What Happens in the Mouth...
fill in the blank

The _______ is the doorway to the body.

Extra opportunistic bacteria break down soft tissue of the _____________.

Gingiva break down alerts the ______________

Every time we swallow, oral bacteria inoculate our gut, and _____% of our immune system lives here!

1. HERBAL ACTIONS FOR A HEALTHY MOUTH

1.

2.

3.

Lymphatic juice that brings nutrients from the gut into the pulp chamber

2. NUTRITION TIPS

Eat a whole food, balanced diet. Aim for 3 meals a day with __________ snacking.

HYDRATE! ___ body weight in fl oz/day

End a meal with these teeth cleaning foods:
strawberries, _______ _______, carrots, __________

3. LIFESTYLE

Avoid slow sipping on _______ drinks.

Buffer with Quick Mineral Water:
Add a pinch of sea salt to 12 oz room temp filtered water; shake and drink!

Don’t be a _______ _________

"If you eat the right foods & practice good dental hygiene, you probably don’t even need _________." -Dr. Mark Burhenne
Our Oral Routine

Upon Waking
- Tongue scrape - back to front
- Swish/Gargle with salt water 3x
- Drink 8-12 oz water (with minerals if able!)

After Meals
- Floss, brush for 2 min, and/or rinse with Feelin' Fresh tea or salt water

A Few Times a Week
- Gum Stimulator - run along the meeting point of your gums & teeth
- Oil Pull for 5-15 min. - be sure to spit out in trashcan or outside!

Daily Habits
- Refrain from snacking & sipping on acidic beverages (use a stainless steel straw if so!)
- Eat a whole food diet with minimal processed carbs - chew thoroughly!
- Stay hydrated
- Opt for remineralizing & carminative teas

& Must Haves
- Tongue Scraper: metal or copper preferred
- Hydroxyapatite toothpaste: Boka brand
- Floss: eco-friendly, refillable preferred
- Tooth brush: soft bristle, eco-friendly preferred
- Tooth powder: Herb Girls Tooth Seeker's brand!
- Herbs & Teas: Feelin' Fresh, Cardamom pods, Echinacea or Spilanthes tincture, Nettle powder, Cardamom pods, Fennel seeds
- Water filter: Berkey brand
- Minerals: Trace Minerals Research Concentrace Drops; CellCore CT minerals
- Mouth Tape
- Stainless steel straws & bombilla