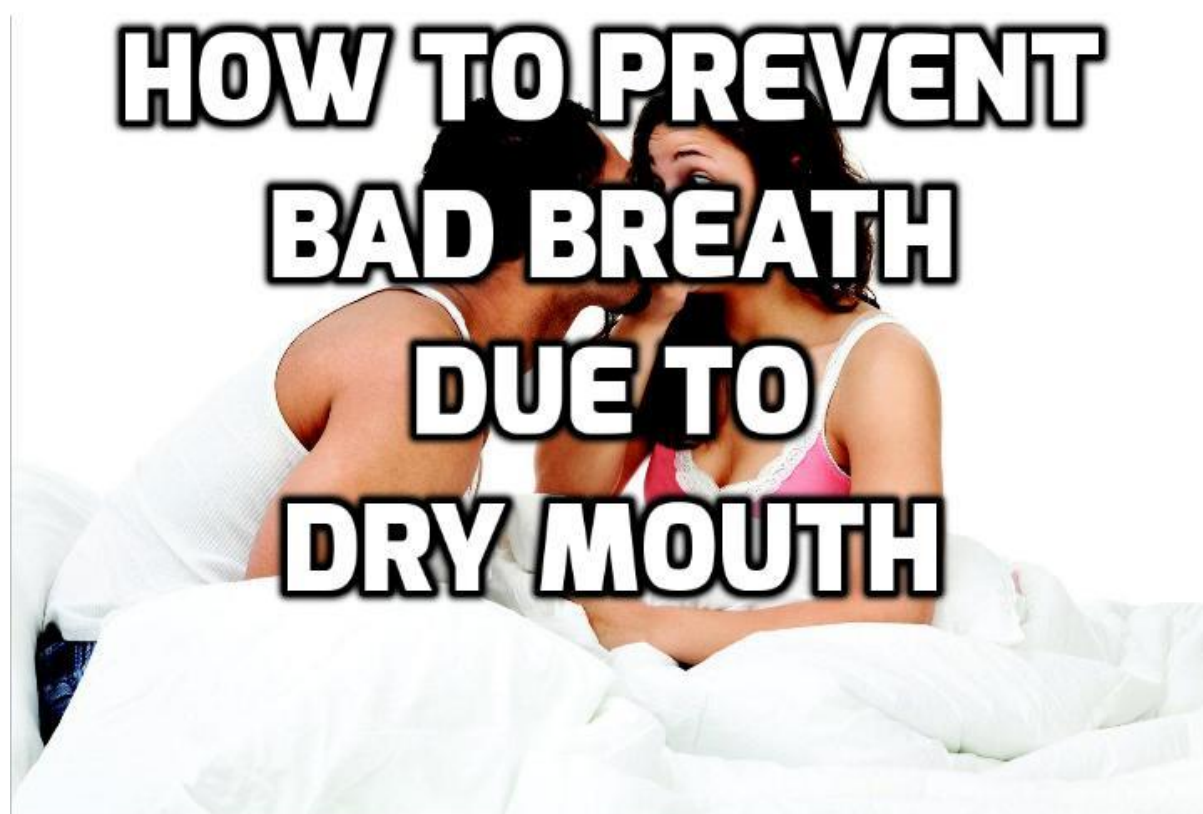


Dry mouth (xerostomia) can cause bad breath



[Click HERE to Discover How You Can Get Yourself Cleaner, Fresher Breath and a MORE Kissable Mouth](#)

Bad breath associated with a dry mouth is caused by the reduction of saliva. This reduced saliva flow impairs the natural cleansing mechanisms of the mouth. Dry mouth, also known as xerostomia, can contribute to **unpleasant oral odor** and cause discomfort in the mouth.

Dry mouth is not a disease itself. Instead, it is a common side effect of over 400 prescription and over-the-counter drugs. Although dry mouth commonly occurs in most people after a night's sleep, dry mouth may also occur with the use of certain medications, from prolonged snoring or mouth breathing, or as a result of salivary-gland problems.

Additional reasons for dry mouth include a lack of fluid in the body (dehydration), **nutritional deficiencies**, the presence of another **medical condition or disease** (such as in autoimmune disorders like Sjögren's syndrome), or radiotherapy to the neck and head areas.

If you suffer from dry mouth, you need to pay greater attention to your teeth. When maintaining your **daily oral-hygiene routine** of brushing your teeth, tongue, and gums and flossing regularly, use an extra-soft toothbrush with fluoride toothpaste after every meal and before going to bed.

Also, avoid using tobacco products and consuming [alcohol](#) or caffeine, as these substances contribute to dry mouth and can exacerbate odor by increasing odor-causing bacteria.

To [prevent bad breath](#) caused by chronic dry mouth, make sure you are drinking enough water each day. Six to eight glasses of water a day is the minimum recommended amount; this will help [reduce oral odor](#) by washing away food particles and bacteria.

Using a humidifier in your bedroom and avoiding breathing through your mouth can also help improve natural saliva flow. If your medications are making you experience [bad breath](#) and dry mouth, ask your dentist to recommend an over-the-counter saliva substitute remedy or speak to your doctor about adjusting your medication.

Watch these videos below

[Treating Bad Breath and Dry Mouth](#)

[How to Get Rid of Dry Mouth \[Xerostomia\] - 10 Natural Home Remedies to Cure Dry Mouth](#)

This article is based on the book, "Bad Breath Free Forever" by James Williams. This special report contains vital information that will enable you to take control of your life, banish bad breath, save your sex life, career and personal relationships.

Never again will you suffer the humiliation of bad breath. Get yourself cleaner, fresher breath and a more kissable mouth. You will enjoy increased self-confidence and positive effects on your self-esteem.

To find out how you can do it, [CLICK HERE](#)

Source: <http://luv2sex.theblogpress.com/?p=5556>