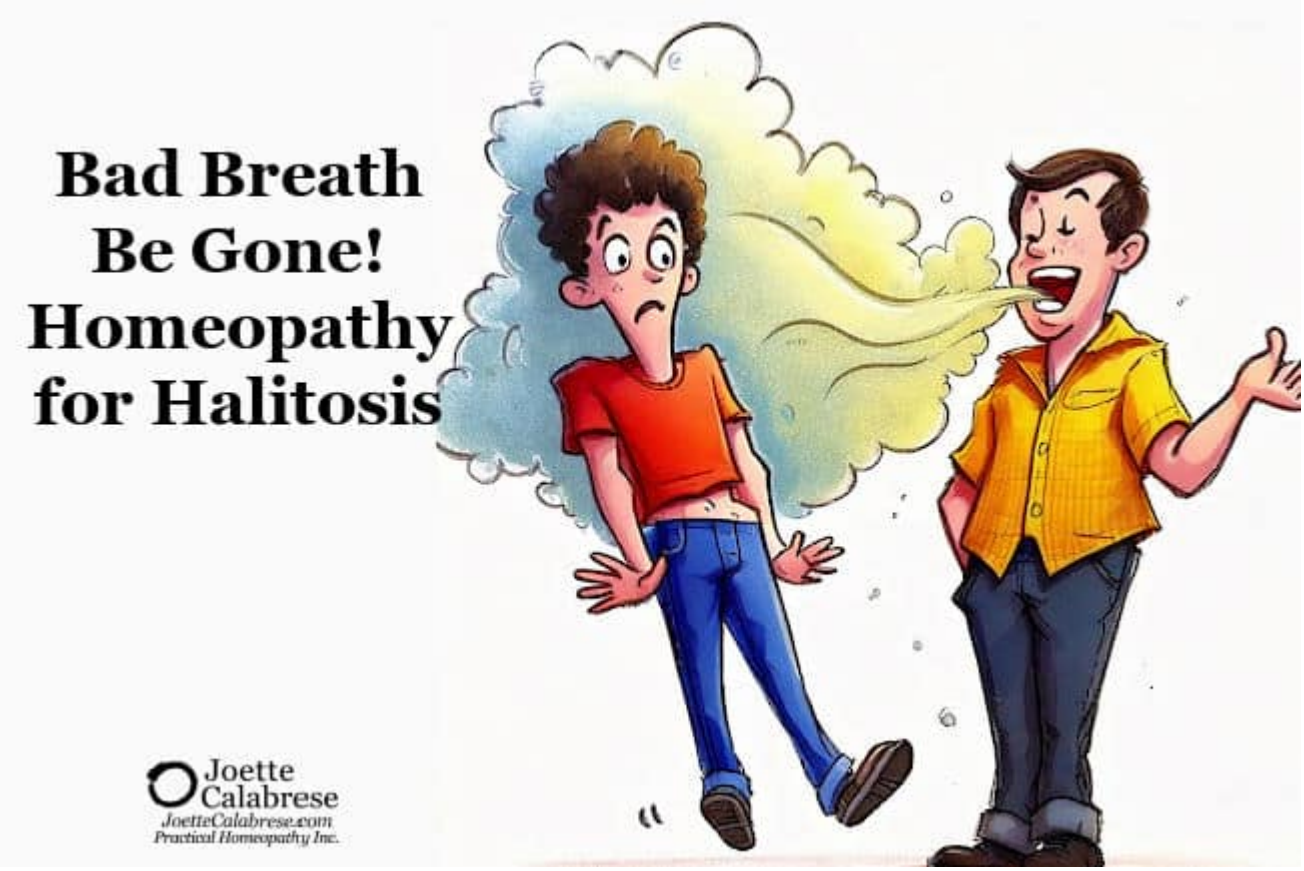
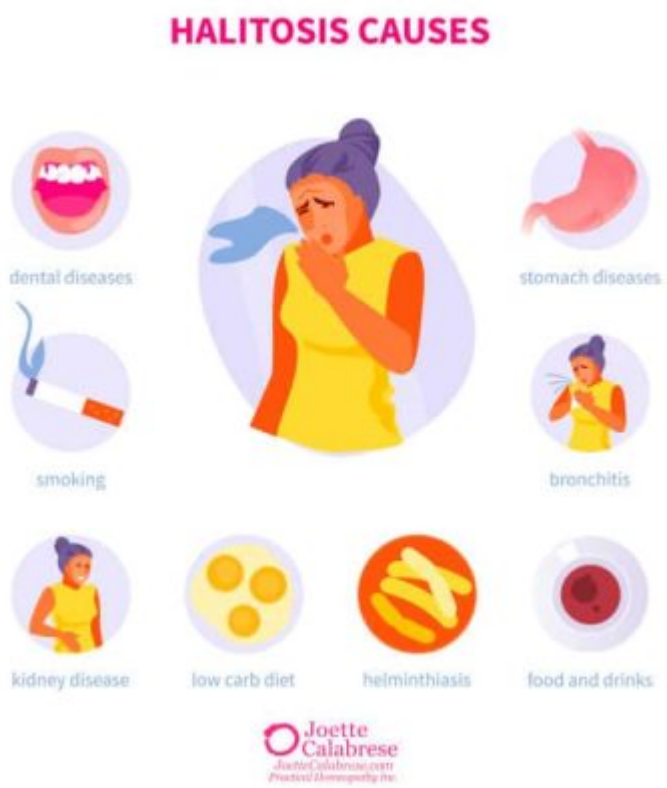
Bad Breath Be Gone! Homeopathy for Halitosis



Embarrassing moment #247: Having a delightful conversation when your companion suddenly begins backing away because of bad breath.

Whoops.

For occasional, momentary issues, brushing one's teeth might help. Or if away from home, a bit of chewing gum might do the trick. But recently, one of my students asked about chronic halitosis – bad breath on a daily basis.



Causes of Bad Breath

Halitosis is often a symptom of other illnesses, so the remedies to consider will vary in each case. I've previously written about several of those conditions, for instance, osteomyelitis, gingivitis, tonsil stones or even laryngitis. If any of those maladies are affecting one's breath, then it would be wise to consider addressing the underlying condition (as taught in those previous posts).

Bad breath can also stem from the gut – from one's diet or a gut condition or disease. My in-depth course, Good Gut, Bad Gut, is a substantial collection of educational information pertaining to gut health (and how it affects almost every part of our physiology).

Healing the gut can often heal bad breath. It's just a matter of acquiring more education regarding the more complex gut issues that can affect us.

Common, Everyday Halitosis

In my experience, the most common cause of halitosis is either a dental infection, such as osteomyelitis or tonsil stones. However, if both of these possibilities have been eliminated – and I mean *fully* eliminated as a cause – the next choice might be to go to a simple, unknown cause, and the remedy could potentially be *Psorinum* 200, once a week for 2-3 weeks. Then observe.

If after that course of treatment, the halitosis has gone away, then stop the use of the homeopathic medicine. If one's breath has improved but continues to offend, consider continuing with the medicine (as we always do) until very much better. If the halitosis returns, then the homeopathic schedule of *Psorinum* 200 may be resumed.

Halitosis Concomitant With Body Odor

Now, what would we consider if bad breath is part and parcel of overall body odor in general? I've referred to body odor a few times in blog posts on other subjects, in humans, dogs and cats. It is especially noteworthy for those with messy habits. I recommend referring to those blog posts (by clicking on the underlined links) for more information about when to consider homeopathically prepared *Sulphur*.



Doggy Breath

Speaking of pets, I just picked up a dog the other day. I remember saying, “Oh my goodness. Such bad breath!”

Don’t forget that homeopathy does not partake in speciesism. Medicines that act in humans will also act in dogs, chickens, pigs, giraffes, or aardvarks. Therefore, if your pet has offensive breath, *Psorinum* 200, determined and utilized in the same manner as discussed above (once a week for 2-3 weeks), would be a consideration.

The whole family will thank you.

Pass on the good news of Practical Homeopathy®!

Warmly,



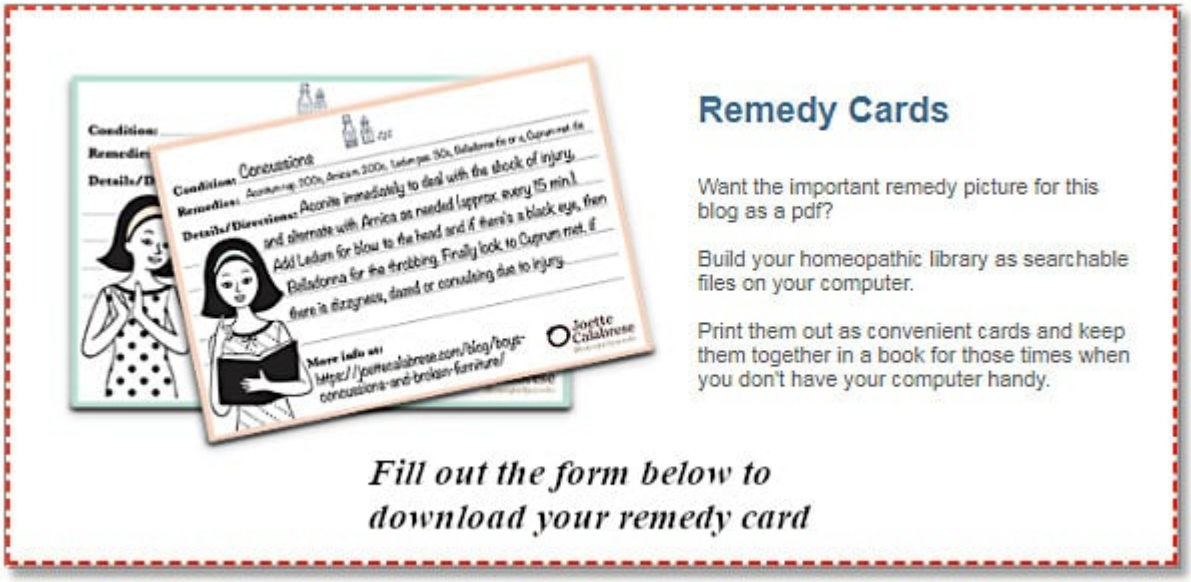
P.S. Want to learn more about these gentle, natural, efficacious medicines? The best reference for homeopathic medicines is a *materia medica*. Often, these can be encyclopedic tomes that can intimidate the new user. Instead, I wrote a *materia medica* in everyday language, with vivid illustrations and stories from my practice.

While not an exhaustive *materia medica* (which can be thousands of pages), A *Materia Medica*: Practical Homeopathy® for Busy Families contains over 150 of the most commonly utilized medicines that you and your family may need.

Plus, my *materia medica* is now also available en Español through the same link! Let your Spanish-speaking friends know that we are working to include them in all that we do.

For instance, did you know we have maintained a [Facebook page for translations of my blog posts](#)?

We also offer my Gateway to Practical Homeopathy® I in Spanish: the [Pasaporte a la Homeopatía Práctica® I](#). I hope you'll share this information with all who could benefit. Homeopathy knows no boundaries!



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Last Name *
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