

ORAL & SYSTEMIC DETOXIFICATION

Keeping healthy starts in the mouth! The following system may greatly improve both oral health and well-being. The greatest benefits are seen when used as a daily practice.

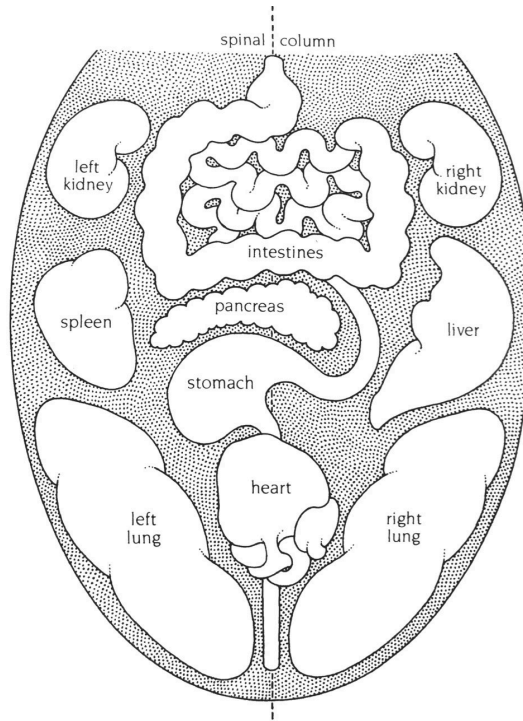
WHAT	WHEN	WHY	HOW	OTHER
1 Tongue Scraping	First thing ONLY in the morning before food	Removes overnight buildup of bacteria and toxins. Avoid brushing your tongue, as it is said to drive the bacteria deeper. Scraping is preferred.	Use a tongue scraper or fine edged spoon. Extend the tongue and begin as far back as you can. Using one long stroke, gently pull the scraper/spoon toward the tip. Rinse and repeat as is necessary.	Observation of the tongue reflects improvement of internal organs
2 Oil Pulling	First thing in the morning ONLY before food	Improves health of teeth, strength of gums, whitens, reduces bleeding, pulls microbes from foci of teeth, improves breath. Option: add 1 drop Clove or Thieves Oil	Up to 1 tbsp. sesame, coconut, or olive oil. Place in mouth and swish for 20 minutes. Spit into garbage or compost, as it may clog drain or toilet. Gagging? Use less oil and gently swish.	Improves your dental profile
3 Structured Silver	First thing in morning and at bedtime	Kills microbes that live in the mouth and foci of the teeth.	THERAPY: 1 tbsp. 2 x per day. This dose is temporary. With a cold/flu/virus, you may add another dose. Swish for 6 minutes and swallow. MAINTENANCE: 1 tsp. 2 x per day. Swish for 6 and swallow.	Option: apply Silver Gel directly to the area of concern. Repeat as needed.
4 Probiotic	Before bed.	Improves health of gums and balance in the mouth. Liquid probiotics, such as Olie by Ecotrend	Use dosage suggested on the bottle and swish in mouth prior to bed.	
BRUSH & FLOSS as usual.				

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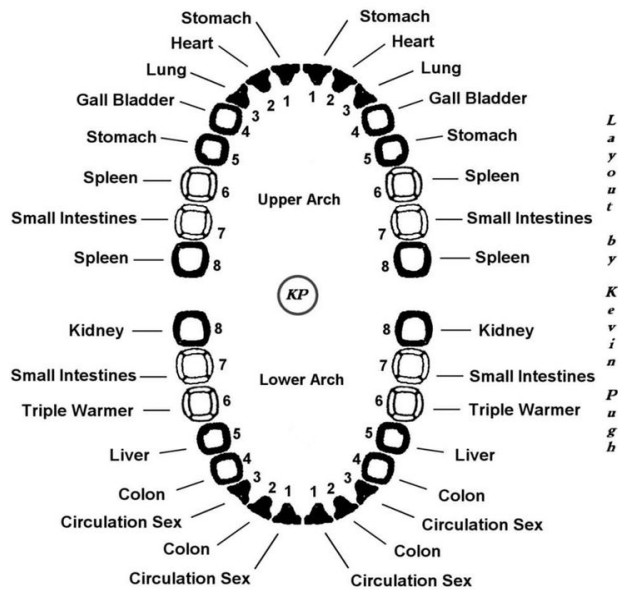
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<http://www.prana.com/life/2014/10/27/ayurveda-life-tongue-says-health/>



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