

Overcome Bad Breath for Increased Confidence in Your Sex Life

All human sexual liaisons and interactions can be enhanced by the sensual use of the mouth and tongue.

The mouth is warm, moist and slippery. It has a movable muscle in the centre and the tongue is capable of extensive mobility, feeling and taste. It is in close proximity to the eyes for sight, the nose for smell and the ears for hearing.



As you will be aware, the mouth is a very important structure and if you are someone who has experienced chronic bad breath, you may already know that it can have numerous negative impacts on your sex life.

The mouth is an ideal incubator for germs and there are a number of causes of bad breath. There are over 400 different kinds of bacteria, not to mention various unpleasant viruses, fungi and other pathogens which normally live in the mouth. That is why it's crucial for both your oral health and sex life to maintain regular dental visits and seek treatment for bad breath.

Eating certain foods such as onions, garlic or drinking coffee can be primary instigators in the development of bad breath. Smoking, gut infections with specific bacteria and not eating for long periods of time can also be common causes.

Bad breath can sometimes develop into chronic bad breath with the main causes being periodontal disease, respiratory tract infections and decay. Smoking including marijuana on a regular basis increases your risk of periodontal gum disease and thus tooth loss.

Don't ignore your bad breath or try to cover it up with mouthwashes and chewing gum without seeing a professional for advice on a bad breath cure. Chronic bad breath can be a serious health issue. If it persists it can be embarrassing and it can make you feel self-conscious, especially when it comes to your sexual relations.

Worrying about your partner smelling and tasting your odorous mouth can take the joy and spontaneity out of your sex life and with the range of options available through your dental practitioner, there is no longer any need to endure the negative side effects.

Comments are closed.

Maintain Your Oral Hygiene for Optimum Sex Appeal

The mouth or oral cavity is one of the most important areas of the body, and can in fact be a primary sexual organ, with kissing and oral sex having been enjoyed throughout the history of human kind.

Human indulgence can be greatly enhanced with the sensual use of the mouth and tongue. As it forms a significant part of the body, used for swallowing, mastication, respiration, nurture, comfort and a sense of taste and feel, it is therefore vital that its health is maintained.

The mouth is an ideal incubator for germs and can include over 400 different kinds of bacteria, not to mention viruses, fungi and other pathogens which normally live within its boundaries. This bacterium lives on the food debris, plaque and dead cells in the oral cavity.

There are a number of diseases that can have negative effects on a person's mouth, and subsequent sex life, which include herpes, colds sores, HPV (Human Papilloma Virus) and throat or oral cancer.

Most infectious diseases have oral symptoms. These may be the first symptoms to occur, however, they are often overlooked or ignored. Early detection and diagnosis can make a tremendous difference in the individual's life expectancy, since some diseases, including oral cancer, are 90% curable when found early.

Bad breath can also be a major contributing factor in the decline of an individual's sex life. If there is no action taken to get rid of bad breath, and professional advice is not sought, it can become a serious oral health issue. When bad breath persists, it can be embarrassing and provide a key element in an individual's inability to maintain a healthy and positive approach to human interaction – sexual or otherwise. Worrying about a partner smelling and tasting chronic bad breath can take the joy and spontaneity out of sex, as well as inhibiting an ability to clearly interact with friends or acquaintances.

There has been a link established, through ongoing research, which implies that periodontal disease can be a lead in causing heart disease. It is imperative that the mouth is kept in optimum oral health and regular visits to the dentist are established in maintaining a healthy mouth, by eliminating or minimising the occurrence of decay, abscesses, gum disease and infection.

Good oral hygiene care not only improves the cosmetic appeal of the mouth by keeping it clean and well presented, it also is good for overall wellbeing and can help to increase self-confidence and improve self-esteem.

A Healthy mouth and a healthy body equal a healthy sex life.