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Components Of The Holistic Approach To Dentistry

General daily oral care sequence (note-all products and devices are available on www.HolisticDentalLearning.com) :

1. Rinse first to get rid of loose debris, food etc.
 - a. Swish vigorously with Spry or similar mouthwash
 - b. OR Ozonated water if gum inflammation and gumline cavities are a concern
2. If you have gum recession, gumline cavities, and a lot of open spaces in between use a water pick
 - a. Put some Spry or similar in the water
 - b. OR even better - Ozonated water if gumline cavities, gum inflammation and periodontal pockets are an issue
 - i. If managing gumline cavities, point the WaterPick tip directly at the cavity. You can also apply the ozone gas directly – remove the bubbler and place the end of the tube tightly over the cavity for 30 seconds.
 - ii. Dip the toothbrush in ozonated water and brush the gumline cavity/demineralized areas – consider using a SulcaBrush.
 - c. If you are more cavity prone and/or have large cavities that cannot be safely and predictably restored and extraction may ultimately be needed, add the “Medicinal Food” products to your daily routine.
3. If you have deeper periodontal pockets, consider the Oratec Pocket Care Irrigator with ozonated water.
4. Brush quickly with a manual brush just to get the toothpaste everywhere. See the “Toothpaste” and “Medicinal Foods” sections to get the toothpaste that is best for you and your needs.
5. While the toothpaste is on your teeth, floss, use the proxabrush or SoftPick to get the toothpaste in all the hard to reach in-between areas
6. Then brush more thoroughly with more toothpaste with a manual brush or Sonicare. That should remove any more plaque/debris that

- the other steps may have loosened while coating your teeth with the toothpaste.
- a. Use the SulcaBrush if you have recession and a lot of exposed roots and/or root cavities
7. Brush your tongue
 8. Spit it out but don't rinse – that will rinse away the benefits of the toothpaste,
 9. If you need extra-remineralizing due to incipient cavities on the gumline or elsewhere, now is the time to use the ToothPutty or MI Paste or BioRepair Advanced or Dentite products.
 10. Other suggestions at times other than this daily protocol for additional help with cavities and/or gum inflammation:
 - a. Vitamin K2 and/or Beef Organ supplements, Fermented Cod Liver/Butter Oil Blend (under "Medicinal Foods") – these help strengthen and protect from the inside out.
 - b. Oral probiotics to replenish the good bacteria.
 - c. Colloidal silver rinse – additional control of cavity causing bacteria
 - d. Oil pulling –recommended varieties
 - i. Ayurvedic with hydroxyapatite, Australian Emu Oil (has Vitamin K2)
 1. These help strengthen and protect teeth
 - ii. Gumtite or Pur O3 ozonated oils
 1. These help control gum inflammation