



## Dental Dysbiosis and the Mouth's Microbiome Action Guide

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### Follow Nadine's daily morning oral care steps.

- Start with a salt rinse.** Make a salt water solution to keep in your bathroom (16 oz of spring water to 1 oz of salt in a mason jar). Nadine carries *Yogi Tooth Serum* and *Healthy Gum Drops*. You can add a drop of either one to your saline solution. Start with a salt water rinse before brushing. Use a little shot glass, pour in a bit of brine, swish and spit.
- Scrape your tongue.** Holding the ends of a tongue scraper, gently scrape the tongue from back to front 2-3 times. Rinse or shake the scraper off each time.
- Brush your gums.** Use a dry (ionic) toothbrush; you can add one drop of Nadine's *Yogi Tooth Serum*, *Healthy Gum Drops*, or *Ozonated Healthy Gum Gel* to one tiny drop of *Neem Enamelizer* on the brush. Brush gum towards the teeth for two minutes. Use special care over the gum line.
- Polish the teeth.** Polish with a dry, round-headed, electric toothbrush. Use can use a tiny, half-a-pea-sized amount of Nadine's *Ozonated Clay Tooth-Truth Paste* or *Tooth-Truth Powder Polish* (you may add a drop of serum or *Neem Enamelizer* to this). Simple baking soda also works for this polishing step. Baking soda, activated charcoal, and clay are also good.
- Check the gum line.** Check gum lines for any remaining plaque; use a rubber tip gum tool with a drop of Nadine's *Yogi Tooth Serum*, *Healthy Gum Drops*, or *Ozonated Healthy Gum Gel*.
- Floss.** Floss two times! You can apply a drop of *Yogi Tooth Serum* or *Healthy Gum Drops* along the floss.
- Final rinse.** Use salt rinse again – vigorous swish and spit.
- Extra care.** For receding gums, bleeding gums, or any area that needs extra attention, you can apply Nadine's *Yogi Tooth Serum* or *Healthy Gum Drops*. Nadine's *Ozonated Gum Gel* is also great to use throughout the day, as well as also being beneficial to apply and leave on your gums as your final step after the mouth is clean.



## Know what to avoid.

Below you'll find a list of **foods, chemicals, conditions, habits, products, and situations you might choose to avoid** for better dental health. This list is intended as a resource to help guide your actions and choices. Focus on the suggestions that you can implement now or that resonate most, then determine how you'll implement the remaining items in the future.

- Dental lymph suppressors:** Processed food and sugar
- Endocrine disruptors:** BPA, dioxin, Atrazine, phthalates, perchlorate, fire retardants, lead, mercury, arsenic, PFCs, organophosphate pesticides, and glycol ethers
- Spiking blood sugar:** Maintain a blood sugar level around 80 or at least under 110
- Mouth breathing:** Look at medications that are drying out your mouth; consider a cranial balance if you are a mouth breather
- Leaky gut:** Leaky gums may mean leaky gut, so heal the inflammation in your gut; remove gluten, corn, and glyphosate that may be irritating your gut
- Phytic acid consumption:** Soak and ferment your gluten-free grains
- Remove mercury fillings:** They irritate the gut; find a qualified dentist to pursue this course of action
- Microbe mutators:** Excessive antibiotics, glyphosates, fluoride, and triclosan; some of these are in commercial oral care products
- Synthetic dental care products:** These have ingredients such as sodium laurel phosphate, glycerine, trisodium phosphate, xylitol, and artificial sweeteners

## Seal and restore integrity to your gums.

Bleeding, receding, and inflamed gums are all a **sign of a bacterial imbalance**. That bacteria may be entering the blood stream. Below you'll find strategies for optimizing your gum health.

- Gum sealers:** Massage botanicals on to your gums such as sea buckthorn, rose otto, frankincense, and myrrh. Ozonated gel will also be helpful to nurture the tissue.
- Alkalinizers:** Brush your teeth with baking soda, sea salt, and magnesium. This will also nourish your saliva, which helps your mouth ecology.

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- ❑ **Swishers:** Use coconut and essential oils for oil pulling. Combine 1 teaspoon coconut oil and a drop of oregano oil or dental serum. Swish and spit. Try to do this for 15 minutes.
  - ❑ You can also swish with probiotics and an alkalinizer like salt, mixed with water. You can swallow this.
  - ❑ Use Nadine's recipe for *Tooth-Butter Cups* for swishing and soothing.
- ❑ **Whiteners:** Enamel comes from within your body and is transparent. If your teeth are discolored, it could be that they are lacking the fat-soluble vitamins D3 and K2.
  - ❑ As mentioned in the [Oral Care Steps to Include in Your Daily Morning Routine](#), polishing the teeth can help with the plaque that discolors teeth. You can also use 1/2 teaspoon of 3% hydrogen peroxide with a teaspoon of baking soda on a dry, round-headed electric toothbrush.
- ❑ **Quorum Sensing Inhibitors:** Quorum sensing is the communication between the pathogens. Through this quorum sensing, biofilms are formed. Research reveals essential oils are very successful inhibitors of quorum sensing and biofilm or plaque formation.
  - ❑ **Rose, thyme, peppermint, tea tree, clove, and cinnamon:** Display promising results as quorum film inhibitors, thus effectively reducing biofilms. Massage into the gums.
- ❑ **Botanical biotics:** Neem, cinnamon, tea tree, frankincense, and clove are good to add to your oral care products to brush teeth with, massage into your gums, and even swish.

## Create a healthy mouth microbiome.

Bring back a good bacterial microbiome in your mouth by seeding and feeding it with good bacteria. Use the food and supplement strategies below.

- ❑ **Eat prebiotic foods:** Foods such as chicory root, garlic, onions, leeks, and Jerusalem artichoke will feed and grow the probiotics in your mouth.
- ❑ **Take prebiotics or probiotics:** Certain bacteria adhere to your saliva and reduce cavity-causing bacteria in your mouth.
- ❑ **Guided Pocket Remineralization:** After your next cleaning, you can try re-colonizing your mouth microbiome by using a blunt Vitapik syringe and a pre/probiotic solution and administering it along the gum line.



- Eat fermented foods:** These will help inhabit both your oral microbiome, as well as creating a healthy gut for all over good bacteria.
- Take fat-soluble vitamins K2 and D3:** They help keep your teeth white. For bone mineralization and tooth repair, fat soluble vitamins D and K2 facilitate remineralization.
- Helpful vitamins and minerals to include:** CoQ10, NAC, magnesium, phosphorus, amino acids, and vitamin C are beneficial for your mouth microbiome.

## Wait an hour after eating to brush.

- Don't brush your teeth until an hour after you've eaten. This let's your teeth re-mineralize.

## Find a good dentist.

Find a good dentist. Sources to look through are:

- Hal Huggins:** <http://www.hugginsappliedhealing.com/find-dentist.php>
- Biological Dentistry:** <http://iaomt.org/>
- Holistic Dental Association:** <http://holisticdental.org/find-a-holistic-dentist>

## Visit Nadine Artemis at Living Libations to learn more.

- Living Libations:** Go to Nadine Artemis' site, *Living Libations*, for more information about her products, as well as to read articles to further your knowledge.  
[www.LivingLibations.com](http://www.LivingLibations.com)



**Nadine Artemis** is the creator of Living Libations, an exquisite line of serums, elixirs, and essentials oils for those seeking the purest of the pure botanical health and beauty products on the planet.