

# Beverly Hills Formula

## Breath Care Expert

**Facts:** Bad breath, sometimes known as halitosis, is a common problem. It has been estimated that halitosis affects up to 50% of us at some point during our lives. Most adults suffer from bad breath occasionally, although it may affect up to a quarter of adults on a regular basis.

### Breath Care Treatment:

- **Brush your teeth and gums** for two minutes, twice a day with a toothpaste that contains zinc ions, anti-bacterial agents and anti-bad breath ingredients. Zinc ions help to eliminate the causes of bad odours in the mouth for up to 18 hours. For best results brush toothpaste on teeth and the back of the tongue and leave for up to 30 seconds (minimise swallowing).
- **Floss your teeth:** to clean between your teeth use **dental floss** or 'interdental brushes' - fundamental to maintaining good oral hygiene
  - **Antibacterial Mouthwashes:** swill away the bacteria that cause bad breath and offer anti-plaque properties. If you continue to suffer from bad breath visit your dentist or hygienist to make sure that the mouthwash is not masking a more serious underlying problem.
  - **Brush your tongue or use a special tongue scraper** to clean off food or odour causing bacteria, (brush as far back as you can). The bacteria that cause bad breath reside on the tongue and don't like exposure to oxygen. If you scrape your tongue, you not only scoop them up, but also expose them to oxygen, which may help to prevent halitosis
  - **Chew sugar-free gum:** it stimulates saliva and stops your mouth drying out.
  - **Professional Help:** Gum problems are the main cause of bad breath, so get checked out by your dentist or hygienist



**Prevention:** Good dental hygiene can usually prevent bad breath.

- **FRESH PARSLEY:** acts on the bacteria that release the bad smelling sulphur compounds and has antibacterial properties, but is also an old home remedy for garlic/onion breath. Parsley contains high levels of beta carotene, vitamin B12, vitamin C, chlorophyll, calcium and other nutrients restoring digestion, supporting the liver, kidneys and adrenal glands, purifying blood and body fluids. Parsley is a great immune booster, helps the body's defensive mechanism and chokes negative bacteria to eliminate bad breath.
- **MASTIC GUM:** a natural resin taken from the Pistacia Lentiscus tree on the Greek island of Chios is said to have antiseptic properties and to decrease acidity in the mouth. Chewing mastic gum reduces the amount of mouth bacteria
- **“LIVE” YOGHURT:** live yoghurt is said to decrease levels of hydrogen sulphide, the smelly gas produced by bacteria in the mouth, through the action of the live bacteria Lactobacillus Bulgaricus and Streptococcus Thermophilus



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- **BAKING SODA:** Brushing with baking soda, or bicarbonate of soda, is meant to counteract high levels of acidity in the mouth, a possible cause of bad breath
- **PEPPERMINT OIL:** Some natural health practitioners believe that popping capsules of this oil may keep your breath minty fresh.
- **FENNEL SEEDS:** Chewing on fennel seeds after a meal was a traditional way of masking mouth odours, as extracts of fennel have antibacterial properties
- **DRINK PLENTY OF WATER:** Avoid having a dry mouth, as dead and dying bacteria and cells, which would normally be swept away by saliva, linger, stagnate and release pungent gases. And be aware that the more you chat, the worse you'll smell. Talking makes your mouth dry, so drink plenty of water.
- **ALWAYS EAT BREAKFAST:** "Morning breath" is caused by breathing through your mouth during the night, making it very dry by the time you wake up. The smell will linger if you don't eat – and coffee and cigarettes make it worse.
- **EAT FRUIT:** Chewing fruit not only hydrates the mouth, but also efficiently dislodges the dead and dying cells and bacteria in the mouth that lead to bad breath.

## Main benefits of Beverly Hills Formula Breath Care products:

- **Fresher Breath for longer:** With Zinc ions, anti-bacterial agents and Tongue Scraper to help eliminate the causes of bad odours in the mouth for up to 18<sup>th</sup> hours.
- **Tooth protection:** the antibacterial formula helps fight plaque, a cause of tartar, gum disease and bad breath
- **Lasting great flavour:** the long lasting strong tasting mint flavour freshens your mouth each time you brush.

**Causes of Bad Breath:** In most cases, bad breath is caused by a build up of bacteria in the mouth as a result of leftover food, plaque or gum disease. In absence of a health problem that bad smell or 'halitosis' is a mixture of volatile sulphur compounds and bacteria. This sulphur breaks down the protein from the remaining food turning it into part amino acids. Further breakdown of certain amino acids can release foul gases, including hydrogen sulphide – known as the "rotten egg smell". Additionally, decreased saliva flow during sleep creates a smell amplified dry mouth. Alcohol dries out the mouth reducing the saliva formation. Periodontal diseases are more likely to happen to the tobacco users along with bad breath. Furthermore halitosis can also originate in the digestive tract. However, there are several other possible causes that affect the airways, oesophagus and stomach that can also lead to bad breath.

## Factors that affect the mouth and cause bad breath

- **Nose Throat:** Bad breath is caused due to the nasal discharges from the sinus
- **Respiratory/tonsil infections** may cause the formation of cough which is another source of bad breath.
- **Dental decay/** Food stagnation between the teeth
- **Gum disease** (periodontal disease) is an infection of the gums, bone and tissues around the teeth, this can cause bad breath
- **Dry Mouth** Saliva - The mouth is kept clean due to the saliva and washes off the decaying food. It also keeps the mouth moist. Dead cells get accumulated on the tongue, cheeks, and gums in a dry mouth
- **Excessive bacterial activity on the tongue**
- **Catarrh**

## Factors that affect the airways and cause bad breath

- **Foreign body**

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- Oral dryness
- Sinusitis
- Polyps
- Hindered air or mucus flow
- Bronchitis/ Bronchiectasis (dilation of the bronchi of the lungs, usually from previous infection).
- Pneumonia

## Factors that affect the oesophagus and stomach and cause bad breath

- **Gastritis and food reflux/ Food stagnation** - Bad breath can be caused because of indigestion, bowel disorder or constipation. When food doesn't get digested it results in fermentation acid reflux and bad breath. Stress can also affect the digestive system - digestive enzymes are not produced sufficiently leading to bad breath.
- **Dieting** - Constipation and indigestion are the results of dehydration or fasting
- **Diseases** - kidney failure and lung infections also contribute to bad breath. A fruity breath odour is emitted from the mouth of people suffering from diabetes

## Beverly Hills Formula Breath Care products:

- [Beverly Hills Formula Breath Confidence](#)
- [Beverly Hills Formula Dentist's Choice](#)
- [Beverly Hills Formula Breath Care mouthwash](#)