



# BAD BREATH (HALITOSIS)

Chronic bad breath or halitosis is a crippling social problem for many, including those around the afflicted person, and can have many non-oral root causes.



## Possible Contributing Factors

- Poor dental hygiene
- Infection or inflammation in the lungs, sinuses and tonsils (ex. those with lung abscess or bronchiectasis can have odorous rotten meat smell)
- Digestive insufficiency (protein putrefaction & carbohydrate fermentation generally due to hypochlorhydria (low stomach acid) and/or gallbladder dysfunction)
- Liver insufficiency (associated with a sweet odor which some describe as that of 'dead mice')
- Abnormal gut microbiome: yeast/Candida, parasites, bacteria
- Exposure to excessive chemicals in the water, food, air, and drugs impacting gut microbiome
- Various diseases such as diabetes (ex. acetone breath), insulin-dependent diabetes (ex. rotten apple smell), kidney dysfunction (ex. fish odor), rheumatic fever (ex. acid-sweet smell)

## Lifestyle & Dietary Recommendations

- Eliminate all processed and refined carbohydrates (anything made from flour), sugar, alcohol
- Eliminate fried foods, hydrogenated fats/oils
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- If hypochlorhydria is suspected, decrease red meat consumption temporarily while addressing it
- Drink filtered water (no well or unfiltered city water)
- Check IAOMT.org to find a biological dentist for an oral health assessment
- Scrape tongue daily. Brush teeth morning and evening. Floss nightly.
- Natural breath fresheners: parsley, chlorophyll, peppermint (see recipe below)

## Supplement Considerations

- Digestive support (betaine HCL, pepsin, pancreatic enzymes)
- Liver/gallbladder support formula
- Magnesium (if foot odor present)
- Emulsified oregano
- Broad spectrum probiotic

## Other Considerations

- Peppermint Oil Breath Freshener Recipe:
  - 1 part Peppermint Oil (Organic Pharmaceutical Grade)
  - 3 parts Chlorophyll (Organic)
- Mix the two ingredients in a small glass container of your choice. Either drop one or two drops on your tongue or on the back of your hand and lick!