, create depressions on the skin. These depressions are usually breeding grounds for harmful breath-causing bacteria. The breeding grounds are incredibly fertile because it is hard to clean them out, given the pain they cause. Fortunately, canker sores can be cleaned and healed by using home-made ingredients.

# How to Prevent Canker Sores

## Household Ingredients to Clear Out Canker Sores

Canker sores are easy to prevent, especially when you avoid triggers that cause them. However, when the sores manifest, they cause discomfort and can lower your output at work, limit the food you eat or even affect your overall mood. Even worse is that the stress they cause can reduce your immune system and make you susceptible to other infections.

OTC pastes and other pharmaceutical drugs used to cure canker sores are relatively expensive. The house-made solution provides a relatively cheaper option. Here are a few home-made solutions you can adopt:

### Salt Water and Baking Soda Mouthwash

Saltwater creates a highly concentrated environment in your mouth. As such, the water inside the sores is drawn out by osmosis. Saltwater is also a known anti-inflammation home remedy, and it, therefore, reduces pain levels.



Baking soda or sodium bicarbonate is essential, and as such, it reduces the acid levels in the mouth, reducing inflammation caused by canker sores. The immediate environment also hinders bacterial growth, which heals the sores fast before they cause you lousy breath challenges.

### **What You Need to Do**

- Dissolve a teaspoon of salt in a cup of warm water and swish it in your mouth for 15-30 seconds, focusing on areas where the sores are.
- Ensure the salt is well dissolved since putting raw salt directly on the sores becomes counterproductive as it could deepen the sores instead of healing them.

Baking soda is best applied as a paste. The paste is made by adding a little water to make a heavy, sticky remedy. You will then use the paste directly to the sores. Be careful not to swallow too much baking soda to avoid poisoning.

### **Apple Cider Vinegar Rinse**

Apple cider vinegar is a rich antibacterial agent available in your kitchen. Its acidic nature will draw water from the sores by osmosis, which dries them up.



### **What You Need to Do**

- Mix one teaspoon of Apple cider vinegar in a cup of water and swish in your mouth for 30 seconds to one minute, and then spit the solution. You should avoid putting apple cider vinegar directly into your sores as it can be abrasive and will erode the skin around the sore, making it bigger.

## Alum Powder

Aluminum (Potassium) Sulfate, commonly known as alum powder, is a popular antibacterial compound, and it sears the sore to reduce the possibility of an infection. It enhances the healing process by drawing out water from the furious while shrinking the area around it.



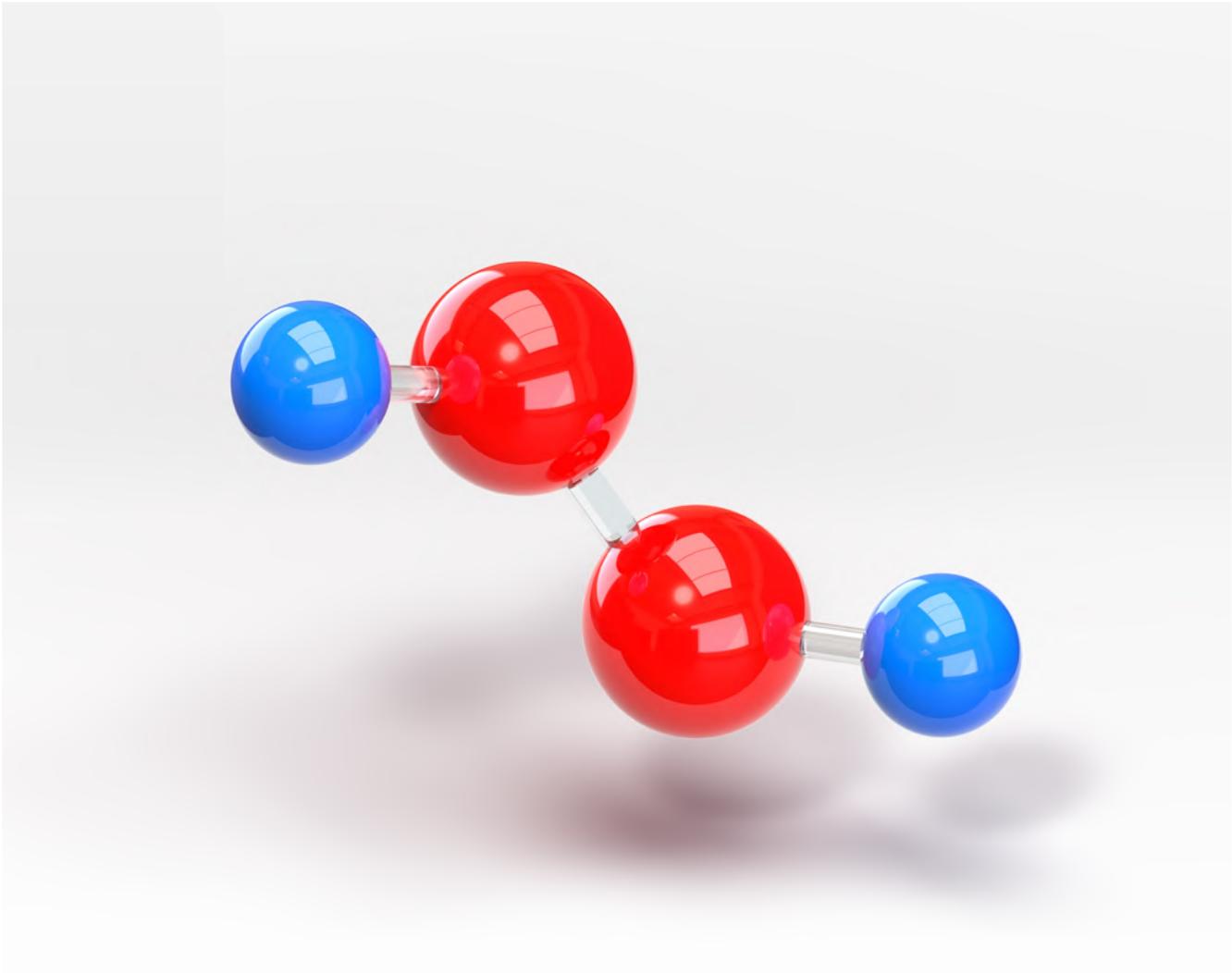
### What You Need to Do

- Alum powder is best applied directly to the sore. In that case, you will take a pinch of alum powder and place it now on the sore (I have to warn you, this can be painful). If you are scared, you won't withstand the pain. You could put the powder in your mouth, dilute it with your saliva, and swish it around the area with the sore.

Another effective way would be diluting it in water and swishing it for 1-3 minutes. Spit out the compound and rinse your mouth after using alum powder.

## Hydrogen Peroxide

Hydrogen peroxide prohibits the growth of microorganisms, which makes it one of the best antiseptic agents. Additionally, hydrogen peroxide is easy to handle and manage.



### What You Need to Do

- Mix hydrogen peroxide in the ratio of 1:1 (one portion of hydrogen peroxide with one portion of water).
- Use a swab to apply the solution directly to the canker sore. You could also swish the diluted solution around the affected areas.

Be careful not to swallow hydrogen peroxide, but if you do, drink lots of water and move to an open space where you can breathe easily.

# Chapter 3: Herbs for Bad Breath

Cooking is one of my favorite passion. I have all kinds of spices and herbs in the kitchen, and they came in handy when I need a solution to bad breath odor.



Herbs have been around even before modern medicine was invented. Modern medicine evolved from the solid knowledge based on ancient herbal remedies.

Further, despite the tremendous medical strides the human race has made, many traditional remedies still work better than industrial medicine. They have fewer side effects and are relatively affordable. Deficient breath patients can tap into this knowledge by incorporating pro fresh breath herbs in their meals or beverages.

# Peppermint

Peppermint has been used as a solution for bad breath by many generations (think about Egyptian and Chinese ancient medicine). Even today, many toothpaste brands contain peppermint elements that enhance the paste's potential to keep your mouth feeling fresh.

Peppermint oil has antibacterial and antifungal abilities to protect your mouth and teeth from infections.

The lingering peppermint flavor makes this herb an ideal ingredient for toothpaste as it maintains a fresh smell all day long. Even better is peppermint's ability to fuse with other herbs, and you can easily mix it with other common coffee additives to get a perfect herbal fusion for fresh breath?

You can also choose to purchase peppermint essential oils, which are easy to use - you only need to put a few drops into your morning coffee or tea or even add a depth to your toothbrush each morning.

## **Procedure:**

- Mix the peppermint oil with mints, use a peppermint tincture, or buy fresh essential oils in your supermarket.
- Add 10-15 drops to your morning coffee or tea to freshen up the flavor.
- Finally, also add a reduction in your toothbrush for cleaning purposes.



# Tea Tree

Volatile sulfur compounds (VSCs) are responsible for the harmful fumes that emanate from a lousy breath patient's mouth. The primary producer of these VSCs is bacteria inhabiting the mouth and the entire digestive tract.

Tea tree has been proven to reduce microbial activity in the mouth, keeping you fresh for a long time. As with other fresh breath herbs, a few drops of it into your beverage will go a long way to keep you on the new breath side of the day.

## **Procedure:**

- Start with a smattering of 10 or 15 drops. Once this solid and intense tincture works its magic, you can increase the ingestion rate by 2 to 3 times per day.
- Add a tablespoon of pure gum resin powder, mix in 2 spoons with a glass of warm water and dispense into your mouth.
- Let it sit for 20 seconds before swallowing vigorously to activate its results.



# Myrrh

Myrrh contains several torpedoes constituents that inhibit the growth of microorganisms in your mouth and, in turn, ensure your mouth stays fresh. Myrrh is also used to manage Candidiasis, a mouth infection. Research also proves that myrrh is excellent for gum health and maintaining fresh breath. Other benefits of adding myrrh into your morning coffee include healthy skin and enhancing gut health.



## Procedure:

- Firstly, fill a fresh glass of water.
- Then, add one teaspoon to it and let it sit for 15 minutes (if using the sap).
- Stir with honey if you choose to do so after this time has passed. However, leave no ashes from your sip since myrrh is a highly “hot” spice in digestion-promoting elixirs.
- Finally, If you opt to use the dry herb (like using a handful, put it straight in your mouth), or make sure it doesn’t get on food by being careful.
- After this act, rinse with dishwater and let everything be expected before you start auctioning myrrh

# Sage

Sage is mainly known for its therapeutic properties, but it is also an excellent solution for bad breath. It contains natural chemicals that are toxic to lousy breath causing bacteria.

You can consume sage in three practical ways when looking to have a day filled with fresh breath. If you have fresh sage leaves, chewing them raw will give you both the soothing effects of sage and leave the herb's fantastic flavor lingering in your breath.

Second, you may boil the leaves and make sage tea with them or purchase a sage extract that can be added to tea, coffee, or other beverages.



## **Procedure:**

- Start with one teaspoon of dry herb, or dilute with 2 cups of water to 1 cup.
- Boil for about 10 minutes before finally cooling.
- Strain through a fine-mesh cheesecloth and add honey to it as well: when ready, drink the solution after letting it sit in your mouth for at least 15 seconds without swallowing.
- If necessary, you can repeat this process up to 3 times per day, especially when you feel you could use some extra fighting power against your oral cavity.

# Thyme

Thyme is a vitamin C-rich herb that keeps the immune system in check. It is also rich in magnesium which is excellent for bone and teeth development. The antimicrobial properties of thyme also help reduce bacteria that would cause bad breath.

## Procedure:

- Start by consuming thyme berries. Put about two tablespoons of thyme berries in a cup or bowl and mash finely, just like when making pesto (but with thyme leaves instead).
- Then add the mashed herbs to 1 tablespoon agave honey in your mouth, then close your lips tightly around it to be entirely savored in 30 seconds before swallowing. Repeat daily as necessary.



# Clove

Cloves offer the most effective remedy for maintaining fresh breath. Both clove seeds and leaves leave a lasting woody scent that is strong enough to overpower all other smells from your mouth. Cloves also contain chemicals that deter microbial activity, which guarantees fresh breath.

There is no limit to the number of cloves you can eat daily, but chewing two or three cloves a day would suffice. You can also add a few cloves into tea or coffee and still enjoy its benefits.

## **Procedure:**

- Firstly, grind whole cloves into a fine powder to make clove tea.
- Next, use a teaspoon of the powder to skim about 2 tsp. Of honey into mug or teapot.
- Then add tea and let it sit for 20 minutes before drinking from it, or you could grind all dry clove flowers straight using mortar and pestle if you want to drink instantly. Try doing this in the mornings when motivation levels are highest!



# Pine Needle

Pine tree needles have been used widely as herbs to enhance oral health. Terpene alcohols in pine are significant inhibitors of harmful bacteria that cause bad breath. Additionally, pine needles leave a lasting fragrance for many hours. This fragrance is majorly why many mouthwash brands use this herb as an ingredient.

Add a little pine needle solution into your tea or coffee, or boil and swish the solution into your mouth.

## **Procedure:**

- Start with chewing on a piece of ice or an herbal tablet to make your mouth cold before swallowing the pine needle.
- To ingest orally, add whatever amount you like in hot drinks such as tea and coffee or use it straight by boiling water, then diluting with an equal quantity of boiled water and drink it immediately after straining them into the cup. Do this whenever you feel you want a fresher breath during any part of the day that comes your way.



# Eucalyptus

Eucalyptus is probably one of the best known fresh breath herbs. Many new breath gums, mouthwashes, and toothpaste trust the herb's ability to maintain healthy teeth and maintain fresh breath. Eucalyptus has microbial inhibition mechanisms that prevent the growth of bacteria that eventually causes terrible breath. Eucalyptus also has other health benefits like clearing the chest, among others.

Eucalyptus tea is made using dried eucalyptus leaves, but refrain from adding eucalyptus the toxic essential oil.



## **Procedure:**

- Water and mint tea can be prepared.
- Add one teaspoon of eucalyptus leaves and some peppermint to thicken the brew, and add a tiny pinch of sugar to sweeten it up.
- Dissolve a small amount of baking soda in water and make the mixture paste. Mix 15 to 30 ml of this with 185 ml or 5 oz.
- Drink it slowly until you feel any difference, then wait for your breath to get better before going back immediately once again later on.

# Chapter 4: Foods to Combat Bad Breath

As the saying goes, once bitten twice shy. My experience with bad breath has always been a motivating factor to find remedies to the problem. The experience prompted me to change my lifestyle and eating habits. If I wanted to avoid the condition, I had to change my ways. I decided to eat healthy by using foods that would help with my breathing problem.



Certain foods cause bad breath. These foods leave your mouth dry, have a lingering flavor smell, or enhance microbial growth and activity. In contrast, food is also an essential part of maintaining fresh breath. When you eat balanced meals, you are less likely to suffer bad breath.

The following foods cleanse your blood, and some leave your mouth with a lasting fragrance that will keep you smiling and fresh breath for a long.

# Cheese

Although some dairy products can affect your breath adversely, cheese, on the other hand, is a great food to enhance fresh breath. Cheese raises the overall Ph levels of your mouth and the entire digestive gut. Environments with a high Ph value inhibit the growth of microbial activities that would otherwise lead to bad breath and tooth decay. Cheese also has proteins and calcium, which help strengthen your teeth. The saliva produced when chewing cheese helps to deter lousy breath further.



# Raw Fruits and Veggies

Raw fruits and veggies play a significant role in enhancing fresh breath. To begin with, fruits and vegetables cleanse your body which ensures that you do not produce stinky breath emanating from your digestive system. Additionally, fruits and veggies with fiber are natural brushes that help loosen food particles stuck in your mouth, thus cleaning your oral system. Finally, chewing raw fruits and veggies triggers saliva production, which is good at expelling lousy breath bacteria from your mouth. Here are a few raw fruits and veggies to eat for your breath:



# Apples

Apples contain pectin, which helps to erase foods stuck in your intestines. Apples are also excellent antioxidants that will kill harmful bacteria inhabiting your mouth.



# Cranberries

Cranberries are natural body cleansers, and they help prevent cavities (you know how holes harbor bacteria that cause bad breath). They also contain antibacterial properties that kill harmful bacteria from your mouth, keeping you fresh.



## Steamed Kales and Cabbages

Kale and cabbages are good antioxidants, and they cleanse your bloodstream and your digestive tract. Cabbage, in particular, enhances the liver's ability to detoxify. Avoid overcooking these, as they lose nutrients when cooked for long.



## Parsley

Parsley is an excellent additive to your lunch plate as it is an effective antioxidant. The food's inviting aroma will linger in your mouth for a long time, which helps with bad breath.



# Carrots and Cucumbers

The crunchy nature of these two vegetables will stimulate saliva production when helps to keep the mouth watery. In addition, they're rich antioxidant qualities will keep harmful bacteria from your mouth.

Melons contain vitamin C and are great at hydrating your body, making them ideal for fresh breath.

This list of fruits and veggies to enhance fresh breath is inconclusive and is just meant to give you an idea of the fruits you can use for your new breath journey.



# Yogurt

Yogurt contains *Streptococcus thermophilus* and *Lactobacillus Bulgaricus* bacteria which efficiently combats the harmful bacteria in your mouth. Low-sugar yogurt is best for this purpose, and research shows that regular yogurt intake helps clean your digestive system of harmful bacteria.



## Almonds

Almonds are fiber-rich nuts that will stimulate saliva production and help the digestive system self-clean—the fibrous nature of the nuts act as brushes that clean out food particles stuck in your teeth.



## Fresh Milk

Fresh milk is rich in calcium which is good for your teeth - it gives them strength so that you don't suffer from cavities. Milk masks other odors emanating from your mouth (think about garlic and different food smells). A day's glass of milk will go a long way to reduce the sulfite compounds from your mouth, thus deterring bacterial growth.



## Sugar-Free Candy and Gum

While not food in the essential sense, chewing gum and candy stimulate the production of saliva, which helps maintain a balanced PH in the mouth, thus preventing foul odor.

In addition, the strong gum flavor is ideal for masking scents from your mouth.



## Water

A dry mouth is one of the major causes of bad breath. When you sufficiently hydrate your body with water, you stimulate constant saliva production, which is good for your breath. Also, water will flush down food particles lingering on the food canal that would otherwise start fermenting and thus produce bad breath. Finally, water helps to cleanse your body, which further averts terrible breath.



# CONCLUSION

Having had a bad breath problem, I would not wish this on anyone, not even my worst enemy. Not only is it uncomfortable but also shameful. It is worse if you have no idea you have a foul breath as you will keep talking to people, with whom most of them will not tell you about your breath but will go about their daily activities like nothing is happening.

Some people will go behind your back and laugh at you for having bad breath; it's a condition that most people do not understand, so many see it as a hygiene issue. The understanding of lousy breath will help you deal with it quickly and faster.



This book will help you combat bad breath within a day or a week at most, you need to be patient and consistent, but once that happens, bad breath will quickly fade away.