

Does a Smaller Waist Mean Smelly Breath?

Many people wanting to slim down are jumping on the low-carbohydrate diet trend in an attempt to lose weight. However, as dieters shed pounds, many are saying goodbye to carbs and hello to halitosis.

Low-carb diets work by limiting the amount of carbohydrates ingested, which allows the body to burn stored fat instead of carbohydrates. When the body burns fat as fuel, chemicals called ketones are produced. These ketones are released in the breath and urine and may result in halitosis. Ketones aren't the only bad breath culprit for this diet. The types of foods ingested also play a role.

“Most cases of bad breath originate from the breakdown of food particles that produce sulfur compounds, and from bacteria on the gums and tongue,” says Academy of General Dentistry spokesperson Bruce DeGinder, DDS, MAGD. “High-protein foods can produce more sulfur compounds, especially overnight on the surface of the tongue when saliva production is diminished.”

Tips to combat halitosis:

1. Drink water to wash away germs

Drinking plenty of water can help dilute the concentration of ketones, but that isn't the only benefit. Drinking water throughout the day can help cleanse teeth of excess bacteria and food debris. Bad breath can sometimes be caused by food particles caught in the teeth, and drinking water will help rinse away odor-causing particles.

2. Chew sugarless gum with xylitol

Chewing sugarless gum after meals can help keep bad breath away. Saliva production increases during chewing and this can help neutralize acid production and rinse food particles from the mouth. Chewing parsley can have the same effect because it also increases saliva production.

Sugar-free gum with xylitol can also help prevent cavities. Xylitol is a natural sweetener found in plants and fruits, and research shows it inhibits the growth of *Streptococcus mutans*, the oral bacteria that cause cavities.

3. Keep a toothbrush handy and brush after all meals

Brushing and flossing at least twice a day can help keep your mouth healthy and prevent odors. An AGD survey found that 75 percent of people eat at the office but less than 15 percent of them brush their teeth after eating. Cleaning the tongue with a toothbrush or tongue scraper after meals can also help alleviate odors.

If halitosis continues, a general dentist or doctor can help determine the source of the odor. Halitosis can sometimes have more serious causes. “Ketone breath is also used to describe a fruity smell on the breath that can be an indication that a person may have diabetes,” says Dr. DeGinder. “This can originate when the body is breaking down fat particles because there is not sufficient glucose present as fuel for energy.”



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From: Stephanie Jimenez [mailto:stephaniej@santaclaritamagazine.com]
Sent: Tuesday, August 26, 2008 10:12 AM
To: editorial@santaclaritamagazine.com
Subject: It's Halloween Time! The October Issue has begun...

August 25, 2008

Dear Contributing Writers,

Summer is officially over on September 22 and we will be in full Fall swing, though the weather still screams HOT, HOT, HOT!

And speaking of screaming, Halloween is just around the corner and we are searching for the best of the best in Haunted houses. Do you put on the spookiest of haunted houses or know someone who does? We are compiling a list of all the best haunts in the Santa Clarita Valley and we would love to include yours! Send information to selgin@santaclaritamagazine.com.

We also strive to produce the best and most useful magazine every month. Do you feel there is something missing from the magazine? Please let us know at editorial@santaclaritamagazine.com. We welcome your thoughts on how we can improve our publications.

Have you seen the new *elite Magazine* featuring an extensive new section called *the Concierge*?

So, what is *the Concierge*? It is an abundance of dining, shopping, entertainment, hotel and event information. So whether you have lived here all of your life or you have friends and family coming into town we hope you will find *The Concierge* useful and entertaining. Would you like your business to be featured in the Concierge? Contact Randi Tyrrell with *elite Magazine* for more information at Randi@scvelitemagazine.com or at 661-294-4444 x102.

Our October issue of *the Magazine* we will be featuring a lovely Dinging Guide. Entries are due Monday, September 8 so contact your sales person today to be included. We are also offering professional photography with this participation in the guide. To have your guide photo shot professionally, please return your form no later than this Friday, August 29th so we may arrange it in a timely manner. If you are unsure of your sales representative, please contact me, Stephanie J, at editorial@santaclaritamagazine and I will forward you to the correct person.

Our editorial word count has changed. We have also cut down the original guidelines to highlight the key points, with the full version available online at www.santaclaritamagazine.com. Please review them at your convenience. The only change we have made is to the supplied editorial word count. **The editorial word count is now 400 words.** In an effort to keep articles on one page and close to, if not next to, your advertisement we have had to cut down the accepted word count.

Also, please keep in mind that when you send a photograph to accompany your article we like to print them as large as possible to accent your article. By supplying your article with a smaller word count it allows us to enlarge your photos. Photos are a great way to draw readers into your articles. Think about the way you read a magazine. Most people are drawn to photos as they can give

you a quick read of what the story may be about. We believe they are a great way to enhance the free editorial space you receive with your paid advertisement. If you would like to supply photos with your editorial, please make sure to do so when you supply your article. It can cause confusion and leave room for error when things are supplied separately.

The deadline for your October editorial is Tuesday, September 2 at noon. Please try to stay true to that date. Email submissions are the accepted format. **We no longer accept faxed editorials.** Also, when sending in editorial please double and triple check it to make sure that it is a clean professional finalized edit. With high demand for placement of editorials, adherence to the deadline is critical.

Editorial space is at a premium. **Editorials can be no longer than 400 words.** No exceptions. If you use Microsoft Word, you can check your word count. In the toolbar at the top, click on TOOLS then WORD COUNT. The word count also includes you "tag" line at the end of the article, so please keep them short, sweet and to the point. People are looking for a contact phone number, not a resume of the author. Editorial guidelines are attached.

Thank you again for making this publication a success. Without you, there would be no magazine. We appreciate your business and look forward to hearing from you very soon...on or before September 2, 2008.

The Editorial Department

The Santa Clarita Magazine

P.S. Plan ahead and send several months of editorials in advance and we will hold them on file for future use.



Complimentary Editorial

Submission Guidelines - 2008

Below are the guidelines for submitting your editorial, advertorial and/or photographs for publication in the Magazine of Santa Clarita.

Editorial/Advertorial submission specifications:

- No more than 400 words (Including Title, written by line and tag line)
- Typed in upper and lower case
- Submitted as an MS Word document - via email or disc*
- Include a "written by" line (not necessary on advertorials)
- Include business phones, address, email address and website, if appropriate.

* We cannot accept editorials or advertorials sent via fax

Editorials, advertorials and photos should be emailed to:

editorial@santaclaritamagazine.com

by the 1st of the month for publication the following month**

**Material received after the first of the month (deadline) may not appear in the month for which it was intended, but will be held for future issues.

Advertisement space is payable whether your editorial is published or not.

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