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Home Remedies For Bad Breath

Posted: Monday, January 15, 2007

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I love men, and I don't just mean on the rare occasion when I make out with one in the back of a cab. I mean all men — my neighbor the cop, the gentleman who sells me flowers on the corner, the trainer who kicks my butt at the gym, my best friend's kid brother, the 77 year-old dude at the health food store who appears to know everything about vitamins, and especially my 8 year-old nephew.

I mean, I really do adore men. Men are charming. They are heroes to me. They look out for me, carry my bags for me, protect me, and make me laugh when I have had a rough day. They give me hugs and, at times, a shoulder to cry on. But let's face it — sometimes men don't have a friggin' clue when it comes to oral hygiene! Some of you lovely fellows might be getting passed over right now. I kid you not, there are women who are not going to bed with some of you because your breath smells like a small animal crawled down your yap and pooped in your esophagus!

Okay — chill out. I am not going to drop that bomb on you and run for the hills. Remember, I love you guys. I am rooting for you all to get some action. In addition, I am a rock star health counselor with mounds of info, so here it goes:

According to *The Complete Guide to Natural Healing* by Tom Monte (Perigee Publishing 1997), bad breath could be a red flag for many health problems and should be taken seriously. Bad breath, according to Monte, could be “a

OriginalPenguin.com

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symptom of an internal disorder, the source of which could be the teeth, the gums, sinuses, stomach, liver and small or large intestine. The most common underlying cause of halitosis is constipation or generally poor elimination.”

Here are a few ways to get your mouth smelling and tasting minty fresh so that you can go out and get your proverbial “swerve” on or at least stop offending your dinner guests!

1. Get on tract! Take a moment to focus within your digestive tract. Do you have indigestion? Gas? Are you pooping everyday? If you are not moving your bowels every day, then you are not eliminating toxins and indirectly stinking up your entire system. Have you ever been in a bathroom where the toilet does not flush? You get the idea. If you have gas (understand that up to 14 farts a day is the norm) this could be a clue that your intestinal flora (the friendly bacteria in the gut) might just be out of balance. Elizabeth Lipski, Ph. D.,CCN., wrote in her book *Digestive Wellness* (McGraw Hill 2004) that: “yes, bad breath can be digestive in origin. It can be caused by low levels of HCL (Hydrochloric acid) in the stomach, poor flora, and/or constipation. But, first consult a dentist to see if it is caused by poor dental hygiene, periodontal disease or tooth infections.” Lipski says, “Using mouthwash alone is like putting a Band-Aid on a broken leg.”

I highly recommend the following probiotics to my clients and know that they bring about balance of the intestinal flora, regularity and the promise of far less odor.

Mega Flora from Mega food -- Contains over 14 strains of bacteria and over 20 billion viable cells per capsule

Florastor is my other favorite and a good compliment to the Mega Flora.

A word about probiotics — it is good to look at them as a therapy, so go on them daily for a month and then reduce to 2- 3 times per week for maintenance. Once you’ve begun smelling better and moving the bowel with ease, you are ready for the more obvious piece of the puzzle.

2. Bump up your oral hygiene routine. Start with all natural products. Those with real peppermint and tea tree oil are ultra concentrated and ultimately do a superior job at fighting stinky mouth odor. Here is my quick, fail safe guide to oral hygiene!

Brush- I love my Oral-B electric toothbrush, but you can use any soft bristle brush. The trick here is to brush for at least two minutes at a 45 degree angle. You want to get the bristles under the gum line where food particles linger.

Toothpaste- Jason’s Power Smile tooth gel has co enzyme Q10 that is fantastic for your gums. It contains pummeled bamboo that gently sloughs away tartar and plaque, leaving your mouth minty fresh and tingly!

Floss-- I am the self-proclaimed queen of floss (I have been known to dip into the washroom in the middle of a date to floss). I have tried every brand on the market and while Desert Essence tea tree floss is pretty amazing, I can’t help but go back to my ultimate preferred floss Glide Dento tape — it rocks! You must take your time and be gentle. Slowly glide up and under the gum line on either side of the tooth. You can brush again after this if you have a very hot date.

Dr. Tung’s tongue scraper will lift the filiform papillae (the little hair-like flaps of the tongue) and gently scrape away any bacteria, mostly sulfur left over from food. Simply follow the instructions on the package.

Mouthwash- Make sure that your mouthwash is devoid of alcohol, as it can

erode the gum line. My favorite: [Jason's Power Smile or Jason's Healthy Mouth](#)— both excellent and packed with plant oils and extracts of clove, peppermint and tea tree.

Drops and sprays— Two that make my mouth happy are [Sunny Greens liquid chlorophyll](#) and Del one Drop honey/chlorophyll breath freshener.

Chlorophyll is a good idea in general as it is a powerhouse deodorizer. To that end, you can pretty much eat any dark green vegetable and you will reap the benefits. All of these items are available at your local health food store or my favorite, NY's Upper East Side's "A Matter of Health" at 77th street and 1st. Avenue.

So, there you have it, the complete guide to smelling and tasting delicious! You might just get so much action you won't have time for anything else. Enjoy yourself, you kissing bandit you!



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Donna Sonkin is a Certified Holistic Health Counselor accredited with the American Association Of Drugless Practitioners. Donna's ["Get Thin For The Camera"](#) program is devoted to helping actors, models and performers of all types achieve their optimum weight through a 'whole food nutrition' approach.

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