

## Great ways to prevent Tonsil Stones/Bad Breath

Remember, tonsils stones (**those whitish, yellow or brown stinky chunks in your tonsils and throat**) **ARE NOT an indication for tonsil surgery** as it can be a very dangerous, painful and sometimes deadly procedure.

Tonsil stones are basically **blobs or old food, tons of bacteria (like in your poop!) and sloughed off mouth and throat tissues**. They get stuck in the nooks and crannies around your tonsils and **back 1/2 of your tongue** (which is made of tonsils!).

1. **This one is the most important:** Every night before bed, use a spray bottle to shoot the back of your throat on each side. **Use 50/50 Biotene mouthwash and water mix**. Set the bottle nozzle to the **JET** stream (not the spray) so you can really dislodge those pesky buggers out of there. Another really useful thing is to **gargle** for 5-10 seconds after every meal with whatever you are drinking. It will loosen food particles that become the tonsil stones.
2. **Drink plenty (try to make your pee clear) of water**. It will massage the tonsils to loosen the stuck food and lubricate your spit so your throat becomes like a “non-stick” coating.
3. Alcoholic mouthwashes can increase halitosis (bad breath) levels in patients with **and** without tonsil stones. This is because alcohol dries out the mouth and encourages the growth of bad bacteria, including the growth of tonsilloliths. Try **Biotene mouth wash** which is alcohol free. Alcoholic drinks will increase the growth rate of stones as well, for the same reasons.
4. **Dairy products** are one of the biggest train wrecks of tonsil stones. Drinking milk daily, or using dairy creamer in coffee daily will result in a constant production of these stinky chunks.
5. This goes without saying, but good oral hygiene (**brushing & flossing 2 x daily**) is a great foundation for any breath problems. While it will **not** stop tonsil stones, it gives your mouth the building blocks for a good environment to prosper in.
6. Tongue scraping is a wonderful way to promote fresh breath and minimize the production and potency of tonsil stones. **Remember that any method that reduces the amount of “bad” bacteria in the mouth, will help in tonsil stones prevention.**
7. Gargle with diluted **Grapefruit Seed Extract** 2 through 3 times per day. This is an important step. We do not know why this product works for stopping tonsil stones but it does. If you find that gross, use **Coconut Oil instead. It kills bacteria, whitens your teeth and is awesome for your health!**
8. Minimize mouth bacteria by flushing out the nasal cavities. Using a **Neilmed Nasal & Sinus Irrigation System** will prevent all the bacteria from the nasal cavity from dripping down the back of your throat and tongue, where the worst oral bacteria is located.
9. Using an **Oxygenated Toothpaste** helps promote an extremely healthy environment for your mouth, reducing the ability for tonsil stones to grow. This method alone will not prevent tonsil stones but it absolutely recommended as part of your oral hygiene method.
10. **Surf the web.** (<http://www.tonsil-help.com>) and other sites provide great tricks and prevention methods as well as 1000s of testimonial from other people with the same condition.