

Natural Help 4...

Bad Breath



What is Bad Breath?

Bad breath, otherwise known as halitosis is a very common and troublesome condition that affects approximately 25% of the population at some point.

For many people, **bad breath is a temporary and brief concern** that may only arise at certain times of the day (such as on waking), or after eating certain foods such as garlic or onions.

For others, bad breath is a more severe and persistent condition that can have long reaching affects such as **social isolation, relationship and work problems**.

What causes Bad Breath?

Some causes of bad breath include:

- Poor oral hygiene or health, including tooth decay and/or gum disease.
- A dry mouth (most often caused by stress, fasting, smoking, and alcohol consumption.)
- An over growth of certain bacteria in the mouth and digestive system
- Candidiasis
- Sinus infections
- Side effect of certain medications (especially those that cause dry mouth as a side effect)
- Smoking
- Certain foods can cause bad breath such as garlic, onions, anchovies, and high protein diets
- Poor digestion
- Constipation
- Poor liver health

Help and treatment for people with Bad Breath

When sucking on peppermint sweets is no longer solving your bad breath problem, it is comforting to know that nature has a solution.

There are a number of natural herbal and homeopathic ingredients such as Kali, Phos, Silica and Sweet Fennel which have been shown to dramatically **reduce the symptom of bad breath**, while helping to combat some of the underlying causes; thus leaving breath naturally sweet and inoffensive.

Tips for halitosis



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Always brush teeth, clean your tongue and floss after meals and before bed! Good oral hygiene is of utmost importance when trying to get rid of [bad breath](#)!
- Make frequent visits to your dentist and oral hygienist and make sure to fix any tooth or gum concerns before they get out of hand. Most cases of [bad breath](#) are related to tooth decay and gum disease!
- Gargle daily with a good peppermint and fennel flavored mouth wash.
- Avoid smoking as this is also a common [cause of bad breath](#). If you do smoke then it might be a good time to quit smoking naturally.
- Eat at regular intervals as this increases saliva production and reduces [bad breath](#). Chewing raw celery sticks helps to keep breath fresh, so keep this handy snack nearby.
- Address any underlying bacterial or fungal problems such as Candida.
- Drink plenty of water through out the day and cut down of coffee. Having a dry mouth can cause [bad breath](#) so sip on water through out the day and make sure you drink at least 8 glasses of water daily.


The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.


Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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Related Natural Remedies:

HaliTonic: Homeopathic remedy temporarily relieves bad breath and improves breath freshness, plus promotes oral health

HaliTonic is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve bad breath, improve breath freshness and promote oral health.**

HaliTonic may be taken at the first signs of **bad breath** to support **systemic cleansing and freshen breath** for effective, temporary help.

HaliTonic is taken internally to **maintain the natural system cleansing** and detoxifying properties of the body to **promote a healthy, fresh mouth, throat and digestive tract** – ensuring that all systems are supported to improve breath freshness. Presented in small tablet form, HaliTonic is easy to ingest and hassle-free with **no artificial colors or preservatives**

Due to its unique homeopathic formula, HaliTonic is *safe for all ages, as well as during pregnancy and nursing*

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Triple Complex Digestion Tonic is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* to **relieve digestive discomfort, plus improve systemic detox and metabolism.**

Triple Complex Digestion Tonic is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs of **burning, cramps or digestive pain** for effective, temporary relief of digestive distress.

Triple Complex Digestion Tonic is taken internally to **reduce gas buildup and acidity in the digestive tract.** Presented in small tablet form, Digestion Tonic is easy to ingest and hassle-free with no artificial colors or preservatives.

Due to its unique homeopathic formula, Triple Complex Digestion Tonic is *safe for all ages, as well as during pregnancy and nursing.*

[Learn more about Digestion Tonic](#)

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