

FRESH BREATH

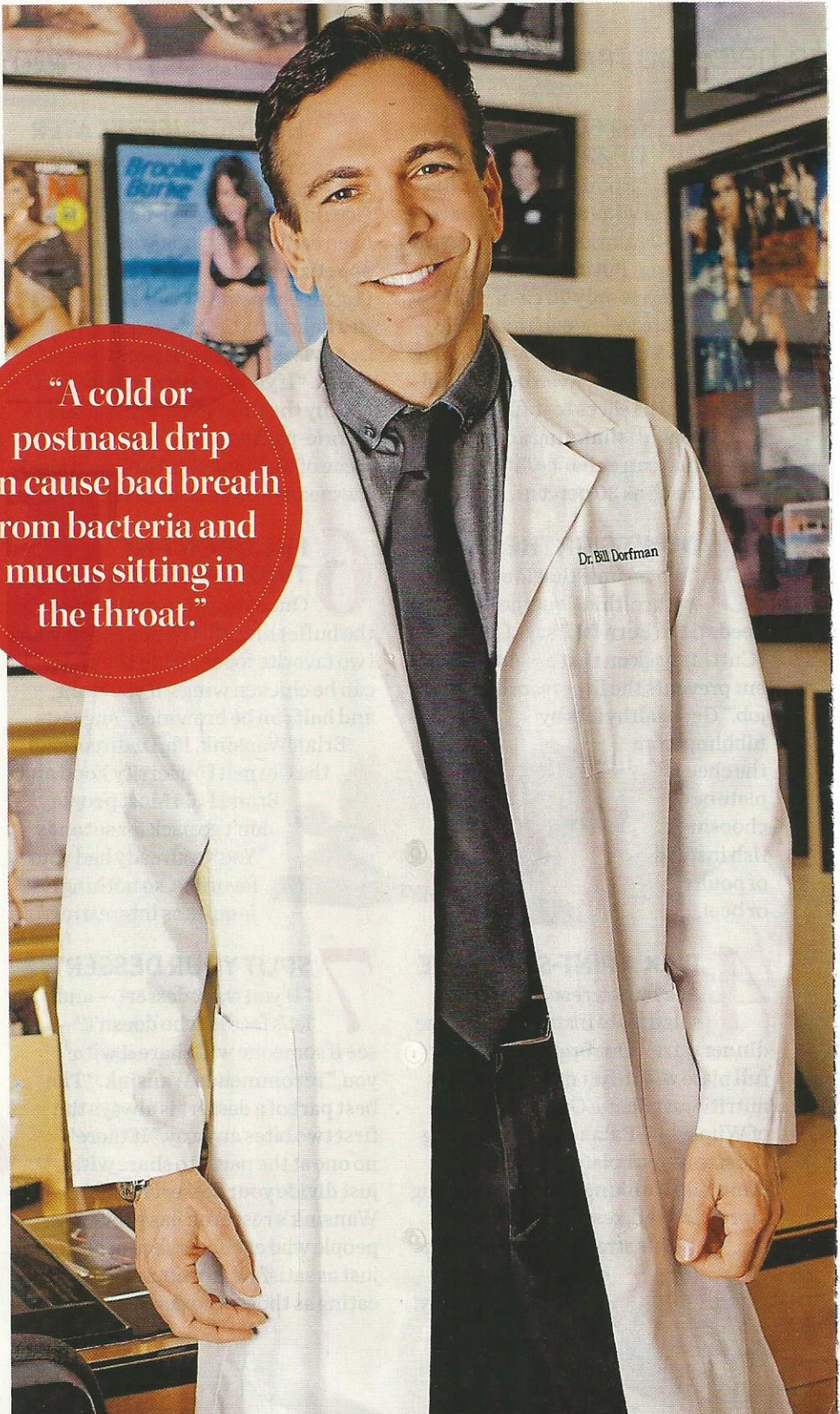
With close-talking and cheek-kissing the norm at holiday time, we tapped celebrity

Our favorite celebrities always look so calm and cool laughing it up and chatting away at parties and on the red carpet. But all the up-close-and-personal contact that comes with these events is a source of stress for them — just like it is for us as we catch up with friends and family at holiday gatherings. Power couple Brangelina even has a long-standing joke about bad breath: Last Valentine's Day, Brad reportedly gifted Angie with Eatwhatever, a breath-freshening system that includes a mint for instant freshness and a gel capsule with organic oils for lasting odor control.

Brad's gift may not have made Angie swoon, but that two-part breath-freshening approach is smart. As celebrity dentist Bill Dorfman, D.D.S., explains, there are two kinds of bad breath, and it takes different strategies to effectively tackle each. "If you eat garlic and onions you'll have transitory bad breath," says Dr. Dorfman, adding that sugar-free breath mints can help mask the odor. "But chronic bad breath is typically caused by bacteria, which produce a foul-smelling odor. In order to eliminate [this type of] bad breath, you have to eliminate the bacteria."

It's no surprise that Dr. Dorfman lists good oral hygiene and regular visits to the dentist among the most important strategies for nixing bacteria. "Gum disease," he explains, "leads to plaque, which leads to bacteria and *voilà* — you have bad breath." But Dr. Dorfman also recommends a simple two-step plan to ensure the kiss-with-confidence breath that will help you celebrate the season without worry.

"A cold or postnasal drip can cause bad breath from bacteria and mucus sitting in the throat."



closer

ALL DAY!

dentist Bill Dorfman, D.D.S., for his confidence secrets

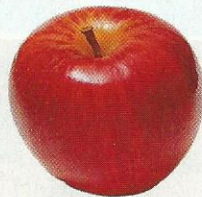
SCRAPE AWAY ODOR

“Ninety percent of oral malodor originates from bacteria on the tongue,” asserts Dr. Dorfman. That’s because the tongue is filled with deep cracks and crevices where bacteria can easily grow. “You literally need to scrape the tongue and remove the bacteria from your mouth. It’s the most important thing you can do.” He recommends adding the practice to your morning routine after brushing and flossing. But make sure to use a scraper — brushing your tongue with your toothbrush won’t do the trick. “You’re literally spreading bacteria around, when what you want to do is get it off and out.” A tongue scraper that gets top customer reviews online: Pureline Tongue Cleaners (\$7 for three, amazon.com).

CHOOSE THE RIGHT RINSE

For fresh breath in seconds, Dr. Dorfman suggests swishing with minty mouthwash. But many brands contain alcohol, which causes a temporary die-off of bacteria, but also dries out the mouth, allowing new bacteria to take hold. “Temporarily, [these mouthwashes] will help with bad breath, but the bacteria proliferate pretty quickly after that initial kill,” he says. A better bet: Use an alcohol-free mouthwash after brushing and flossing and again as needed throughout the day. “It’s a one-two punch: First, it kills the bacteria, then it neutralizes the volatile sulphur compound gases — the stinky smell the bacteria emit — giving you fresh breath.” Dr. Dorfman recommends Breath Rx Rinse (\$8, drugstore.com), which he studied and helped develop.

Foods that Nix Bad Breath



APPLES

Firm foods like apples and celery scrub bacteria off teeth as you chew. Plus, Bill Dorfman, D.D.S., says all that chewing produces more saliva, which helps rid the mouth of bacteria.



GREEN TEA

Green tea contains polyphenols, compounds proven to hinder the growth of odor-causing oral bacteria and lower bacteria’s output of smelly hydrogen sulfide by 30 percent.



CINNAMON

This spice contains essential oils that kill bacteria to nix bad breath at its source. Add freshly grated cinnamon to your morning toast or oatmeal or sprinkle it into your tea.