

## MY BREATH STINKS

Dr Geoffrey Speiser from the Australian Bad Breath Clinic says poor tongue health is often to blame. Other culprits are onions, garlic, spicy food, alcohol, coffee, dairy products and smoking.

**SOLUTION** Use dental floss and non-alcoholic mouthwashes. Also, chew sugar-free gum, drink plenty of water and brush your tongue. Chewing parsley, mint, cloves or fennel seeds can also help.

