



Oral Care Steps to Include in Your Daily Morning Routine

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Follow these oral care steps for at least 3 months for a great trip to the dentist:

- ❑ **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.