

6 SIMPLE STEPS TO FIGHT BAD BREATH

1 Practice Good Oral Hygiene

Oral hygiene is your first line of defense against bad breath. Be sure to brush your teeth twice a day and floss daily to remove the food debris and plaque that cause bad breath.



2 Don't Forget About Your Tongue

Bacteria that builds up on your tongue is a common cause of bad breath. Use a brush or tongue scraper on your tongue regularly - and be sure to pay attention to the back of your tongue where the hardest to reach bacteria settles.

3 Rinse With Mouthwash

Mouthwash is a great addition to your oral hygiene routine. Make sure you're using an antibacterial mouthwash or hydrogen-peroxide based mouthwash. Both of these kill bacterial that cause bad breath. If you don't have mouthwash, check out our DIY mouthwash recipe [here!](#)

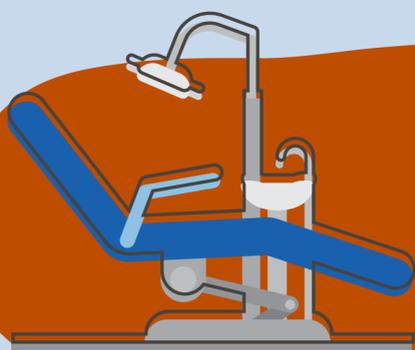


4 Stay Hydrated

Drinking water regularly helps wash away food particles that can cause bad breath. It can also help you avoid dry mouth, which creates an environment for bacteria to grow.

5 Beware Your Eating and Drinking Habits

Foods like garlic, coffee, onion, alcohol, and fish can all leave you with bad breath - know when to avoid these foods (or be sure to brush and floss right after you eat).



6 Visit Your Dentist

Be sure to see your dentist every six months for your cleanings and exams. These visits can help catch cavities, plaque buildup, and gum disease early, all of which contribute to bad breath.

Bad Breath can have many causes - so being aware of your oral health and having a complete dental hygiene routine using the tips above is key to keeping your breath fresh and your mouth healthy.

Worried about the cost of your next dental appointment? Go in armed with a Solstice dental plan to maximize your savings!

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