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Halitosis Remedies

If you have bad breath, you've probably tried a collection of toothpastes, mouthwashes and all sorts of breath mints. And they may not have helped much. Chronic halitosis is complicated. In some cases, bad breath calls for treatment from a dentist and an ear, nose and throat specialist together. In other cases, bad breath may be cleared up with a simple, over-the-counter antihistamine tablet. When the department of pediatric dentistry at Tel-Aviv University in Ramat Aviv, Israel, studied halitosis in children, researchers found that one of the most common factors was postnasal drip. As reported in the Journal of Pediatrics, a mild antihistamine, just enough to stop the drip, may go a long way toward making your breath seem toothpaste fresh.

How do you cure bad breath? Go to your dentist get your teeth cleaned, fix any large cavities and treat periodontal disease, brush and floss your teeth thoroughly, use mouth rinses, if you have post nasal drip, take an antihistamine to dry up your sinuses. Avoid foods which have sulfur [good luck figuring out that one]. Many meats have high sulfur levels also avoid onions and garlic.

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