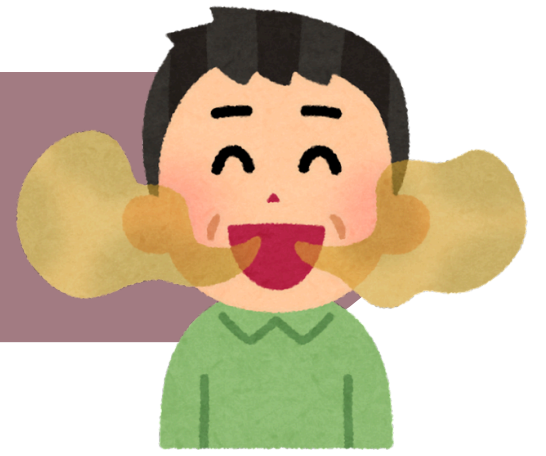


# MY HEALTHY SMILE : for fresh breath

We all have bad breath now and then...



## What causes it?

- The foods we eat (garlic, onions, spices, etc.)
- Oral health problems
- Mouth breathing, stuffy nose
- Certain illnesses (diabetes, digestive problems, tonsillitis, etc.)
- Medications that dry out the mouth



Drinking water can help.

How can I get rid of bad breath?



Brush your tongue and teeth after meals, and floss regularly.

Mouthwash, gum and mints are not the answer. They will only mask the problem for a while.

