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There are a number of different ways to eliminate bad breath from the source. One way is to make sure that you are doing regular brushing and flossing after every meal. In addition, if you consume a high amount of garlic on a regular basis, make sure to brush your teeth before going to bed. It can also be helpful for some people to use mouthwash after every meal, in addition to brushing and flossing. Another way is by using an electro-oral irrigator, which uses water jets with pulsations in order to remove food particles and bacteria between teeth hiding in hard-to-reach areas of the mouth. If you are not sure if your mouth is clean enough, then consider an oral irrigation prior to brushing. A lot of people also find that they can take care of their bad breath through dietary changes. The best approach for this is to avoid certain foods that are known to cause bad breath. Some of the foods that tend to cause bad breath include onions, cheese, coffee, broccoli, onions and garlic. By avoiding these foods will help ensure that you always have good breath. There are some products on the market today that claim to help remove bad breath from the source before those who consume those foods create a bad odor as a result. For example, there are shampoos that contain ingredients such as aloe vera or lemongrass, creams that contain menthol or camphor oil which are useful for killing bacteria on the scalp. These products can be very effective at eliminating bad breath, but if they do not work, then it is advisable to talk to your dentist about what else can be done. As long as you are brushing and flossing after every meal, then you will usually achieve good oral health. If you do experience bad breath but want to make sure that it is taken care of quickly, then an electro-oral irrigator may be able to help. However, if the source of your bad breath is not being remedied then you will need to get in to see a dentist or laser therapist for instant relief. Bad breath tends to be caused by bacteria and other microorganisms that can grow in the mouth. Some of these include oral bacteria such as *Streptococcus thermophilus*, *Lactobacillus casei*, *Actinomyces naeslundii*, *Actinomyces viscosus*, *Porphyromonas gingivalis*. These are often found in clusters with dental plaque on the teeth and in gum pockets or pockets between teeth. The bad breath that is caused by bacteria and microorganisms can be treated by taking care of your dental plaque and brushing and flossing regularly. A small number of dentists today offer polishing procedures which use high frequency sound waves to dislodge dental calculus from between teeth, gums and/or bone crest. These particles are then removed mechanically through the use of a dental instrument such as a scaler or wire brush. The procedure also involves removing plaque, calculus and tartar with the use of a scaler or wire brush. Although this is effective at removing bad breath, it is not as effective as oral hygiene alone for those who do not have adequate dental hygiene.

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