

ATLANTA, GA, September 17, 2013 /24-7PressRelease/ -- The Norcross dental firm, [Norcross Dental](#)

Associates, would like to provide some helpful tips about how you can stop and prevent bad breath. Annoying and embarrassing, all of us have experienced oral odor. Rushing to work and forgetting to brush and floss your teeth can be a recipe for disaster, notes the

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. If not cleaned daily, your mouth essentially becomes a breeding ground for germs and bacteria, and these are what cause that nasty, foul odor. However, the

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business does note that a more serious condition known as chronic halitosis affects millions of people, and it is not as easily stopped. Breath mints or chewing gum will not do the trick, which is why practicing proper oral hygiene (brushing, flossing and using mouthwash) twice a day will always be the best remedy for bad breath.

Also, for those suffering from chronic halitosis or other oral afflictions, a tongue scraper is another must have hygiene device. The [dentists in Norcross, GA](#) say that as silly as it may sound, a lot of people don't know how to clean their mouths the right way. To effectively eliminate odor-causing bacteria, you have to make sure to clean everywhere, and the tongue is a primary site for bacteria growth.

According to Ken Tralongo, CEO of Tralongo Management, "By practicing healthy oral hygiene, you can stop bad breath before it becomes a major problem. Aside from having fresh breath, however, these habits are essential for preventing serious conditions like gum disease, which is also the leading cause of chronic halitosis." They also note adding green tea and fruits with a lot of Vitamin C (oranges, berries, melons) to your diet can keep bad breath at bay.

Norcross Dental Associates is a leading Norcross dental office. For more information about their services, you can visit them at <http://www.norcrossdentalassociates.com/>.

About Norcross Dental Associates: Norcross Dental Associates is a comprehensive family dental practice. Their team of highly trained and experienced professionals provide general, restorative and cosmetic dentistry. The goal of each Norcross dentist specialist is to deliver top-quality care in a warm and compassionate environment.

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