



7 STEPS



TO HOLISTIC ORAL HEALTH

By: Dr. Olga Isaeva

1. Brush

Brush your teeth and tongue with natural non- fluoridated tooth paste after each meal or at least 2-3 times per day.

The easiest and most economical way is to make your own toothpaste from calcium bentonite clay and/or baking soda.

2. Floss

Floss after each meal or at least before bedtime.

A toothbrush generally is unable to get into tight contact between teeth and that's exactly where many of the cavities like to start due to not enough daily cleaning.

3. Natural Mouthwash

Use natural mouthwash with essential oils. The best way is to make your own mouthwash with food grade essential oils and alkaline water.

4. Oil Pull

Try oil pulling. An ancient ayurvedic full body detoxification practice starting from our mouth.

You may start with 1 tablespoon of organic coconut/sesame seed oil swishing around the mouth (best done in the shower) and spit out after 10-20 min.

• 5. Fresh Drinks •

Incorporate at least one fresh drink per day.

It could be a freshly squeezed green vegetable juice or a smoothie. Green vegetables are full of micro-nutrients needed for healthy gums and teeth.

• 6. Stay Hydrated •

Hydrate daily. Daily water intake of half your body weight in ounces shows increased energy and decreased cavities due to the salivary ability to wash the teeth naturally.

• 7. Cleanings & Exams •

Find a trustworthy holistic dental practitioner and get a periodic prophylactic cleaning/exam.

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