

RUCHI GURNANI · NUTRITIONIST

5 days to fresh breath



Mints treat the moment. This treats the cause. One new habit a day, a test on Day 1 and Day 5 so you can see it working.

Swipe 👉

RUCHI GURNANI

Read this first

Bad breath almost always starts in the mouth, not the stomach. The tongue, the gums, or a mouth that has gone dry. Nothing you swallow can hide that for long.

Each day here adds **one thing**. Keep the earlier days going as you add the next.

Ask nobody, and nobody will tell you. So **Day 1 is a test you do alone**, and Day 5 is the same test again.

THE ONE RULE

Tongue before toothbrush, every morning. If you keep only one page of this, keep that one.

@nutritionistruchigurnani

1

FIND WHERE IT COMES FROM

- WRIST** Lick the inside of your wrist. Wait ten seconds. Smell it. That is what people smell.
- TONGUE** Stick it out in the mirror. **White or yellow at the back** means the tongue is the source.
- GUMS** Floss one back tooth. Smell the floss. A smell there means the gums.
- NOSE** Close your mouth, cup your hands over your nose, breathe out. A smell here is the nose or sinus, not the mouth.

WRITE IT DOWN

Tongue, gums, dry mouth or nose. Most people find two. The plan works on all of them, Day 5 tells you which one needs a doctor.

2

THE MORNING ROUTINE

TONGUE FIRST

Before brushing. A steel scraper, or the edge of a spoon turned upside down. **Back to front, five strokes**, rinse the spoon each time.

Go as far back as you can without gagging. The back is where the coating lives.

BRUSH

Two minutes, gums included. Then **spit, do not rinse**. Rinsing washes the paste off before it has worked.

FLOSS

At night, not in the morning. The night is when food between the teeth starts to smell.

CHAI

A full glass of water first. Chai on a dry mouth keeps the morning smell going till lunch.

3

THE DRY MOUTH DAY

Saliva is the mouth's own wash. Everything on this page makes more of it.

- WATER** A glass **every two hours**, not one bottle at once.
- 11 AM** A kheera or a gajar. The crunch makes saliva. Biscuits do the opposite.
- AFTER CHAI** Sugar-free gum for ten minutes after every chai or coffee.
- AT THE DESK** Breathe through the nose. Mouth breathing at a screen dries the mouth by lunch. Blocked nose? Steam at night.
- LUNCH** A katori of **curd**, every day this week. Plain, not sweet.

4

THE KITCHEN DAY

- BREAKFAST** Never skipped this week. An empty stomach by 11 gives a sharp, acetone smell no brushing removes.
- AFTER LUNCH** Chew a few **saunf**, or fresh **pudina or dhania leaves**. Parsley works the same way.
- ONION, GARLIC** Raw at lunch, never at dinner. The smell comes back through the lungs for hours.
- 3 PM** Green tea before a meeting. Cold drinks and sweet chai out. Sugar feeds the bacteria.
- DINNER** **Three hours before bed**, and lighter. Acid coming up at night is a breath you wake up with.

5

THE CHECK

WRIST

Same test as Day 1. Most people notice the difference here.

Still there? Match it:

- **Gums bleed** when you brush or floss. A dentist, this month. Gum disease is the one cause no home routine fixes.
- **White spots** on the tonsils that come and go. An ENT.
- **Nose always blocked**, smell from the nose test. A doctor for the sinus.
- **Sweet, fruity smell** with a lot of thirst. Get blood sugar tested.

FOR LIFE

Keep Day 2 and Day 3. Tongue before brush, water before chai, curd at lunch. That is the whole plan.

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Breath is one part. Your plan is the rest.



I write that plan for you. Your reports, your routine, what you actually eat. Three plans of ten days each, so it changes as you change.

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