

6 Natural Ways to Freshen Your Mouth



1 - Green Tea

People who are looking for a caffeine boost in the morning are switching from coffee to green tea. A cup of brewed green tea is believed to improve your health, and drinking green tea has even been shown to protect the mouth against gum disease, cavities, and bad breath.



2 - Baking Soda

Baking soda, or sodium bicarbonate, is a natural product that has various household uses, but it's starting to get recognized for a variety of health benefits, also. One example of this is that baking soda is now widely used to treat heartburn because it neutralizes stomach acid.



3 - Vitamin D

People who are deficient in Vitamin D are prone to gum diseases and teeth problems. Consuming foods that are rich in Vitamin D, such as fortified orange juice, salmon, eggs, and tuna, can help you fight disease in your mouth.



4 - Hydrogen Peroxide

Hydrogen peroxide is a mild antiseptic that is usually used to prevent infection in scrapes, minor cuts, and burns.



5 - Xylitol Gum

Xylitol is a natural sweetener derived from plants. It does not break down like sugar does and helps your mouth maintain a neutral pH level. It prevents bacteria from sticking to your teeth, which helps protect you against tooth decay.

6 - Menthol, Eucalyptus, and Tea Tree Oil

Certain types of oils such as menthol, eucalyptol, and tea tree are known to kill bacteria in the mouth.

