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How To Beat Bad Breath With 1 Cheap Item From Your Fridge!

by Tomas O'Caomhanach

If you've read "[The Bad Breath Report](#)", you already know that hydrogen sulfide (which smells like rotten eggs!) is one of the main *Volatile Sulfur Compounds*, or "VSCs", produced in 85-90% of bad breath cases.

In a study detailed at the 83rd General Session of the International Association for Dental Research, Dr. Kenichi Hojo of Tsurumi University in Yokohama, Japan, found that **sugarless yogurt** significantly reduced the levels of oral hydrogen sulfide in 80% of participants.

The 24 volunteers who partook in the study followed strict instructions on oral hygiene, diet and medication intake. The participants first avoided all yogurts for 2 weeks and then had samples of VSCs taken from their mouths. They then ate 90-grams (about 3 ounces) of sugarless yogurt twice-a-day for 6-weeks.

At the end of the study, more samples were taken and a significant reduction in hydrogen sulfide levels was discovered in 80% of participants.

It was postulated that active bacteria in the yogurt, specifically *Lactobacillus bulgaricus* and *Streptococcus thermophilus* effectively drowned-out the bacteria responsible for producing the hydrogen sulfide.

While that doesn't effectively address the root cause of bad breath (as explained in "[The Bad Breath Report](#)"), it does show fighting bad breath doesn't have to be unpleasant. After all, what could be more pleasant than a pot of tasty yogurt every day!?

To apply findings of this study, simply...

Eat about 3-ounces of sugar-free yogurt containing live cultures of *Lactobacillus bulgaricus* and *Streptococcus thermophilus* (Check the labels!) every day!