

## Halitosis

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Bad breath may be caused by tooth decay, gum disease, digestive problems, smoking or some systemic diseases.

**Alfalfa- Internal** Purposes: High in Chlorophyll and nutrients that act as a detoxifier and blood purifier and has been found to be beneficial for a variety of illnesses, including liver disorders and breath odor. Dosage: 500 to 1000 mg tablets or 1 tsp. Of liquid in juice or water three times daily.

**Goldenseal- Internal** Purposes: Alcohol-free Goldenseal Extract has been found beneficial in treating infected gums. Tooth decay and infected gums is one of the highest causes of bad breath. To treat gum infection or mouth sores, soak a cotton ball with Alcohol-free Goldenseal Extract and set the treated cotton ball over the infected area. Repeat this procedure for 2 hours a day for 3 days. The infection should heal quickly.

**Myrrh, Peppermint, Rosemary, and Sage- Internal** Purposes: Myrrh is an ingredient in European toothpastes due to its ability to fight bacteria that cause tooth decay. Peppermint makes a fine mouthwash and is a great remedy for bad breath. Rosemary and Sage have antiseptic properties that make them a good gargle and mouthwash. Cautions: Sage is not to be used if you have epilepsy or other seizure disorders.

**Parsley- Internal** Purposes: Parsley Leaf is an excellent breath freshener due to its high chlorophyll content. Parsley is used in mints and you can just chew on a strip of parsley which will help to alleviate bad breath.