



20Day Challenge - with KForce

A./ Detox for Two Days (Mornings & Night)

Use Balance Rinse - Shake bottles and mix a capful of each #1 and #2

- Brush & floss teeth with mixture
- Brush tongue with mixture
- Rinse with mixture for 30 to 60 seconds

Use KForce Toothpaste - Gently clean teeth, gums and tongue again

Use Tongue Cleaner - Gently scrape to the very back of the “gag” reflex

****Rinse mouth and avoid food for 30 minutes**

B./ Maintain Five Day Cycle (repeat till mouthwash supplies exhausted)

Mornings Only - Added Mouthwash Step

Day One - Use Balance Rinse

Day Two, Three, Four, Five - Use KForce Daily Rinse

Morning & Night

Use KForce Toothpaste - Gently clean teeth, gums and tongue again

Use Tongue Cleaner - Gently scrape to the very back of the “gag” reflex

****Rinse mouth and avoid food for 30 minutes**

If you purchased the Nasal Flush to clean the throat area, we suggest using it morning and night or as often as feel it is needed. If you would like to use your own toothpaste then you can substitute our toothpaste with the KForce Tongue Gel.

Lifestyle Tips from Dr. Speiser

- 1. Stop eating all dairy products.** Dairy products thicken nasal mucous and the white coating on the tongue. These are sources of food for bad breath bacteria. Replace with soy, oat or rice milk.
- 2. Floss teeth every day.** Be sure gums do not bleed when cleaned or flossed. Flossing removes bacteria and slime that gathers under the gum surface.
- 3. Eat three regularly scheduled meals a day.** Avoid fad diets. They cause ketosis which will cause bad breath.
- 4. After eating, refresh your breath with Xylitol.** Enjoy KForce booster mints after meals or snacks to neutralize mouth saliva pH and promote fresh breath.