

# HOW TO DEAL WITH BAD BREATH

## 1 Chew gum or mints.

Excuse yourself from the table and head for the host's desk, where there may be a dish of mints. A waiter or busboy may also be able to give you a piece of gum. Go to the restroom and chew the gum for two minutes, then spit it out. This will get your saliva flowing and keep bad breath at bay for an hour or more. Chewing for more than a few minutes is not necessary. Sugar-free gum is best.

## 2 Chew parsley, mint, or a cinnamon stick.

On the way to the bathroom, pull your waiter aside and ask for one of these common garnishes. Parsley and fresh mint leaves are natural breath fresheners. A cinnamon stick, if chewed, will also clean your breath; do not use ground or powdered cinnamon. Most bartenders will have a stick on hand.

## 3 Order a salad or some fresh carrots.

If you cannot leave the table, order coarse foods that can help clean the tongue, a major source of bad breath.

### Be Aware

Food odors are generally not as bad as you think, but when possible, avoid onions and garlic during your date.

*To freshen breath, chew on any of the following items:*



aniseed



mint sprig



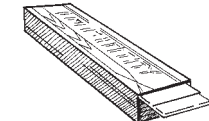
cloves



egg shells



lemon



gum



cinnamon stick



orange



parsley



salad

## HOW TO PREVENT BAD BREATH

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- 1 Floss.**

Before going to bed, floss your teeth. Use unscented floss and smell it after each pass through. Areas that smell the worst need the most attention. Flossing may also help you live longer, as gum disease can shorten your life.
- 2 Sweep the tongue.**

Gently sweep the mucus off the very back of your tongue with a commercially available tongue cleaner. Avoid cleaners made from sharp metal and do not scrape the tongue.
- 3 Brush with mouthwash.**

Use an effective mouthwash. Shake if necessary, then pour some into the cap. Dip your toothbrush into it and brush your teeth properly for a few minutes. Do not use mouthwash and toothpaste at the same time as they can cancel out each other's active ingredients. Rinse and gargle with the rest of the mouthwash in the cap.

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