

Editorial team. (2023, December), 8 techniques to say goodbye to bad breath: Cheewajit: 8

Why do you have bad breath when you wake up in the morning? Because while sleeping, less saliva is excreted. Remaining food scraps spoil and smell. After waking up and brushing your teeth More saliva comes out. Bad breath will gradually decrease.

Bad breath is divided into 2 types: temporary and Chronic halitosis

Temporary bad breath It is bad breath that is not caused by any disease. Common causes include consuming foods with strong odors such as garlic, scallions, fish and squid, as well as smoking and drinking alcohol. Corrected by brushing teeth Use mouthwash Chewing gum

Chronic halitosis It usually arises from the following organs:

The base of the tongue is the location that causes the most chronic bad breath. Because it is a rough tissue, food particles and various secretions from the mouth and nasal cavity accumulate as if they were left behind. And because it is deep, it is difficult to clean.

Other parts of the mouth Bad breath is usually caused by a condition or symptom of a dry mouth/throat. Food particles can stay there for a long time due to poor cleanliness after eating.

Tonsils are the cause of bad breath. Because the tonsils are grooved and act as a trap for germs, debris, mucus, and dead bacteria accumulate.

Nose: Bad breath is caused by common nose diseases, including chronic sinusitis. It also causes mucus to flow down the throat, behind the nasal cavity. and then remains at the base of the tongue or tonsils

Esophagus, such as chronic esophagitis Acid reflux disease, cancer, stomach disease

Cancer of all types of tissues in the mouth and throat is another cause of bad breath. Due to the accumulation of bacteria in dead cancer cells compared to other diseases

8 ways to say goodbye to bad breath

1. Brush your teeth at least 2 times a day, when you wake up and before you go to bed. Brush your tongue and tongue and floss once a day.
2. Quit smoking, alcohol, and caffeinated drinks. Because caffeine causes the body to excrete more water through urine. Make your mouth dry
3. Avoid consuming food with odors. Or after consuming, you should brush your teeth, rinse your mouth, or chew gum.
4. Drink at least 6-8 glasses of clean water per day to help keep your mouth and throat fresh and moist.
5. Use mouthwash Spray to reduce bad breath. Wait, chewing gum?
6. Keep your dentures clean.
7. See a dentist regularly, at least every 6 months or 1 year.
8. See a doctor or dentist when you have chronic bad breath.



Jason Bittle. (2023, December), The Ultimate Revenge : National Geographic Thai edition : 27

To prevent birds from making a mess sometimes

The owner of the building has a method of stringing up thorn panels to keep birds out.

edge of the building, but a new study found that

The bright-headed black-billed salika knows how to peck at its thorn stripes.

Learn to pluck out thorn strips. Then use it to cover the top.

of the nest to protect against enemies such as crows.

