

# healthdept.

KNOW YOUR BODY AND MIND

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## KISS ME QUICK

You really don't want to think about the germs you can get from a simple display of affection. And if the object of your desire has bad breath, you may worry that they have more than their share of oral bacteria. The truth, in fact, may be quite the opposite. Researchers at New Zealand's University of Otago found that it was a lack of a bacteria called *Streptococcus salivarius* that was associated with sore throats as well as more serious illnesses such as rheumatic fever – and could also be linked to chronic bad breath. Now Australian dentist Dr Geoffrey Speiser has developed a mouth probiotic of this friendly bacteria that, when used with a mouthwash, tackles halitosis. For information about Breeze Care products, which include an oral gel, toothpaste and mouthwash, tel 1300 653 335. Other ways to rectify bad breath include brushing and flossing twice a day and regular visits to the dentist. Try a sugar-free gum between meals to add peppermint freshness.

