

# BAD BREATH

HEAL Information Sheet  
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## Definition:

Smelly breath also referred to as halitosis.

## Cause:

The source is constipation and the need for three bowel movements a day: Go straight to the cause by unplugging and cleaning out the sewer line so there will be no more backing up of sewage.

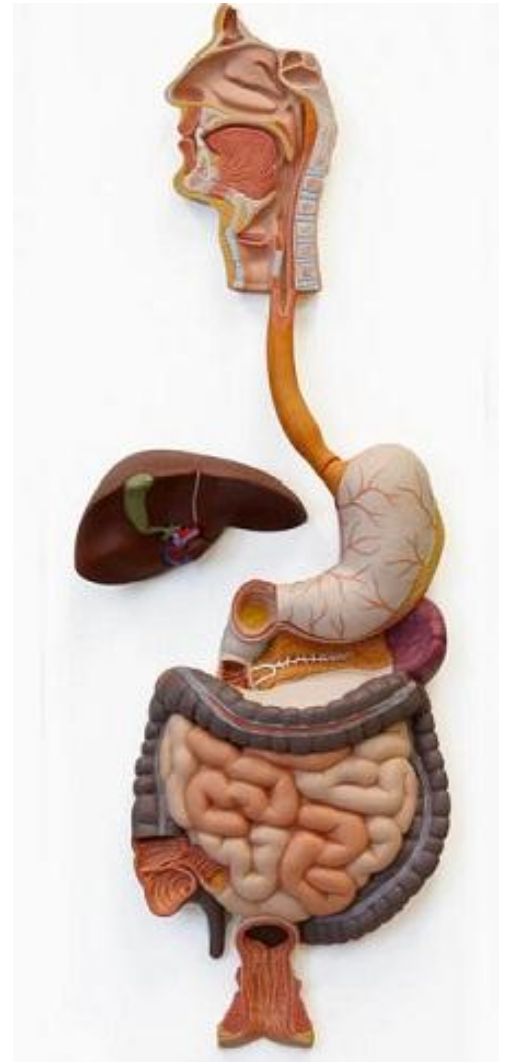
Within the human body, we find a sewage line that is backed up (constipation) and the horrible odor of halitosis comes out the front door (the mouth) as it is opened. If someone said, "Your breath is horrible," the average person works on the effect, and in order to cover up the bad breath, pops in a mint or runs for the mouth wash.

If someone said--"Whew-you need a bath, the smell from your body is awful," you work on the effect again and use underarm deodorant, perfumes, colognes, etc., and never think of cleaning up the cause, and thus having a permanently sweet smelling body and breath.



## Herbal Aids:

**Cleansing the Bowel:** When a person suffers from halitosis or bad breath, it is simply nature's way of saying, "You have a toxic bowel condition"



### **Bad Breath, Indigestion, or Poor Digestion:**

Carry cloves in pocket and chew on them, but go into the cause to get rid of the bad breath.

**Cloves:** These are sometimes chewed to temporarily treat bad breath, although their carminative and digestive properties may help to get to the cause.



**Myrrh:** Take a little myrrh internally.



**Parsley:** The whole herb is effective against bad breath and people who take garlic often take Parsley to avoid offending.

**Spearmint:** It would serve as a gargle for bad breath and sore gums and mouth.



### **Digestive Tonic**

**Formula:** Ginger Root, Fennel seed, and Peppermint leaves and oil  
Added ½ to 1 tsp. in a couple ounces of water will sweeten the stomach, proving an aid in cases of bad breath.

### **Testimonies**

From time to time I am asked what to do for body odor or bad breath. I thought I would write a little on this today.

Bad Breath and Body odors can both be traced back to constipation. Holding waste in the body will cause the body to begin to smell like the waste it is holding. To clear body odor issues it is important to go straight to the cause by unplugging and cleaning out the sewer line so there will be no more backing up of sewage.

Use the [LBF #1](#) to get the bowel moving well then add the [LBF #2](#) for a week or two to “vacuum” the bowel. The [LBF #2](#) is considered a bowel vacuum as

it draws toxins and waste from the bowel walls as it passes through the system.

During the process of clearing the bowels there are a few safe effective ways to sweeten the breath and control body odor. I have found Digestive Tonic great for sweetening the stomach which in turn refreshes the breath. Use one teaspoon Digestive Tonic in a cup of hot or cold water. This simple formula can be used whenever desired.

Underarm antiperspirants prevent the body's natural removal of waste. A natural deodorant which allows waste to be eliminated through the skin is safe and acceptable. Check out your local health food store I'm sure they have a selection to choose from.

## **My First Bowel Cleansing**

My introduction to Bowel Cleansing and the LBF #1's was pretty normal. My bottle of Capsules arrived with detailed instructions from my friend who had introduced me to all things natural healing. As I unloaded the box I put all the items away one at a time. She had sent Superfood, the #2 formula, Echinacea extract and the LBF #1's. I quickly started the Superfood and Echinacea but never touched the Bowel Cleansing products. Two weeks later when it was time to begin the liver cleanse I still had not taken my first #1 capsule. Why? I figured my bowels were doing just fine and the bowel cleanse was optional. Wrong!

I'd been walking around for years with a roll of poop setting right under my bust line. I looked five months pregnant. Of course I didn't know that roll around my middle was a stuffed bowel.

Two weeks after receiving my package I was scheduled to fly to my friend's clinic for a month's stay. When I arrived she wisely started me on the bowel cleanse routine. Fourteen days into the program and my bowels were still not working well. The thirteen capsules I swallowed each night had started something moving but it was not enough to clear thirty eight years of constipation. My friend arrived in my room that evening with a castor oil pack. She placed it over my colon, covered it with a towel and said good night.

The next morning I could not believe how much poop was still in me after fourteen days of juice fasting and an enema in the morning and evening. Under my breast I had been carrying a roll for years, now half the roll was

gone. That's right; half my stomach was flat the other half looked five months pregnant. Another castor oil pack was placed over my colon again that night with similar results the next morning. My stomach was now flat. The roll I had assumed was fat all those years was my colon filled with poop.

Staying open and willing to be taught can be the hardest part of healing. All the answers do not lie within us, we must be willing to continue to learn and grow. As long as there is life there is learning to be done.