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Why Are Folks Avoiding You? Dealing with Bad Breath

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Why Are Folks Avoiding You? Dealing with Bad Breath

What Is Bad Breath?

There are over 90 million people who suffer from simple bad breath or from more severe halitosis. For most people the cause of their bad breath will emanate from their teeth, gums, and tongue. The bad odor will come from bacteria in the mouth that is the result of food particles left in the mouth after eating. Poor dental habits can also be a major contributing cause of bad breath. Decay in the mouth will produce a sulphur compound which leaves behind a bad smell.

If you have bad breath you'll want to take a look at your oral hygiene habits. When you brush your teeth make sure that you also brush your tongue, the inside of your cheeks, and the roof of your mouth. You want to be sure to remove all the food particles and bacteria from your mouth.

You'll also want to make sure that you floss your teeth to remove any food particles that are trapped between your teeth. Use a mouthwash as a temporary solution to your bad breath, however if the problem is still there make sure that you talk to your dentist to see if you have gum disease or tooth decay.

Bad breath can also occur for other reasons that include a dry mouth, diabetes, infection, liver problems, or kidney failure. Smoking is another contributing factor. Many cancer patients will find that they have a dry mouth after they have undergone radiation therapy. Lack of saliva in the mouth can lead to bad breath since food particles won't be washed away. Other reasons why you may experience bad breath include stress, dieting, your age, hormonal problems, and snoring.

If you have an odor that emanates from the back of your mouth you may have post-nasal drip. Post-nasal drip occurs when the mucus that is secreted from your nose moves into your throat. The mucus then gets stuck on your tongue and this can produce a foul smell.

The number one thing that you need to keep mouth odors under control is an ample amount of saliva. Saliva is needed to wash away the bacteria and food particles that become stuck in your mouth. As you sleep the amount of saliva that is produced will lessen. This is why most people wake up with some level of morning breath. To get rid of morning breath you simply need to brush and floss your teeth so that the odor is washed away. Eating a morning meal is another way to get rid of morning breath since this will get the saliva flowing once again.

How to Determine If You Have Bad Breath

If you suspect that you have bad breath you'll want to try and determine what type of bad breath you have so that you can take steps to cure it. Bad breath can come under three categories: (1) morning breath, (2) temporary bad breath, and (3) persistent bad breath.

There are ways of deciding whether you have bad breath so that you can find a remedy:

- If you find your gums bleed when you brush or floss your teeth it is almost certain that you have bad breath as well.
- Inspect your gums to see if they look red and swollen in places; if they do, it is likely you have bad breath.
- It is sometimes suggested that you can detect your own bad breath by breathing out through your mouth into a paper bag and then breathing in rapidly from the bag through your nose. You might catch a smell of your bad breath by using this method, but usually it does not work because your nose is so used to your own breath smell.
- Put your tongue out as far as you can. Then lick your upper arm or the inner surface of your wrist. Wait four seconds and then smell where you licked.
- Buy a BreathAlert device from the pharmacy. You breathe into the battery-operated device and it gives a reading in terms of one of four grades from no bad breath to strong bad breath.
- Put a piece of gauzy cloth on your tongue, as far back as you can without gagging. Wait for a few moments. Take out the gauze, let it dry and then sniff it.
- If you are a smoker you probably have smoker's breath.
- Ask your dentist or dental hygienist; they are very used to being asked this question.

Bad breath can come about from a variety of sources all the way from the foods that you eat to a medical problem. Your dentist will be able to tell you if your bad breath is the result of tooth decay or gum problems. If your bad breath is caused by a dental condition it should disappear once you have been treated by your dentist.

If you find that you get bad breath after eating certain foods you may want to avoid these foods when you know that you're going to be out in public or spending time with your loved one. Common foods to avoid include garlic, curry spices, cabbages, and alcohol.

Causes and Cures of Bad Breath

Before you can fix bad breath you have to have some idea of what is causing it. In about 80 to 90 percent of the cases of bad breath the culprit will be something that is in your mouth. Usually this will be nothing more serious than a mouth that is dirty. Plaque is one of the leading causes of bad breath. Plaque is an invisible layer of bacteria that is present in your mouth. Bacteria can often cause bad breath.

Other dental factors, such as gum disease and cavities, can also cause bad breath. Bad breath can also be caused by something that is in the gastrointestinal tract or in the lungs. Systemic infections can also be a factor.

Strong foods are often a leading contributor to bad breath. For instance, a meal that has garlic in it can cause breath that is strong and foul. Other strong foods include onions and curry spices. These foods are carried along in the bloodstream and are then exhaled through the lungs. Alcohol and tobacco are other causes of bad breath. There are some health problems that can cause bad breath in some people, such as diabetes or sinus infections.

There are some things that you can do to keep your breath as fresh as possible:

- Keep your mouth clean. Try to brush at least twice each day and floss at least once. Bacteria and food that is left in your mouth and between your teeth will cause bad breath.
- Brush your tongue. Bacteria left on your tongue can also contribute to bad breath.
- Avoid a dry mouth. Saliva will help to keep your mouth clean since it acts as a natural antibacterial and helps to wash away food particles from your mouth.
- Rinse your mouth after eating. Rinsing with water can help to remove some of the food particles that are left in your mouth after you eat. A quick rinse can help to fight bad breath.
- Chew on parsley. Although chewing on parsley won't cure you of bad breath but it will mask the smell for a short period of time. Spearmint will work just as well.
- Fight plaque. Eating foods that help to fight plaque can also help you fight bad breath. Good food choices include peanuts, carrots, cheese, and celery.

The above tips will help to keep your breath sweet smelling. If you're looking for a long term solution you need to find out the cause is behind your bad breath.

Dry Mouth and Bad Breath

If you have a dry mouth, you'll have less saliva. And less saliva in your mouth can lead to bad breath. Saliva is very important to dental and oral hygiene since it performs the following functions:

- Saliva provides necessary enzymes which are needed to digest your food.
- Saliva helps to stabilize the pH levels in your mouth, which in effect control the amount of acids that are present.
- Saliva provides adequate levels of oxygen which are needed to keep the tissues in your mouth fresh and healthy.

Dry mouth, otherwise known as Xerostomia, means that you have less saliva. This means that there will be less oxygen in your mouth. When oxygen is lacking an anaerobic environment will be created which is perfect for the production of bacteria. Bacteria in the mouth will create sulphur gases which will give you bad breath and also leave a bad taste in your mouth.

The shape of your tongue can also determine whether or not you have bad breath. The rougher that your tongue is the more likely you'll have bad breath since there will be more grooves in which bacteria can hide. Everyone has a specific shape and texture of tongue which can be an inherited factor in the freshness of your breath.

Some people will have a hairy tongue. This means that the papillae, the fibers of the tongue, are longer than average. These long fibers can trap in those bacteria that produce foul smelling sulphurs.

If you scrape your tongue or brush it extra hard to combat bad breath you may develop what is known as "burning tongue syndrome". This syndrome occurs when you develop sensitivity to certain conditions such as hot, cold, or acidic foods. If you have a tongue that is sensitive you'll want to stay away from mouthwashes and oral rinses that have an alcohol base.

Once you know that bad breath and a dry mouth go hand in hand you can take steps to make sure that your mouth remains wet with an ample amount of saliva. Chewing on gum throughout the day can help to keep the saliva flowing but make sure that you use sugarless gum so that you avoid tooth decay. You can also try keeping a bottle of water with you at all times so that you can wet your whistle once you feel that your mouth is getting too dry. Bad breath can be an unpleasant part of your life until you learn some of the tricks of avoiding it.

Fighting Bad Breath From A Low Carb Diet

You may find that you lose a lot of weight when you're on a low carb diet but one of the side effects of this weight loss is bad breath. Many dentists are finding that they get a lot of complaints from their patients about bad breath. Patients think that it might be tooth decay that is causing them to have foul breath but, after a dental exam, dentists find that tooth decay isn't an issue. This bad breath is actually called "ketone breath" and has a sweet sick smell to it. Ketone breath is the result of chemicals built in the body due to a low carb diet.

Low carb diets work when your body burns up stored fat as a fuel rather than using carbohydrates. When your body fat is burned up as fuel smelly ketones, or chemicals, are built up in the body. These ketone chemicals are then released in your urine and in your breath. Hence, bad breath is one of the biggest side effects of a low carb diet.

Many times bad breath will occur during the breakdown of certain food particles which have sulphur components. Bacteria found on the tongue and gums are another culprit. Foods that are high in protein will produce large amounts of sulphur compounds particularly at night when there is less saliva to wash away these components.

There are a few things that you can do to battle "ketone breath" if you're on a low carb diet:

- Make sure that you drink plenty of water so that you wash away the bacteria and germs in your mouth.
- Chew on fresh pieces of parsley
- Chew sugarless gum.
- Take the time to brush your teeth and tongue every time you eat.
- Take the time to floss after every meal.

- Try bleaching your teeth. Bleaching can help against bad breath because it acts as an oxygenating agent that kills germs and bacteria.

Bad breath can have a negative impact on almost anything that you do in your day from talking to co-workers to kissing your partner. When you're trying to lose weight, the last thing that you want to do is focus on your breath when you want to start feeling better about yourself. The above tips can help you keep a lid on bad breath so that you can put your energies into your weight loss program.

If you find that your bad breath continues after you've finished your low carb diet, make sure that you see a doctor. Bad breath can be a sign of serious medical conditions such as diabetes.

Bad Breath Solutions

When it comes to bad breath the natural remedies that most people think of are to improve on their brushing and flossing routine. However, a well balanced diet can also play a big role in eliminating your bad breath problems. A digestive system that works efficiently can greatly reduce the amount of bacteria in your body that are the cause of odors.

Acidophilus is something that you should make sure you have enough of in your diet. Studies show that an imbalance of bacteria in your intestines can contribute to your bad breath. Increasing the amount of acidophilus in your body can be achieved by eating more yogurt which is rich in live cultures.

Vitamin C can aid in protecting your gums from damage to the cells as well as help in speeding up healing. Bad breath can often be caused by gums that are in poor health. Good sources of Vitamin C include cabbage, red peppers, strawberries, oranges, and kiwi fruit.

Try to replace some of the animal protein that you eat with high fiber foods such as vegetables and fruits. Vegetables and fruits can help to cleanse your breath because they are high in fiber and have large amounts of enzymes. During your day munch on raw vegetables and fruit such as apples, pears, carrots, and parsley sprigs. Parsley is a natural breath freshener because it contains chlorophyll. Chlorophyll is a chemical that keeps plants green and is considered to be a natural breath freshener.

Drink at least eight glasses of water each day so that your mouth is always moist. You'll also be flushing out the germs and bacteria that can gather in your mouth from particles of food. Visit your dentist to be sure that gum disease or tooth decay isn't an underlying factor of your bad breath. Keep in mind that Vitamin C is good for preventing gum disease.

One last thing that you can do is eat fiber rich foods to fight constipation. Studies show that regular bowel movements will remove those toxins from your body that can cause bad breath. When you eat large amounts of meat you absorb a lot of bacteria into your bloodstream which then passes into your lungs and is then exhaled as bad breath. High sources of fiber include brown rice, peas, figs, dried bean, wheat products, and prunes.

Eating a balanced diet is a good way to make sure that your body is in good condition and working as it should. This alone can help you to eliminate your bad breath.

Laser Zapping Bad Breath

For anyone who has suffered from bad breath, the effects on your self esteem can be devastating. How many times have you been in the close company of others only to wonder if your bad breath was leaving a negative impact? For many people bad breath is a fact of life and, although they have tried my cures, they continue to suffer. Bad breath can be distressing and embarrassing when it occurs every day.

One cause of bad breath, for which there has never before been a cure, is a form of halitosis that emanates from the tonsils. If you're one of these people for whom bad breath is connected to the tonsils you'll be pleased to know that a laser treatment is all that it takes to bring you some relief.

Mild cases of halitosis are usually the result of bacteria in the cavities of the gums or teeth. Bacteria release gases which have a bad odor, such as hydrogen sulphide. To avoid this type of bad breath brush your teeth regularly, use a mouthwash, and make sure that you see your dentist regularly for teeth cleaning.

Certain foods can also cause bad breath in some people in particular strong tasting foods. Garlic is perhaps the number one culprit of bad breath and can leave a lingering smell that can last for several hours. Other foods that can cause bad breath include strong spices, cabbage, and alcohol.

Your tonsils can also be a cause of your bad breath. This is because your tonsils have grooves and pits that are perfect places for anaerobic bacteria to thrive in. The good news is that there is now a laser procedure available that can help to seal these grooves in your tonsils so that bacteria can no longer enter. The entire procedure will take about fifteen minutes from beginning to end.

The laser is used to vaporize the tonsil tissue that is infected so that scar tissue is created. Bacteria will be unable to penetrate this scar tissue and therefore have no place to breed. Most patients will be cured of their bad breath after just one laser treatment while other patients will need to have two or three treatments.

Before you try laser treatment for your bad breath you'll want to try more conventional methods of treatment first. This includes using mouthwash, brushing your teeth more often, or scraping the tongue. If nothing else seems to work, contact your doctor or dentist to find out more information about laser treatment for bad breath.

Bad Breath Can Damage Your Career

Not only can bad breath affect your social life, it can also have a negative impact on your career and job prospects. If you want to get the job that you really want you might want to brush your teeth more often and stay away from the coffee. This is because, as some studies show, people who have bad breath are less likely to be considered for a job than people with sweet smelling breath.

If you think that you have bad breath there are some things that you can focus on to remedy the matter such as:

- Take more care brushing your teeth. Make sure that you brush your gums, the inside of your cheeks, your tongue, and the roof of your mouth.
- Floss between your teeth at least once each day. You want to make sure that all the food particles are removed from your mouth and from between your teeth.
- Drink plenty of water and other liquids so that your mouth stays wet. Saliva will help to flush out your mouth and can bring you relief from bad breath before it starts.
- Avoid drinking coffee; coffee leaves a distinctive smell in your mouth and can also cause dryness.
- Take the time to clean out your mouth each time that you eat particularly after eating meat, fish, or milk products.
- See your dentist regularly to make sure that you don't have gum problems or tooth decay.
- Use a tongue cleaner to keep your tongue free of bacteria.
- Chew sugarless gum after you eat, particularly if you can't find the time to brush your teeth right away.
- Snack on fresh vegetables like carrots and celery.

Many employers say that bad breath is a very unattractive feature in a potential employee. The only other two unattractive features are body odor and a person who is dressed without care. Employers want to know that the employees they hire are neat and tidy.

Bad breath is a taboo subject that many people avoid talking about. The basic feeling is "if I don't think about it, I don't have it". However, it's important that you recognize whether or not you have bad breath so that you can take the steps necessary to relieve this problem.

If you have a job interview planned in the near future, you're going to want to know whether or not you need to focus on your dental hygiene a little bit more than you usually do. This is especially true if you're applying for a job where you'll be spending a lot of time talking with customers or other employees.

Bad Breath in Dogs

Bad breath isn't just something that people experience. Having a pet with bad breath can make your life very uncomfortable. Some of the common reasons for bad breath in dogs are caused

by gum and tooth problems. However, bad breath in dogs can also be an indication of other health problems. The important thing to do is determine why your dog has breath that is less than pleasant.

Dogs will often develop a build up of tartar around their teeth. After eating, particles of food will remain in your dog's mouth. These particles will start to decompose and it's this decomposition that will create a great environment for bacteria to thrive. The bacteria will then multiply to form plaque. Plaque is a combination of decomposed foods, minerals, and bacteria. And it's the plaque that will affect your dog's dental hygiene and cause him to have bad breath. Plaque is the leading cause of tooth loss for dogs since it will stick to the bottom of the teeth, causing the gums to recede and become inflamed.

When your dog is affected by plaque you'll find that he eats less. During the early stages of plaque disease there will be a yellow or brown coating on the sides of the teeth particularly around the large molar teeth. Smaller breeds of dogs seem to have more problems with plaque than larger breed dogs. Good dental hygiene is essential for dogs so that plaque doesn't have a chance to develop. Make sure that you give your dog an annual dental examine. You'll be saving his teeth as well as avoiding bad breath.

There are other causes of bad breath in dogs besides plaque. When your dog is shedding his baby teeth you may find that he drools and has bad breath. This bad breath problem will disappear when all of the baby teeth have been replaced by adult teeth. During this stage of your dog's life you can brush his mouth with a solution of diluted baking soda and water. This will give your dog some relief from teething pain as well as freshen his breath.

Older dogs may have medical conditions that can affect their breath. This includes liver and kidney problems. A dog with these medical problems will be very thin and have a small appetite. Your vet will be able to determine if your dog's bad breath is a symptom of organ failure. A dog with organ failure will need special care to be taken with his teeth. Their teeth will need to be cleaned and a course of antibiotics administered to be sure that infection doesn't set in.

Bad Breath in Cats

Cats are just as prone to bad breath as dogs and humans. Bad breath in felines can indicate a dental problem or it can be symptom of a more serious medical condition. You'll want to find out what is causing your cat's bad breath not only so that you can cure it but in case there is a medical condition that you need to address.

Cats, just as dogs, can develop a build up of tartar around their teeth. Once your cat has finished eating, food particles will stay behind in the mouth. When these food particles start to decompose the mouth will become a good environment for bacteria to grow. It takes only a few hours for bacteria to turn into plaque. Plaque is made of a mixture of bacteria, decomposed food, and minerals. Plaque will give your cat bad breath and will also play a huge role in poor dental hygiene. If you don't get the plaque under control your cat may suffer from

tooth loss as well as other serious dental problems such as inflammation and receding gums. These dental problems can be very painful for your cat.

Bad breath in cats can also be linked to feline leukemia. Your vet will most likely screen for this disease if there is no indication of dental problems being the cause of bad breath. If the test result is negative your vet may take a closer look at something called "resorptive dental disease". Resorptive dental disease is a condition which is present deep in the cavities of your cat's teeth. The roots of your cats canine teeth will be become exposed, causing the incisors to fall out for no apparent reason.

It is yet not known if cats with this dental condition are born with soft teeth or if there are other underlying dental causes. If you cat has resorptive dental disease bad breath can be an indicating factor. Eventually the incisors, if they don't fall out, will have to be extracted so that your cat can lead a healthy and happy life.

Older cats may develop some medical conditions that can affect the way that their breath smells. This includes kidney and liver failure. A cat with kidney or liver problem will usually be quite thin and sickly looking. Your vet will be able to determine if your cat's bad breath is a symptom of kidney or liver problems. A cat with these problems will need special care and attention to be given to their dental hygiene.

Pay attention to your cat's breath so that you can take care of medical or dental problems before they become too severe.

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