

## Successful Self-Dentistry in 8 Steps

The Successful Self-Dentistry protocol will keep your mouth, teeth, gums, and saliva, in such pristine condition that every day your teeth will feel as clean and smooth as if you have been to the dental hygienist for a cleaning.\*



### STEP 1: The Salt Rinse

Make a saltwater solution to keep in your bathroom (16oz of spring water to 1oz of salt in a mason jar). Add a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops**. To use the saltwater rinse, pour yourself a shot glass of the mixture, swish, swish, swish, and spit.



### STEP 2: Scraping the Tongue

Scrape the tongue 2-3 times. Option: add a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops** to the scraper.



### STEP 3: Brushing the Gums

Brush the gums, paying special attention to brushing the gums towards the teeth and using special care over the gum line. Use a soft, dry brush and apply a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, **Happy Gum Drops**, **Ozonated Happy Gum Gel**, or **Neem Enamelizer Liquid Polish** to the brush.



### STEP 4: Polishing the Teeth

Polish the teeth with **Happy Gums Clay Toothpaste**, **Frankincense Fresh Toothpaste**, **Neem Enamelizer Toothpaste** or **Wintergreen Clean Toothpaste** by applying the paste to a dry, electric toothbrush. Or, use a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops** and use with our **Tooth Truth Powder Polish**, or baking soda.

We often fear the unknown, so get to know your mouth! Get a dental mirror with a light or an intra-oral camera and get yourself acquainted with those back molars. And, remember to get clean in between! For more information read the book, **Holistic Dental Care: The Complete Guide**, or visit [LivingLibations.com](http://LivingLibations.com)

\*These steps will help you care for your mouth yet do not replace, nor are they intended to replace the advice of your dentist and hygienist.



### STEP 5: Checking the Gum Lines

Clean the gum lines of any remaining plaque by using a rubber-tipped gum tool or sulca brush with a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, **Happy Gum Drops**, or **Ozonated Happy Gum Gel**.



### STEP 6: Flossing

Floss! Even better, floss two times! Apply a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, **Happy Gum Drops**, or **Ozonated Happy Gum Gel** along the floss.



### STEP 7: Final Rinse

Use the saltwater mouthwash from Step One. Vigorously swish, then spit.



### STEP 8: Extra Care

Use the Vita-pik or an oral irrigator to rinse the gum pockets with saltwater and **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops**. Massage a drop of **Tooth Serum** or **Ozonated Happy Gum Gel** into the gum line and any sensitive areas.

