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Episode 14: Keto Breath or Cat Pee?_014

Are you excited about all the weight you're losing on a ketogenic diet yet while you're losing weight, you're also losing your friends because your breath smells so bad? Find out the secrets to keeping keto breath under control and as a special bonus, I will share my recipe for an effective and all-natural breath spray that you can make at home today on this old tooth. Hello everyone. You are listening to episode number 14 of This Old Tooth, a podcast devoted to providing you with honest agenda-free information about how you can get and keep a beautiful healthy smile for life. I am your host, Dr. Lisa Germain. Today I will be discussing how the currently popular ketogenic diet causes your breath to smell like cat pee and what you can do about it.

I don't think it is a surprise to anyone that the high protein, paleo and keto diets, and periodic fasting have become increasingly popular lifestyle choices in the past few years. They are extremely anti-inflammatory, which promotes tissue healing on many levels. They give you more energy, curb your craving for sugary foods as well as your appetite and invariably will lower your blood sugar levels. In addition, they have offered an effective weight loss option for people who have struggled for years trying to lose weight by counting calories or by deprivation. While the benefits are undeniable, there are some risks involved. However, none is more embarrassing than "Keto-Breath". Unlike halitosis or regular bad breath, Keto-Beath has its own unique odor. When you choose one of these diets, the goal is to get your body into a state of ketosis by eating protein and often fat, but with limited or even no carbohydrates. The theory is that once your body starts to run out of carbohydrates, it will begin to burn the fat and the protein for fuel on a physiological level.

As your body burns through its fat stores, it produces ketones in the liver. Once your blood ketones reach a certain level, you are in what is called ketosis, which is the desirable state during the diet for weight loss. Now you may think the bad breath comes from eating all of that bacon and cheese and while those certainly don't help, it's not the food you're eating that causes such a foul odor radiating from your mouth, at least not directly. It comes from the elevated levels of the ketones in your body, and the specific culprit is acetone, which is the active ingredient in nail polish remover. While the buildup of ketones exit through your urine, they are also exhaled through your breath. In addition to "Keto-Breath", sometimes people describe that they have a metallic taste in their mouth and with that the taste and the smell of rotten fruit.

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And sufferers complain often that their breath smells like cat pee in reference to the fact that it can smell like ammonia. The good news is that “Keto-Breath” is only temporary. It is more noticeable at first because of the big shift that your body is going through. In addition, as your body starts to burn the ketones for fuel more efficiently, there will be fewer ketones to breathe out within a few weeks. As your system adjusts to eating way fewer carbohydrates, your breath should then return to normal. Remember too that classic bad breath is caused by volatile sulfur compounds created from the breakdown of proteins that sit on the back of your tongue and these smell like rotten eggs. So while you are on the keto diet, it is so important to keep up with your oral hygiene, which includes brushing at least twice a day and flossing once as well as rinsing. Because the combination of the keto breath and the volatile sulfur compounds make for one nasty odor.

And, don't forget to brush your tongue. A lot of the breakdown products from the protein as well as the bacteria that is form love to hide way back there. Mints and mouthwashes that contain xylitol, a natural sugar-free sweetener can help you stave off bad breath as well as stimulate saliva production. Extra saliva helps clean out lingering bacteria that can worsen the stench and can wash away the offending remnants of a high protein meal. In addition, parsley, clove and cinnamon can be used as an all natural solution as well. Staying hydrated is also essential to wash away the offensive odors and to dilute your urine and exhalation levels of ketones. You can also try upping your carb intake just a tiny bit by about maybe five grams or so which will lower the level of stinky ketones your body produces. I personally have adopted a low carbohydrate higher protein diet to keep my A1C under control. I have a very high family history of diabetes and I have to tell you the problem is that “Keto-Breath” for me is actually an occupational hazard because who would go to a dentist with bad breath? After trying many different rinses, mints and breath fresheners, that didn't seem to really help, I found a way to make my own breath spray using cinnamon and peppermint oil. So far it has been the best solution I have found. In addition, it doesn't have any preservatives or alcohol and doesn't dry my mouth out. I will include a link in my show notes to the recipe so you can try it. I will also put it into an Instagram story on this old tooth isn't good or is it at this old tooth so you can access it there as well. Please let me know how it works for you or if you have any solutions for keto breath. I would love to share it with my listeners and let me know what you think. I would love to give you a shout out on my show.

And now for a fun fact, tooth enamel is the hardest substance in the human body. However, we do not recommend that you use your pearly whites to open bottle caps. I want to remind everybody that I have a free ebook available, How to Choose a Dentist, the Ultimate Guide. You can go to my website to download it at www.thisoldtooth.com and you know I love feedback so let me know what you think and I certainly hope it's helpful to you. In my next episode, I will be taking my seventh small bite in my series on bad breath and its causes and discuss how smoking, chewing tobacco and even vaping can cause you to have ashtray breath and what you can do about it. Now that is an episode you don't want to miss. So until then, thank you for listening and remember, be true to your teeth or they will be false to you.

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