



I want...
Fresh breath!



From morning mouth to coffee breath, halitosis may be social suicide, but it's common. So what to do? *HealthSmart* scours the shelves to distinguish the different offerings in breath fresheners

WORDS BY BEATRIX HON PHOTOGRAPHED BY TODD SUTHERLAND STYLING BY PIP COOK

If all else fails...

PEOPLE CAN SUFFER enormously when they have bad breath – and there's no need. Professional assessment can pin down a treatment programme tailor-made to a sufferer. Dr Geoffrey Speiser of the Australian Breath Clinic explains bad breath is due to an imbalance of natural bacteria in the mouth. These bacteria live in coatings that build up every day on our tongue, teeth, and gums and back of the throat. If the coating is not removed daily, bacteria will break down proteins in the coating and emit the smells of bad breath.

So what's the cure? At the Australian Breath Clinic, a clinical assessment can pinpoint the cause of bad breath by the breath smell "type" and identify the trigger for halitosis, be it mucus build-up at the back of the throat; too little water in the diet; or the possibility of gum disease (the biggest cause of tooth loss in adults).

Patients are then put on treatment programmes that introduce good bacteria (such as probiotics) to fight the bacteria that cause bad breath. For more information visit www.breezecare.com or call 1300-653-335 in Australia.