



Tongue Scraper

User Manual

We would love to hear your opinion

At Arista, we provide premium natural products from the Ayurveda medicine. Providing quality products, you are satisfied with is our number one priority.

To continuously improve our service, your opinion is important for us. Therefore, could you take a minute to write a review about the Arista tongue scraper?

By writing a review, you also help other people who are looking for a tongue scraper.

[**Click here to write a review**](#)

As said before, your satisfaction is our mission. If you have a question about the use of the product or any other question please contact us.

[**Click here to write us a message**](#)

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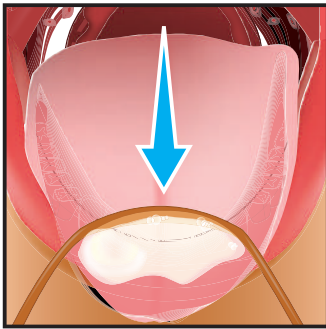


Sterilization.

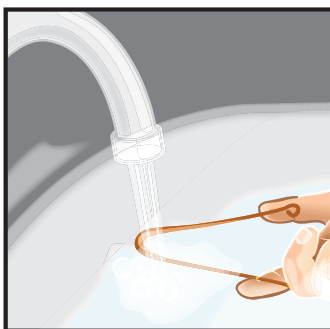
The tongue scraper arrives clean. However, If you wish to sterilize your tongue scraper, simply submerge it in boiling water for 5 minutes, afterwards remove the tongue cleaner carefully and allow it to cool before using. Dry thoroughly to avoid oxidation.

Instructions

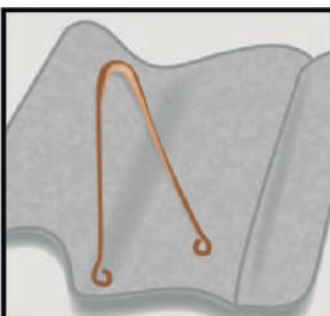
The copper tongue scraper is used to remove the white coating present on the tongue. The best time to use the tongue scraper is immediately after waking up. As the body detoxicates during the night, a lot of toxins are evacuated through the tongue.



Start at the far back of your tongue and progressively scrape toward the front of your tongue. Repeat as much as needed.



Rinse the collected phlegm abundantly with water.



Dry the copper tongue scraper with a towel—water will oxidize the copper and leave stains if you don't dry it.

The Philosophy of Ayurveda

Thousands of years before modern medicine, the sages of India developed Ayurveda. More than a system of treating illness, Ayurveda represents a 'science of life'. Today, it continues to be one of the world's most sophisticated and powerful mind-body health systems.

Ayurveda strongly believes in the power of the mind to heal the body and fully encompasses the 'Healthy mind, healthy body' ideal.

For every event that occurs in the mind, there is a corresponding event in the body. Thoughts of love, peace, kindness and compassion, produce a corresponding state in the body. The same applies for negative thoughts.

An imbalance in the mind-body flow connection is often the underlying factor of disorder and disease. However, restoring balance creates a mind-body system that is healthy and evolving.



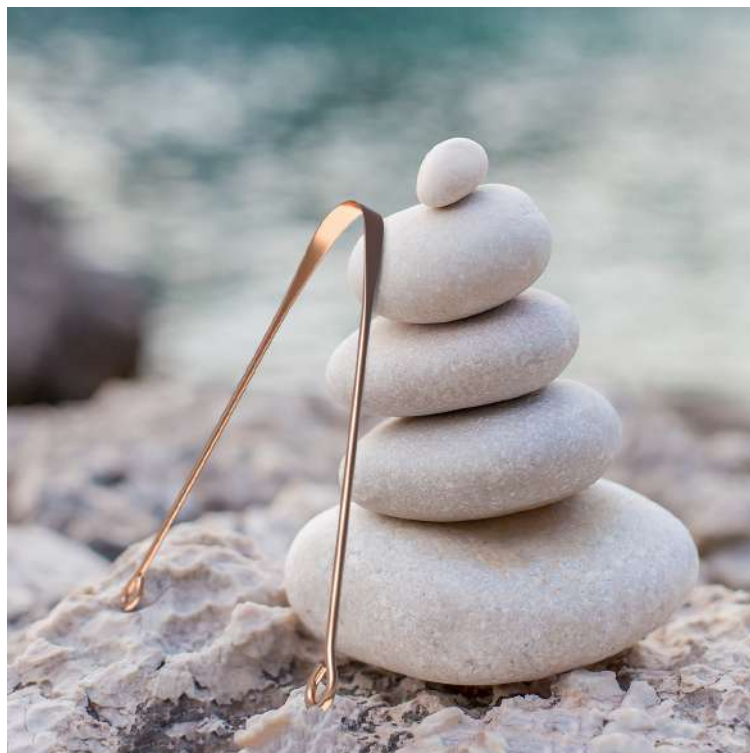
Tongue Scraper

Today, oral hygiene is mainly focused on our teeth, which represents only 10% of the mouth. Our mouth is a window into the health of our bodies and must be well cared for. It is also one of the parts of the body that is in constant use. We use it to breathe, speak and eat. So, having a healthy mouth is essential to our happiness and general well-being.

Tongue scraping is a daily practice in Ayurveda. Adding the use of a tongue scraper to your daily routine helps the body eliminate toxins that have accumulated in the mouth overnight, and ensures that you start your day feeling as fresh and clean as possible.

Ayurveda also claims that, by removing these toxins, you improve your ability to taste food. By increasing your taste reception, not only do you eat less, you also eliminate the need to add more sugar, salt, or excessive spice to the food to make it more flavourful.

When we eat, receptors on our tongue naturally interpret the foods we eat, and toxins can often get in the way of these signals. By scraping off the layer of toxins we have a greater connection between the foods we eat and our bodies.



Benefits of Using a Tongue Scraper

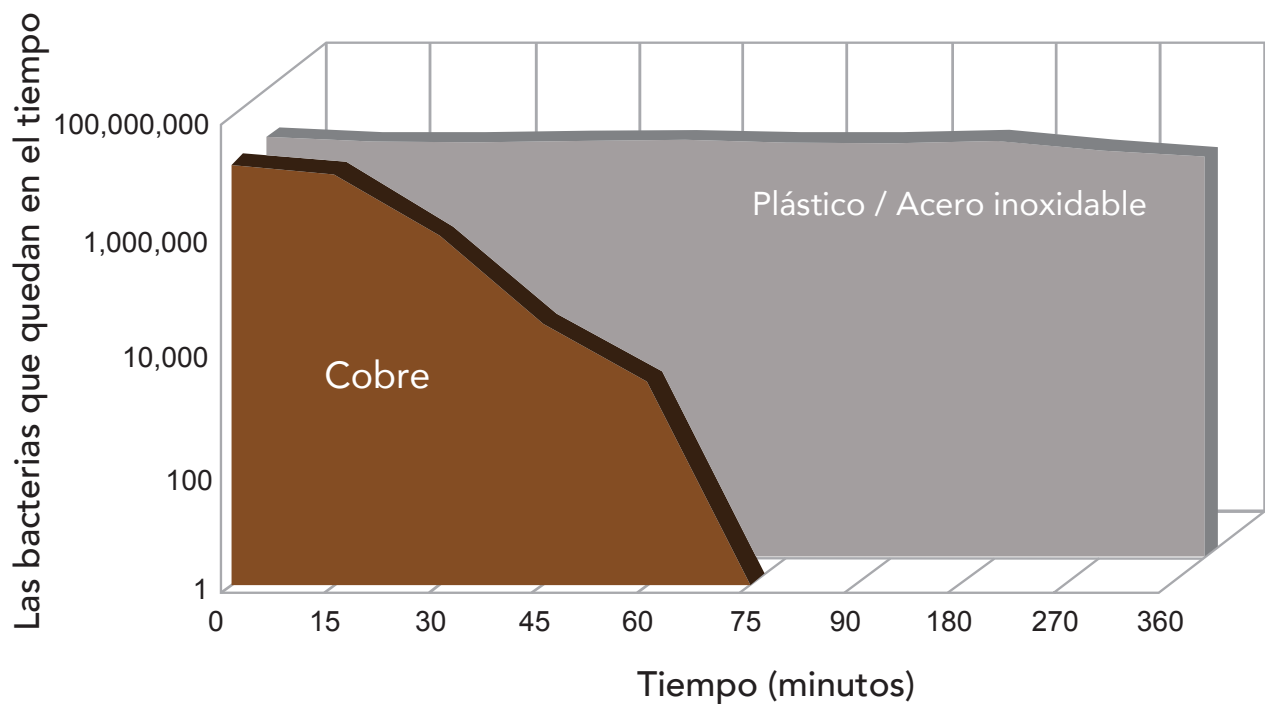
- Clears toxins & bacteria from the tongue
- Helps remove coating on the tongue that leads to bad breath
- Helps eliminate undigested food particles from the tongue
- Enhances the sense of taste
- Promotes overall oral & digestive health
- Gently stimulates the internal organs
- Increases your awareness of your state of health
- Massages and awakens the internal organs
- Stimulates the digestive capacity



Natural Properties of Copper

Copper is an essential trace mineral that is vital to human health. Natural characteristics of copper give it anti-bacterial properties, with some copper alloys having been proven to destroy over 99.9% of disease-causing bacteria in less than two hours. This means that, with regular washing, your copper tongue scraper will always be cleaner than those made of plastic or steel.

In the context of oral hygiene, copper also has a myriad of benefits. For example, ions in copper bind with volatile sulphur compounds present on the tongue. These compounds cause halitosis, and so tongue scrapers made of copper are much more effective at ensuring long-lasting fresh breath.



Fuente: Grass, G., Rensing, C., & S oloiz, M. (2010). Metallic Copper a s an A ntimicrobial Surface. *Applied and Environmental Microbiology*,77(5), 1541-1547.

Steralisation and Oxidisation

Because copper is an alloy, it will change color when exposed to other elements. This is known as patina, a thin coating that forms naturally in a process known as oxidation.

If the copper has been exposed to air, it will form a dark patina. If exposed to water, it will form a greenish-blue patina, known as verdigris. This discoloration is perfectly natural, and does not impact the efficacy of the product nor the coppers anti-bacterial properties.

However, if you wish to keep your tongue scraper looking as good as new, a few simple steps may be taken to return it to its original color:

- Place 1 tablespoon of salt in 1 cup of white vinegar.
- Make a paste by adding flour. Mix together well.
- Apply the paste to the tarnished areas.
- Leave for 15 to 30 minutes.
- Rinse with warm water and polish.

If salt and vinegar aren't readily available, a combination of lemon juice and baking soda is also effective.

Disclaimer

You should always check the product for worn or damaged parts before use. If any defects are found, do not use the product. If you experience any discomfort while using one of the Arista products, or while following any recommendation in this guide, stop the activity immediately.

The information provided is only intended for your general knowledge and is not a substitute for medical advice or treatment for specific medical conditions. The information should not be considered complete and should not be used in place of a visit, call, consultation, or advice of your physician, or other health care provider.

You must consult your physician prior to using Arista products, or any other health related products.

Furthermore, Arista products are only intended for healthy individuals who are 18 years and older.

We do not recommend the self-management of health problems. Information obtained by using our services is not exhaustive. Our products do not intend to diagnose, treat, cure, or prevent any disease or condition.

Should you have any health care related questions, promptly call or see your physician, or other health care provider. You should never disregard medical advice or delay seeking it because of something you have read here.

Brolutions will not be held liable under any circumstance for the incidental or consequential damage or injury due to direct or indirect use of this product. If you have any question, please contact us at info@brolutions.eu, and we will be happy to help you.