

Shot Breath Spray. In addition, *Melaleuca's Dental Care* products clean and stimulate taste buds, thus improving your ability to taste food.

Drinking a sufficient amount of water each day can help improve your breath, too. When you do this, include several cups of *Melaleuca Herbal Tea*.

Keep your toothbrush germ-free by soaking it in a solution of 5-10 drops of *T36-C5* and ½ cup of water for ten minutes and then rinsing. *Using Breath-Away Mouth Rinse* is also very effective, as is the simple process of applying a couple of drops of *T36-C5* directly to your toothbrush once or twice each week. (It is not advisable to use peroxide, as it will disturb the oral flora. *T36-C5* will not do this.) Replace your toothbrush at least once each month and immediately after any illness.

Breath-Away Mouth Rinse concentrate is an excellent choice in that you can determine the strength and flavor of your gargling or rinse solution. Gargle daily after meals and before bedtime. Bacteria in your mouth are the principal causes of mouth odor. To help kill serious odors caused by bacteria, add 2 or 3 drops of *T36-C5* to the *Breath-Away Mouth Rinse* before gargling. This aids in relieving odors, which arise from the intestinal tract.

Most commercial mouthwashes use alcohol as their antiseptic, which is found in concentrations as high as 30%. Studies suggest that this alcohol content is toxic to the mucous membranes, particularly those of the oral mucosa and that regular use of alcohol-based mouthwashes significantly increases cancer risks. This is another great reason to use *Breath-Away Mouth Rinse*.

BARBER'S ITCH

This is caused by a fungus from an improperly cleaned razor, shaving cream brush, or electric shaver. Fortunately, the use of disposable razors and canned shaving foam and gel has made this fungus much less common. The rash leaves the skin slightly flaky and (looking) sore. See the sections on *Athlete's Foot* and *Acne* in this book.

* Three things that you might try: the *Zap-It!* products and the *Dermatin Antifungal Creme*. Follow the directions on each of these products. Also periodically add a drop of *T36-C5* to your razor before using it. Use *Alloy Shave Gel* and *Alloy After Shave* for a close, safe shave and avoid this problem altogether.

BATHING

One of the most self-pampering events of life is taking a hot bath. Getting the most out of your time and effort is essential. Showers expose people with respiratory or skin sensitivities to 8 to 10 times the amount of chlorine as bathing. Chlorine-sensitive people should run hot bath water and allow it to de-gas for about 5 minutes with the window open or the vent fan running before plunging in. Never take long baths

*The information presented in this book is in no way intended as a substitute for medical counseling. Always consult your physician before starting any course of supplementation or treatment, particularly if you are pregnant or currently under medical care. Always read and follow product packaging directions and warnings.

