

The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

February 2017

Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Dan, Monica and John



Bad Breath - Go Away!

Of course, you can have bad breath (halitosis) after you eat onions or garlic, but chronic bad breath is usually caused by the buildup of bacteria or yeast/candida within your body. Bad breath can also be caused by disease, gastrointestinal and/or upper respiratory tract disorders, buildup on your tongue, dry mouth or dental plaque.

To eliminate bad breath, you have to eliminate the cause. Bacteria, yeast and candida feed off sugar and grains. Modify your diet to eliminate sugar and processed foods. Eat probiotic-rich foods like kefir, sauerkraut, kimchi, and kombucha, and more healthy fats like coconut oil. Ask our pharmacist about a quality probiotic supplement to restore good bacteria in your gut.



Dry mouth (xerostomia) also can cause bad breath. Saliva is needed to moisten the mouth, neutralize acids produced by plaque on teeth, and wash away dead cells that accumulate on the tongue, gums, and cheeks. If not removed, these cells decompose and can cause bad breath. Drinking

at least eight eight-ounce glasses of water per day can help. Ask our pharmacist if you are taking a medication that can cause dry mouth as a side effect.

Due to its effectiveness against bacteria known as anaerobes, which have the greatest odor potential, the antibiotic metronidazole has been used for treating bad breath associated with ulcerative gingivitis and periodontal disease. A single dose of one tablespoon (15 ml) of metronidazole mouthwash used as a rinse for 5 minutes and then expectorated (spit out) can reduce halitosis significantly by decreasing bacterial counts on the tongue surface. Metronidazole mouthwash may be an option for hospice patients or other patients who suffer from malignant ulcers of the mouth, since the ulcers are often associated with anaerobic bacteria. However, metronidazole mouthwash should not be used to treat bad breath in otherwise healthy people since its use could increase the risk of antibiotic-resistant strains of bacteria.

If you suffer from bad breath or other health problems that have not responded to traditional care, talk to our pharmacist to see how we can help.

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The Impact of Stress and What to do About It

*With Stacey Roberts, P.T., M.H., Naturopath
Women's Complementary Health Specialist*

**Wednesday
February 22nd
6:30pm - 8:00pm**

At MD Custom Rx
In the Sendiks Towne Center
19035 W. Capitol Drive, Ste. 105
Brookfield, WI 53045

Call to Register. Space is Limited.
262-373-1050

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