

fresher breath

There is the occasional I-just-ate-raw-garlic breath, then there's halitosis – the kind that needs expert intervention. According to Dr Geoffrey Speiser of the Australian Bad Breath Clinic in Sydney, halitosis can be caused by problems that change the mouth's bacterial composition. "This can be due to medications that dry out the mouth, nasal problems, or saliva drying up as we age," he

says. A tooth problem can also cause halitosis.

You can expect to pay about \$130 for a bad-breath consultation with someone like Dr Speiser. He also has a website, www.breezecare.com.au, where he sells specific treatments, including a kit to clean the back of the tongue and throat (\$29.95), and a probiotic mouthwash (\$30) that balances bacteria in the mouth.