



Akamai's Complete Oral Care Routine & System

5 DAILY STEPS SUMMARY

1. **Brush Teeth (2x)**
2. **Floss**
3. **Use Tongue Cleaner**
4. **Take Fulvic Mineral Complex**
5. **Oil Pull (2-3x / week)**
6. **Nose breathe**

It's about habit formation & the right tools:

- Exact order doesn't matter.
- Slip up? Not a big deal. Simply begin again.
- Can't adopt all 5? Do what you can ...perfection is not the goal.

[Visit akamaibasics.com to get these tools & learn more](http://akamaibasics.com)

1. DETOX: TONGUE CLEANER

Benefits: Physically removes bacteria & toxins from tongue to freshen breath & reduce bad bacteria. Your body detoxes all night & delivers waste to the tongue — this is the only effective way to physically remove bacteria from your mouth (a toothbrush is ineffective & redistributes the gunk).

How to: Place on the tongue as far back as comfortable. Press curved section of cleaner on tongue & gently pull forward removing the unwanted coating. **Best done 1st thing in the morning.**

2. BRUSH TEETH: MINERAL TOOTHPASTE POWDER & BAMBOO TOOTHBRUSH

Benefits: Our Mineral Toothpowder helps control bad bacteria, gently cleans & supports remineralization with bioavailable minerals. Our Dr. Bass-inspired Toothbrush features a bristle layout designed to reach under the gums & the smaller handle allows for more gentle precision. A key to preventing gum disease is brushing around & under the gum line where bacteria & plaque accumulate.

How to: Wet the toothbrush & shake off any excess water. Dip the top half of your toothbrush in the powder (you don't need much). Brush at a 45-degree angle using a light circular motion, paying close attention to getting under the gum line.

3. FLOSS: INFUSED BLACK FLOSS

Benefits: Physically removes plaque, bacteria & debris at the gum line & in between teeth while delivering essential oils (bad bacteria fighters) & fulvic acid (trace minerals). Not flossing has been linked to a host of diseases — & not only in the mouth.

How to: Use approx. 14 - 18" of floss. Gently draw against the side of each tooth, using motion to draw debris away from the gum. Use a clean section before re-inserting. **Best done in the evening.**

4. DETOX: OIL PULLING MOUTHWASH

Benefits: Controls bacteria, detoxes mouth & can help detox body systemically (based on frequency & length of time pulling).

How to: Take a teaspoon-sized sip, swishing & *pulling* the oil through teeth & gums for a minimum of 5 minutes & up to 20 (the longer, the better to get the full effects of detoxing your mouth & body). Spit down the drain — then rinse & brush your teeth. Do at least 2 to 3 times a week. If you have an active infection (eg. cavity, gingivitis), consider oil pulling 3 times daily. **Tip:** Consider oil pulling while you're in the shower. **Best done in the morning.**

5. DETOX & BOOST: FULVIC MINERAL COMPLEX

Benefits: Nourishes teeth & gums from the inside out while also boosting electrolytes/hydration & detoxing liver. Fulvic acid provides bioavailable forms of trace minerals, macro minerals, naturally occurring vitamins, amino acids & organic acids to every cell.

How to: Add 5 to 18 drops of FMC to your morning glass of filtered water along with a big twist of lemon & a pinch of sea salt (such as Himalayan Salt). A powerful way to detox & rehydrate. **Best done in the morning.**

6. INCORPORATE NOSE BREATHING

Benefits: Nasal breathing enhances oral health by supporting optimal saliva flow, essential for neutralizing harmful oral bacteria & acids. It also supports a balanced oral microbiome & prevents the drying effect that mouth breathing can have on gums & teeth. [Learn more](#)

How to: Make a conscious effort to breathe through your nose during the day & while sleeping. If nasal congestion is a barrier, blow your nose & consider using saline rinses or nasal strips to improve airflow. Practicing mindful breathing exercises also helps. **Best done throughout the day.** [Learn more](#)

TIPS

1. **Visit our help center & take your oral care to the next level with a whole-body approach to oral health.** Actionable information & additional resources. Reminder, like trees, teeth are living & have roots!
2. **Consider working with a Holistic or Biological Dentist.**
3. **Benchmark your progress** — work with your dental hygienist.
4. **Avoid brushing your teeth right after eating.** Food particles can get under gum line & mouth acidity is still high. Consider waiting 30-60 minutes.

Akamai's Complete Oral Care System — everything you need to optimize your oral health.

 Oral Care Benefits	 MINERAL TOOTHPOWDER	 INFUSED BLACK FLOSS	 BAMBOO TOOTHBRUSH	 TONGUE CLEANER	 OIL PULLING MOUTHWASH	 FULVIC MINERAL COMPLEX
Cleans & polishes	✓	✓	✓	✓		
Removes bad bacteria, physically		✓	✓	✓		
Controls bad bacteria	✓	✓			✓	
Detoxes the mouth	✓	✓	✓	✓	✓	✓
Supports remineralization	✓				✓	✓
Systemic detox	✓				✓	✓

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