

# How To Get Rid Of **BAD BREATH**

Bad breath, or Halitosis, is a very common oral condition. Poor oral hygiene provides optimal environment for the bacteria to grow and produce foul mouth odor.



## *Practices To Reduce Bad Breath*



Brush and floss twice a day

Avoid tobacco consumption



Use mouthwash to rinse your mouth

Drink more water



Scrape the smelly coating on your tongue

Avoid sugary drinks



Maintain a good oral hygiene

## *Home Remedies That May Help*



Gargle with salt water



Brush your teeth with baking soda

Eat an apple after every meal

