

Module 2: Your First Win: Fresh Breath and a Kiss in the Morning: It's time to get started. Make it happen. Let's get your first win!

Training 1: Fresh Breath In The Morning -- Wake Up and Get a Kiss Instead of a Kick: At this point in the course, it's time for you to experience firsthand a little of the power of Dental Fitness

This training is to start you experiencing the benefits of **RM**. It discusses the main causes of bad breath, morning breath, and why it's deadly. You will see how to wake up tomorrow morning with fresh breath (or at least fresher breath than usual, because you don't have all the necessary **RM** products yet).

It involves a simple **RM** regimen you can do using stuff you most likely already have in your house. It's just a different and better way to use your stuff. **I call it the ShowerPlus regimen.** In future trainings, you'll learn about other things you can use and do to EASILY fight dental problems 24/7 instead of just a few minutes per day. But for now, just use the household stuff you already have as listed further below.

In Module 3, I list a number of dental products you'll want to get ASAP so you can start supercharging your preventive dental efforts ASAP. **I want you to be a RM superhero within 30 days!**

Breath and Bad Breath

Breath is critical for life. Four minutes without breath means you're a vegetable or dead. (I'm not including people who have been nearly frozen for hours in snow or ice water, nor frozen embryos.)

Bad breath is almost as bad as having no breath because the people around you don't want to be breathing your stinky oral spew. Bad breath is a serious social blunder and a definite relationship killer. In fact, bad breath was listed in the Jewish Talmud as grounds for divorce. Bad breath can foul up a room pretty fast. I've had dental patients with such bad breath that we had to spray the dental cubicle with air freshener and avoid the room for a few hours.

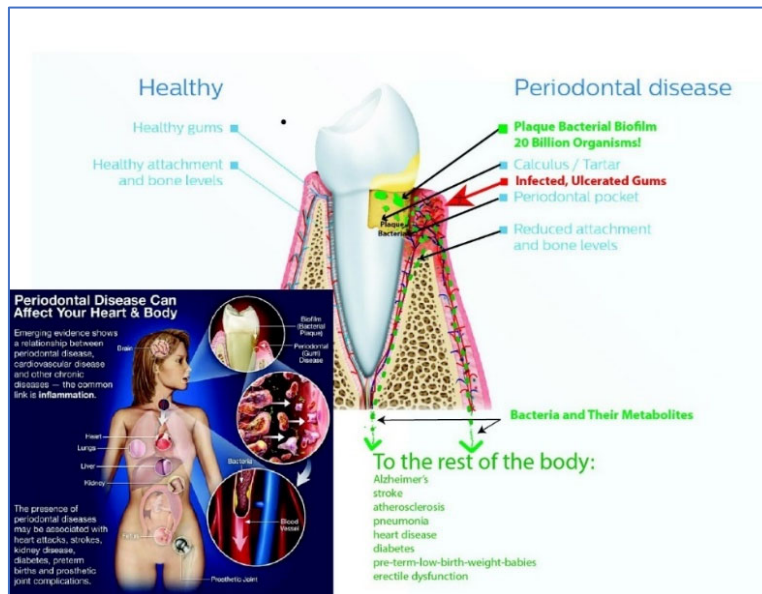
Bad Breath in The Morning

Anyone can have occasional bad breath. However, **bad morning breath is actually quite serious, especially if you have done your oral hygiene just before bedtime.** Aside from metabolic disorders, genetic diseases, lung cancer, and other medical problems, bad morning breath usually means that gum disease germs grew exponentially overnight. It also means that either your oral hygiene routine was ineffective, or your gum disease is so serious that you need professional care. **Bad morning breath also means something very sinister: your oral-systemic link is wide open.**

Gum Disease Germs Stink, and Even the Stink Perforates Your Gums

Gum disease germs are especially stinky. They create horribly odorous compounds such as **putrescine** (rotting flesh), **cadaverine** (dead bodies), **methyl mercaptan** (poop), **hydrogen sulfide** (rotten eggs), **skatole** (poop), and **indole** (musty). It only takes a few parts per million of these odors to start fouling up a room. Hydrogen sulfide (the main gum disease odor) is detectable at only 0.13 parts per million in the air, and billions of gum disease germs can easily multiply overnight in your mouth if your oral hygiene is not effective. Even worse, hydrogen sulfide actually pokes holes in the fragile gum tissue lining the insides of your gum crevices. This allows dangerous

microbial metabolites, as well as the germs themselves, to “percolate” right into your capillaries and get into your bloodstream.



Not only do these odors ruin your love life, confidence, friendships, and even sales, **they also actually kill you in slow motion.** By that I mean they create irritated gum tissues that allow dental pathogens and their toxic products to enter your bloodstream and infiltrate your body. Bad morning breath means that some horrible germs grew like crazy overnight and many of them entered your body through **irritated gums (the oral/systemic link)** and traveled to places where they can cause systemic damage. Over time, chronic infiltration of the body with dental pathogens can result in blood clots, heart attacks, infected artificial joints, Alzheimer's brain plaques, worsened diabetes, pneumonia, more morbidity to COVID variants, and more!

In addition to odors oozing from your gums, the top of your tongue is like a huge, dirty, stinky carpet in your mouth. Gum disease germs can embed themselves in biofilms among the velvety filiform papillae on the top of your tongue. Therefore, the top of the tongue is a reservoir for gum disease germs. For fresher breath, everyone must scrape the top of their tongue every day. Tongue scraping is better than tongue brushing.

Therefore, it's critical to make sure you do not awaken with bad breath in the first place. To do that you need **RM** to fight dental pathogens all night long.

Here's a simple RM regimen for your first win -- fresh breath in the morning.

Basic products and equipment needed:

- something to scrape the top of your tongue, such as a spoon or butter knife
- interdental cleaner such as floss or toothpick, (I'm assuming at this point you don't yet have an oral irrigator or interdental brush)
- toothbrush
- toothpaste
- cup for water
- water
- mouthwash if you have it
- hydrogen peroxide if you have it (optional -- for now)

I don't know about you, but I need to shower before bedtime. That's because I live in dental biofilm spray every workday at the dental office. You should see the splatter that gets on my face shield after each dental procedure. I get all “**patienty**” every workday, so I don't want to sleep all night with the day's germs that may have gotten past my personal protective wear and in my hair. And neither do I want my mouth to sleep with the day's germs. And my wife wouldn't like it either.

Therefore, I always do my dental fitness with body hygiene before bedtime, as well as in the morning.

Overnight, your mouth is basically a warm, moist incubator (**STINKubator**). That's because your saliva flow during sleep is half as much as during the waking hours. Overnight, you don't make enough saliva to dilute and wash away the plaque and microbes that proliferate while you sleep. As a result, if you skip your nightly dental prevention or don't do it well, you'll awaken with a mouthful of billions of germs, some of which, if they stink, are highly toxic.

Below are the steps of the regimen. It's too early in the course to explain the rationales behind each step. Just do them. You will soon understand the science and rationales behind each step as you progress through the entire course. The cool thing is that once you understand the formulas of the RENUzORAL Method of dental fitness, you'll be able to develop your own techniques by following the formulas that you'll discover in other Modules in this course.

The ShowerPlus Regimen:

Step 1) Put a little water into your glass and take a sip to rinse your mouth. Then dump any excess water from the glass and pour a little hydrogen peroxide into the glass so you can sanitize your toothbrush while vigorously rinsing your mouth with water.

Vigorously squish and swish half a mouthful of air and water around and between your teeth for about 10 seconds while stirring the peroxide around in the glass with your toothbrush to sanitize your toothbrush. A little air with the rinse water increases turbulence around your teeth and gums. This starts loosening and diluting some dental plaque and residual food particles. In addition, periodontal disease (gum disease) germs are mostly anaerobic. They don't like oxygen. They hide from air. That's partly why they burrow deeply between teeth and under gums. And it's also why they create such sticky, gooey plaque -- to escape from, and protect themselves against oxygen. Therefore, get a head start on killing those suckers with turbulent water+air rinsing.

Step 2) Dump the peroxide from the glass, and rinse the glass and your brush with water. (Household hydrogen peroxide is acidified for long-term storage and stability -- you don't want to brush your teeth with acid.)

Then spit out your mouth rinse water.

Step 3) Put a glob of toothpaste on your brush BUT DONT START BRUSHING JUST YET. Simply wipe the toothpaste from your brush onto your teeth, and then repeat step #1, except you are squishing and swishing with the toothpaste in between and all around your teeth instead of just water+air. Look in your mirror and try to express the toothpaste between the teeth. Look to see that the toothpaste is worming itself out from the spaces between your teeth. Then keep squishing and swishing to turn the toothpaste into foam. (This is critical for many reasons you'll discover later. Also, you'll avoid a lot of dental damage with this method, and you'll dramatically improve the effectiveness of the toothpaste.)

Step 4) Use your interdental cleaner (floss or pick) to clean between your teeth. (There are several reasons for interdental cleaning before brushing.)

Step 5) By now you probably look like a rabid dog foaming at the mouth, so spit out some toothpaste, **and NOW YOU CAN BRUSH for two minutes.** (There are critical reasons for

brushing with toothpaste foam instead of starting to brush with a glob of toothpaste **on** your brush.)

Step 6) Spit out the rest of the toothpaste foam but don't rinse. (More reasons later.) You should rinse off your toothbrush though.

Step 7) Use your butter knife sideways to scrape your tongue, or use your spoon upside down to scrape your tongue as far back as possible without gagging yourself. Scrape your tongue four times: once on each side and twice in the middle. (Again, more reasons later for tongue scraping.) Do not rinse with water at this step. You could use mouthwash if you have it.

Step 8) Pour a little more hydrogen peroxide into your glass and stir it around with your toothbrush to re-sanitize your brush. **Believe it or not, the average toothbrush is one of the dirtiest things in your house! Yet you usually use it on your teeth without sanitizing it.** Most people clean their silverware WAAAY better than their toothbrushes, yet they don't stick their silverware into smelly gum tissue, bloody gums, and dental plaque twice a day. So, does it make any sense to just rinse off your brush and throw it into a drawer or a cup? Just think of all the nasty stuff floating around in bathrooms -- hair, skin dander, microbes, even toilet flushing water droplets -- it's pretty gross if you really think about it. Later in the course, I'll show you products that can help keep your toothbrushes cleaner in between uses.

Summary

The above regimen is a bit like oral hygiene. You still have to clean between your teeth and brush them. However, the **WAY** you do things is different. The order may be different. Squishing water and toothpaste are probably new to you. Scraping your tongue is probably new to you. Using hydrogen peroxide is probably new.

BUT

Notice in the above regimen that I didn't mention the technique of brushing, nor the technique of interdental cleaning. Nor did I mention the type of toothbrush, toothpaste, etc. In fact, there's a lot missing in the above regimen. Yet the simple regimen above can still work quite well because there's solid science behind it, and it's better than what you have been doing.

If you were to use an electric toothbrush, such as a **Sonicare** or **Oral-B**, you'd get better results. If you used a **Waterpik** instead of floss, you'd get even better results. And if you would put a little hydrogen peroxide (like 1%) into your Waterpik, you'd see phenomenal results. Using chlorine dioxide toothpaste would shoot your results into the stratosphere. Using dental probiotics would get you into orbit. There are other techniques that would get you to the moon, etc. I could go on and on.

Anyway, as you proceed in this course, you will learn new methods for toothbrushing that minimize damage to teeth (that's right -- much of my dental business is spent fixing self-inflicted toothbrushing damage). You will learn new methods for interdental cleaning, how to chew a special gum for oral health, how to shower for oral health, and even how to sleep your way to oral health!

See you in the next training...