



## Healthy Teeth Protocol

Your mouth is perhaps the most important organ in your body that influences your general health and especially the health of your heart. It is estimated that over 50 % of people in the US lose their teeth after the age of 60. It may come as a surprise to many of you that it is the health status of your gums and not your teeth that contributes to teeth loss.

Bellow are suggestions that I have found during the past 30 years in practice that have worked wonders to keep your gums healthy, preserve your teeth and improve your overall health.

The most important thing you can do for yourself and your family is STOP using Fluoride in toothpaste. Please click on the link bellow for more information.

[http://www.nap.edu/openbook.php?record\\_id=11571&page=1](http://www.nap.edu/openbook.php?record_id=11571&page=1)

### Healthy teeth protocol:

1. Brush your teeth 2 X per day using soft toothbrush with natural FLUORIDE FREE toothpaste an excellent choice is one with Xylitol, Pomegranate, and Neem extract.
2. Floss after each brushing using super thin no wax dental floss
3. Use water pick morning and night.
  - a. In the morning add 1/2 tsp. sea salt to the water pick container.
  - b. In the evening add 12-15 drops of Grapefruit seed extract into the water pick container.

### Supplements to support healthy gums:

- Whole food Vitamin C 500 mg 3X per day
- Active CoQ 100 mg 3X per day
- Hyaluronic acid drops
- Repair enzymes by Enzymedica
- TSM Primer one or two servings per day