

Foods that fight bad breath

Whether you are concerned about waking up with morning breath, or are scared of bad breath that gets worse throughout the day, unpleasant odour can be an annoying side effect of a number of factors, especially food.

BY ESTHER BRIDGET NAKALYA
editotial@ug.nationmedia.com

Imagine! You are already on one knee after a well thought out proposal and just when you open your mouth, your presupposed yes is driven to the grave for a no. Bad breathe will definitely cost you this and much more.

Conrad Wakoli, 26, only realised he had to remedy bad breathe after complaints from friends who had started to detest his presence. "I tried natural methods as well as regular brushing but in vain," he recounts.

After a medical opinion from a pharmacist, Wakoli opted for medical prescriptions intended to treat a gum infection.

Dr Eve Nabwire, a dentist at Basil Clinic in Kololo, recommends one to consult a professional dentist, before receiving prescriptions elsewhere. "You may also need to look out for foods you regularly consume, as they may greatly contribute to your oral hygiene," she advises.

Fruits

According to Nabwire, one should eat fruits especially those with a high water content. "Eat a lot of mangoes, pine-apples, apples, grapes and watermelon, as they shore water levels in the body," she says. Fruits are a great remedy for good breath and also good for the body's immunity.



Water

"Drinking plenty of water a day allows for easy digestion and drains the body of impurities," says Nabwire.

She adds that sometimes bad breath is caused by tooth decay, which may require you to drink luke-warm instead of cold water.

Eight glasses of water per day has been scientifically recommended towards contributing greatly to boosting the body's immunity and draining the body of impurities through sweat and urine.

Balanced diet

Thirty-three-year-old Doreen Chaiga says she had a problem with bad breath until a friend advised her to

start taking ginger. "I also always ensure to eat a meal rich in essential nutrients.

Lemon

According to www.draxe.com, an online portal, lemon and water also play important roles in getting rid of bad breath. Suck on a lemon slice or squeeze a fresh lemon into a glass of water.

This technique is particularly effective when it comes to combating bad breath from onions, garlic, and the like. After making lemon water, simply drink the water or gargle with it. Lemon will stimulate saliva production which will help to combat bad breath.

ORAL HYGIENE

Moisten your mouth

You can get tooth decay and bad breath if you don't make enough saliva. If your mouth is dry, drink plenty of water during the day. Chew sugarless gum or suck on sugar-free hard candy.

Keep your gums healthy

Gum disease causes bad breath. Bacte-

ria gather in pockets at the base of teeth, which creates an odour.

Rinse your mouth

Besides freshening your breath, a mouthwash adds extra protection by getting rid of bacteria. A fresh minty taste can make you feel good.

www.webmd.com

FOOD WARS

Immunity boost