

Natural Help 4...

Halitosis



What is Halitosis?

Bad breath or halitosis can cause personal distress, difficulties in relationships and social problems, making it a very awkward and troublesome condition. And yet, up to 25% of people **suffer from halitosis** at some point in their lives.

Most people experience transient bad breath, often after waking or after eating certain foods such as garlic or onions, but when **bad breath reaches the point where people step back** when you are talking; it becomes a problem well worth addressing.

What Causes Halitosis?

While halitosis is **sometimes caused by poor oral hygiene**, there are a number of other underlying conditions that may trigger bad breath - in fact many people find that despite great efforts in oral care, they still suffer from the condition. Some common causes of halitosis include:

- Poor oral hygiene
- Tooth decay and/or gum disease
- Having a dry mouth (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 for Halitosis

While there are plenty of **short-term products such as gums and fresheners** on the market, most do not last more than a couple of hours and tend to only mask the bad breath rather than address underlying causes.

For this reason, many people are now turning to natural herbal and homeopathic ingredients such as Kali. Phos, Silica and Sweet Fennel to successfully help them with halitosis. Kali. Phos is well known for its **antiseptic and cleansing**

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

properties and is effective at addressing putrefactive conditions such as halitosis, foul smelling flatulence and stools.

Silica works by cleansing the cells of toxins and ridding the body of bad odors, while addressing some of the underlying causes of **bad breath such as gum disease, sinus infections** and mouth abscess. Lastly, sweet fennel has a long history of use for treating digestion problems and is a popular aid to sweeten the breath.

Tips for Halitosis

- Practice good oral hygiene by brushing teeth after every meal and before you go to bed. Flossing is also important as this will help remove any food particles that may get caught between the teeth.
- Clean your tongue when you brush your teeth. Use a tongue scraper or a spoon to gently clean off the bacteria build-up on the tongue.
- Make regular visits to your dentist and oral hygienist
- Gargle daily with a good peppermint and fennel flavored mouth wash.
- Avoid smoking. 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 freshen breath, so keep these as a handy snack.
- Address any underlying bacterial or fungal problems such as Candida.
- Drink plenty of water through out the day and cut down of coffee.
- Take control of your condition and do not let it control your life.

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.



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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.

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.

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.

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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.

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*

[Learn more about HaliTonic](#)

Digestion Tonic: Homeopathic remedy temporarily relieves digestive discomfort, improves systemic detox and metabolism

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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3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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