

Preventive measures: How do you get rid of bad breath?

There are several ways of getting rid of bad breath and of course daily rituals such as teeth brushing, flossing, changing your eating habits and rinsing with good mouth wash will definitely help. Bad breath can be like a bad marriage. So start taking care of your marriage daily by taking preventative measures now. Try the following tips:

1. **Say good morning to your spouse every day...** You do this at work everyday and usually when you come back from a weekend away you say something like "How was your weekend?". Start saying something like that to your spouse. Just because you see them frequently doesn't necessarily mean that you know how their day is going. And by all means, listen. If your dentist didn't listen, he'd be pulling the wrong teeth out.
2. **Change something about you.** We're always the last to admit it; we've got nasty habits. That nasty habit that's been upsetting your spouse has finally done it. A few months ago, I had a severe flatulence problem. And while my boss wasn't gentle about telling me, I thought it would be best NOT to eat the beans at work anymore. Having said that I also decided to change my recipe because I ended up by eating them all at home. Enough said.
3. **Remain friends and nurture your friendship.** You married your best friend, and over the last few years you may have forgotten that. Just like you may forget to floss. Plaque build up takes hours to get rid of at your dentist's office. It's the same thing with hurt feelings, or not paying attention to the little things that matter. You don't want to end up with an expensive visit to the lawyer's office.

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The Solution Lady for personal, self-care, wellness and life solutions. Always helping you find the solutions you need to connect to your life. Linda has lived a life of opportunity and abundance, which has included living and working in various parts of Northern Ontario, Ottawa, Canada's Capital and now Gatineau, Quebec. She's worked in the mental health field and education field for several years as well as in law enforcement. Linda reads for pleasure, dances and sings to express her creative side, knits and sews for peace of mind, walks and bikes for exercise, journals to taps into her spiritual side, to express her joys and vent her frustrations and gets together with friends for fun. She loves to write about life issues and to offer seminars. Find out more about her at www.lindarobert.ca