



Geoffrey Speiser is a practicing dentist from Sydney who claims to have the answers to bad breath.

Many years ago he had patients come to him for help with their bad breath. Geoffrey subsequently discovered that bad breath had nothing to do with personal hygiene.

In fact, patients that complained of bad breath had spotlessly clean teeth. Some were even over-brushing and damaging their gums.

There are two types of bacteria that live within our bodies — those that live with oxygen (aerobes) and those that live without oxygen (anaerobes). It is the anaerobic bacteria that cause many mouth problems.

These bacteria cause bad breath, gum disease and even tooth decay. Geoffrey says there are some risky foods that people should monitor to avoid bad breath. These include coffee, sugar, alcohol and dairy foods.

Geoffrey has created a Bad Breath Kit to help people treat this embarrassing condition — and he says together with the following lifestyle changes, it can change people's lives. Stop smoking — smoking deprives the area of oxygen

Reduce dairy intake Reduce alcohol Get rid of any gum disease Reduce soft drinks and diet drinks Increase saliva flow by using special chewing gums. For detailed instructions on how to use Geoffrey's Bad Breath Kit — or if you'd like to place an order — please see his website.