

Bad breath... SORT IT OUT

Warning: a quarter of us suffer from it. Don't be one of them

If you've got a hot date lined up, we don't want to add to your stress levels but you need to check your breath. For 43% of people on match.com, fresh breath matters most before a date. Here's how to step up your oral-hygiene game...

What actually is bad breath?

Dental professionals call it halitosis. It's when bacteria on your teeth, tongue and gums combine with saliva to break down food particles left in your mouth, producing smelly gases.

How do I know if I've got it?

Better do this alone: lick your wrist, leave the saliva to dry and then smell it. If your wrist smells bad, your breath probably does too. According to research*, 73% of us would want someone to tell us if we had bad breath but only 20% would actually tell someone. Ask a good mate for an honest opinion.

What should I be doing? Healthy teeth and gums are crucial in prevention. Brush

your teeth for two minutes twice a day. Dr Adam Thorne, Founder & Clinical Director of Harley Street Dental Group says, "Use an electric toothbrush and ideally floss twice per day. Visit a hygienist regularly for a professional clean, and your dentist to check everything is healthy."

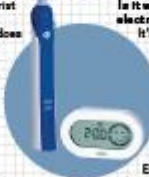
What should I avoid?

Strong flavours, sugary foods, coffee and booze. "Alcohol is a diuretic, which dries up the saliva in the mouth," says Dr Thorne. "Also avoid smoking as this reduces the flow of saliva in the mouth and can lead to gum disease, the second-most common reason for bad breath."

Is it worth going electric?

It's worth investing in an electric brush as they get rid of more plaque than regular brushing. We like the new Oral-B Pro 5000 Rechargeable Electric Toothbrush (£169.99, left).

What else should I buy? The Breath Co's Fresh Breath Oral Rinse (£12.99, available



at Boots) fights bad breath, and Den Tek's tongue cleaner (\$4.09, available from Amazon) tackles the 85% of bacteria on the tongue's surface. Persistent bad breath can be a sign of gum disease, illness or infection, so visit your GP if changes to your oral hygiene haven't improved the problem.

*CB12 Bad Breath Report, 2013

Not just for girls...

This iconic balm has been around since the 1930s, with one tube sold every 30 seconds worldwide. You can use it on anything from cracked lips to insect bites. It's great if you've run



BY BRANDI BRILLI, PHOTO: GETTY IMAGES/AM

BUDGET TO BLOW-OUT Hair serums

The hassle-free route to smooth hair – a few drops will tame even the wildest summer frizz



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