

Yoghurt - Bad News for Bad Breath

The solution for bad breath may be in the dairy aisle at the local supermarket, according to a study by Japanese microbiologists.

In a small study partly funded by a Japanese yoghurt maker, researchers found that a diet that includes two 3-oz. servings of plain, sugarless yogurt each day may attack bacteria that breed on the tongue. As these bacteria process food particles, they can release unpleasant odors which are then exhaled through the mouth.

Yogurt-eating participants showed an 80 percent decrease in their levels of hydrogen sulfide (a bad breath-causing compound) on their tongues and in the air inside their mouths after six weeks of eating yogurt.

Maintaining good oral hygiene is essential to keeping your mouth healthy and your breath fresh. Most types of bad breath can be controlled by brushing twice a day, including the tongue, with a fluoride toothpaste and using floss or an interdental cleaner to clean between teeth daily.

Source: 2017 American Dental Association

Vocabulary

dairy - milk, eggs, cheese and other milk products

microbiologist - scientist who studies very small living things, such as bacteria

interdental - situated or placed between the teeth

Comprehension Questions

1. According to Japanese microbiologists, what can cure bad breath?
2. What do you call the chemical compound that causes bad breath?
3. How long was the study conducted?

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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