

Home sweet home remedies for smelly feet

- Bathe feet in warm water and tea tree oil, a known antibacterial.
- Mash gingerroot and rub juice on feet and armpits.
- Rub lemon on smelly areas.
- Apply baking soda to dry armpits—it can help kill bacteria and absorb perspiration.
- Wash feet in green tea.
- Soak feet in strong black tea. The tannic acid in tea kills bacteria and helps close pores, keeping feet dry.
- Soak feet in white or apple cider vinegar; these reduce the pH of the skin.
- Eating parsley and cilantro may help neutralize body odor due to the deodorizing effect of chlorophyll.
- Soak smelly feet (or bathe) in tomato juice.



KILLER BREATH

Most of us will suffer from bad breath (halitosis) at some point in our lives. Up to 90 percent of bad breath

cases are caused by sulfur-producing bacteria that live on the soft tissues in the back of the mouth, mainly on the back of the tongue, according to Dr. Catherine T. Lee from Singapore, who holds a bachelor of dental surgery (Adelaide, Australia) and certificate in orthodontics (New York).

"Some people have substantially more of these odor-causing bacteria than others; no one knows why. The remaining 10 percent of cases are due to other medical conditions."

Most cases of bad breath are due to poor oral hygiene, says Lee. Other common causes include tooth decay, gum infections and diseases, and xerostomia (dry mouth).

Xerostomia affects one third of adults. Saliva is necessary to cleanse the mouth and remove food particles that may cause odor. "When the mouth is dry, bacteria becomes more concentrated in the saliva. The sulfur gases these bacteria produce also become more concentrated, causing bad breath," Lee explains. Causes of xerostomia include dehydration, stress, frequent use of alcohol-based mouth rinses and increasing age. Medical treatment like radiotherapy and certain medications can also dry the mouth.

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Top 8 signs you have bad breath

"Most halitosis sufferers have no idea they have bad breath," says Dr. Catherine Lee. She enumerates the top 8 signs you've got a foul-smelling mouth.

- 8 – You frequently see a white or yellow film on the tongue.
- 7 – You always have a funny (bitter, sour, metallic) taste in your mouth.
- 6 – You constantly have dry mouth or thick saliva.
- 5 – You frequently need to clear your throat.
- 4 – People step away from you when you talk.
- 3 – People avoid direct contact with you.
- 2 – People offer you breath mints or chewing gum.

And the number one sign you have bad breath: People flat out tell you your breath has a deathly stench.

▶ "Sweet smell of hygiene" continued ...

Hormonal changes, gastrointestinal disturbances, nasal congestions, sinus infections and tonsillar infections can all contribute to bad breath. In some cases, bad breath can be a sign of a significant general health problem like cancer, diabetes, chronic bronchitis and liver or kidney ailments.

Smoking, drinking alcohol, consumption of certain types of food, constipation as well as crash diets and fasting can cause occasional halitosis.

BAD BREATH IS TREATABLE

Since bacteria in the mouth cause most cases of bad breath, people with breath problems should see a dentist, says Lee.

"[Consulting a dentist] is more economical, noninvasive and has a higher probability of success. Your dentist can treat halitosis that originates from your mouth after determining the source of the problem." Possible treatments include scaling and cleaning, elimination of tooth decay and treating tooth/gum infection.

"Maintaining good oral health is essential to reducing bad breath," Lee explains. "Schedule regular dental visits for professional cleaning and checkup. If you think you have constant bad breath, keep a log of the food you eat and make a list of medications you take. Some medications may play a role in creating mouth odors. Let your dentist know if you've had any surgery or illness since your last appointment. If your dentist determines that your mouth is healthy and that the odor is not of oral origin, you may be referred to your family physician or to a specialist for further treatment."

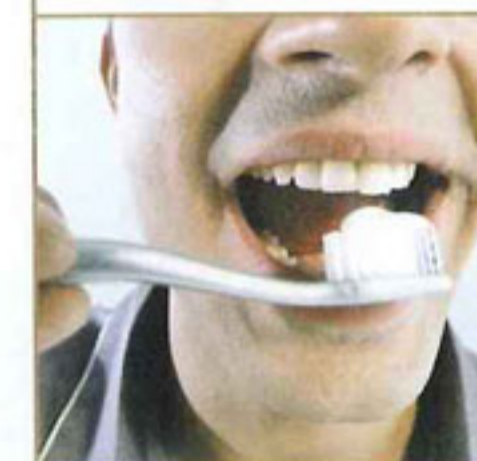


Naturopathic treatments are effective for sinus and digestive problems, which can cause halitosis, according to Tina Jenkins, an Australian naturopath in Singapore. "Treatment

involves the use of an individually selected program that may include the use of herbal and homeopathic medicines, and/or nutritional supplements. Essential oils such as eucalyptus are often used to help with clearing sinus congestion. Treatment is individualized as we consider the whole body and there is no one specific herb or homeopathic treatment for any condition." HT

Keeping your mouth clean

Avoid sweet food and drinks to prevent dental plaque accumulation, according to Dr. Irene Chua, a dental surgeon in private practice in Singapore.



- Brush and floss your teeth and gums at least twice a day. Brush between the teeth and gums; brush your tongue, cheeks and the roof of your mouth. Use a tongue scraper but clean your tongue gently.

- Rinse or use mechanical irrigators to remove accumulations of food after eating. Avoid alcohol-based rinses.

- People with spaces between teeth and those with known gum disease should use an interdental toothbrush, which is placed in a triangle between the teeth and gum, says Chua.



- If you have a removable appliance, such as a retainer or mouth guard, clean the device thoroughly before placing it back into your mouth.

- If you wear dentures, take them out at night. Clean them well before putting them back the next morning.

- Avoid rich foods such as dairy products, fish and meat, spicy food, onions, garlic, coffee and sweet drinks.

- Drink plenty of fluids.

- Eat a morning meal to increase salivary flow and have regular meals.



- Manage stress.

- Chew sugarless gum to increase saliva.

- Avoid smoking and alcohol.

"If the onset of bad breath is sudden, growing noticeably worse over a period of days or weeks, or accompanied

by the onset of fever, cough or other symptoms, consult a physician as soon as possible," says Dr. Catherine Lee.

