

7 Easy Steps to Start Supercharging Your Oral Health Efforts Even While You Sleep!

Wake Up with Kissable Fresh Breath

Break the Oral/Systemic Link[±]

Rebalance your Oral Microbiome

Brush Different™

RENU₂ORAL
Oral-Systemic Health Reimagined

[±]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Legal Disclaimer

The FTC looks at whether advocates have sufficient evidence to support their claims. The law requires that advocates demonstrate proof to back up their express and implied claims, such as: "Fights germs", "Helps Prevent...", etc.

So, here you go:

In 1993, periodontitis was declared the 6th complication⁷ of diabetes.

In 2000, the **US Surgeon General's Office** published the first ever report on oral health in America. It stated clearly and indisputably that oral health is linked to systemic health, and improving oral health helps improve general health¹. You can't get much better authorization than the top physician in America and the US Government itself.

A 2015 report²: "Oral Health: An Untapped Resource in Managing Glycemic Control in Diabetes and Promoting Overall Health" stated the following:

- Prevalence of periodontitis is high in persons with uncontrolled diabetes
- Hyperglycemia in uncontrolled diabetes can lead to severe periodontal disease
- Periodontal infection in diabetes patients can adversely affect glycemic control
- Periodontal treatment improves glycemic control and can reduce complications
- Inter-professional collaboration can lead to early diagnosis and promote health

I've collected more than 4,000 research reports and peer-reviewed articles attesting to the benefits of improving the oral microbiome for dental prevention and improving overall health. I've included a few of the most relevant ones in the end notes, and even more on my [website](#).

In short, we have known for many years about the relationships between dental diseases and systemic diseases, and how each affects the other.

So, I'm not concerned about backing up my claims. I am concerned, however, about the lack of dental literacy and poor oral health in America, and inadequate oral hygiene recommendations.

Therefore, the purpose of this document is to improve dental literacy. It is not meant to provide dental or medical advice, treat or prevent any disease, or take the place of regular dental care. As individuals differ, so will the results of the products and exercises in this document. The publisher, RENUzORAL, and Dr. Edwards shall have neither liability nor responsibility to any person or entity with respect to any loss or damage related to, or alleged to be related directly or indirectly to the content herein.

This document is written mainly for average people in average dental and medical health from ages six through the golden years. For more specific or severe problems such as oral cancer, dry mouth, or advanced periodontal disease, and when starting any plans of nutrition, diet, supplementation, exercise, or prevention, please consult your dentist and/or physician to ensure that you are in proper health. Some of you may have medical problems or allergies that might limit your participation in the steps that follow.

For additional preventive dental educational materials, videos, training, seminars, services, and links to products mentioned in this document, please visit: <https://www.renuzoral.com>.

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Introduction

"An ounce of prevention is worth a pound of cure."

Benjamin Franklin

And prevention is the best medicine. This document will help you control the 2nd most common human affliction – dental problems, so you can reduce your risks for diabetes³, Alzheimer's, and other systemic diseases. Please consider the following points:

- Two devastating diseases, Alzheimer's and diabetes, may derail America's healthcare system by 2050!
- Alzheimer's is thought to be "Type 3 Diabetes^{4,5}" or the end stages of type 2 diabetes and may also have a dental microbial connection via the oral/systemic link.
- As of December 2018, about 44% of Americans are diabetic (9.4%), and prediabetic (33.9%).
- Managing periodontitis (gum disease) can improve glycemic control, and thus, diabetes.
- Periodontal disease germs can cause bad breath; managing bad breath germs can reduce periodontal disease.
- About 70% of Americans have periodontitis⁶.
- Periodontitis is called the 6th complication⁷ of diabetes, and research suggests a bidirectional systemic inflammatory relationship between the two conditions.
- Periodontitis is a major cause of the oral/systemic link.
- The oral/systemic link is the break in the oral mucosa through which inflammatory oral microbes and their dangerous metabolic byproducts enter the body and contribute to systemic problems.
- Pathologic changes in the oral microbiome are associated with several systemic disease conditions, including IBD, colitis, celiac disease, obesity, leukemia, arthritis, atherosclerosis, plasma cholesterol levels, stroke, heart disease, pneumonia, pancreatitis, just to name a few.
- The restoration of a healthy dental microbiome improves many disease factors including endothelial function, systemic inflammation, and glycemic control related to non-oral conditions.
- Oral health is the easiest type of health you can achieve that also has the broadest overall benefits.
- 80% of dental problems are easy to avoid.

True Prevention: Helping People Help Themselves

For too long, medicine and especially dentistry have focused mostly on reacting to problems after they occur. The prior page bullet points show that approach has not been working very well. That's partly due to human nature – waiting till something happens, and waiting till the last minute. Also, it's hard for doctors to get paid for preventing things. How do you know if something is actually prevented? Maybe it never would have happened anyway. And prevention often comes across like hype and snake oil. So, it's more straightforward to charge fees for fixing existing problems and measuring the results. **But I've found ways to measure dental prevention from a fitness perspective** – by evaluating breath freshness, tooth staining, gum bleeding, tooth sensitivity, and more. (See pages **Error! Bookmark not defined., Error! Bookmark not defined.**)

I have always believed that the ultimate goal of medicine and dentistry should be proactive disease prevention -- helping people help themselves avoid disease. Yet, standard dentistry and even dental cleanings are not truly "preventive". For example, it is not possible for dental treatment, nor even hygiene appointments every 3, 4 or 6 months, to change a pathogenic oral microbiome that causes disease 24 hours a day, 7 days a week, forever, and especially while you sleep. Thus, true dental prevention, which is the most important aspect of dentistry, is rarely performed.

For example, do you know that **tooth decay is not caused by sweets**? I'm fairly sure your dentist hasn't told you. And I'll bet your dentist never told you of two sweets you actually should be consuming every day to fight dental and systemic problems. Do you know there are scientific formulas to fight dental problems?

No? Well, keep reading about the Renuzoral Method.

You Need A Coach AND a Formula

"A good coach will make players see what they can be, rather than what they are."

Ara Parseghian, Notre Dame Football Coach 1964-1974

To compensate for the lack of dental education and prevention, I believe that the best approach is from a fitness perspective, and for fitness to work best, you need a coach. Even the best Olympic athletes have coaches, so don't feel inadequate. Sometimes a coach must be abrasive, yell, and cause a scene. But under that is a type

of “tough love”. Forgive me if you find anything offensive herein; I’m just being tough. You and I are on the same team. Go team!

Although I am your coach, I am like Yoda in *Star Wars* -- just a guide with a plan. YOU are the hero. Maybe you have some dental and/or diabetes problems. Or maybe you just want to avoid problems. Who needs another problem? Especially one you can easily avoid. Right? If you’re on a quest for an effective solution, the Renuzoral method is the plan. I’m calling you into action to follow the plan, take charge of your health, avoid the disastrous bullet points on page i, and achieve the results on the cover page.

Fortunately, most dental problems are quite easy to thwart. Just follow certain dental fitness techniques and use specific products. However, despite even your best home care and professional treatment, you may still experience occasional dental problems. That’s because dental problems are the 2nd most common human affliction. (The common cold is #1.) Also, no matter what you do, you may still have a 20% chance of suffering some sort of dental problem due to genetics, accidents, and relentless microbes attacking you 24/7. Even pristine teeth with all their pits and grooves are just waiting for decay. Nevertheless, prevention is well worth the effort because prevention is the best medicine.

My company, RENUzORAL, is dedicated to providing the most innovative current resources of managing dental problems. This document is just one of our many resources and covers only the basics of our vast Renuzoral concepts. Some of the resources mentioned herein may be prescriptions or services available only through your dentist. In the interest of transparency, I am manufacturing and selling the dental probiotic **Breathific™**. I’m also an ambassador for Epic Dental and Burst Oral Care.

Much good (and bad) information has been written about oral health, but this is the first oral health document ever written from a scientific fitness standpoint. It distills everything into simple effective dental fitness programs with customizable, personal regimens you can do all day, every day, and even while you sleep. You can supercharge your oral health efforts, improve general health, and manage diabetes as well. [Learn today -- use tomorrow and forever.](#)

Every effort has been exhausted to make this guide as accurate, simple, and effective as possible as of the date of publication. For updates to this document, please visit www.renuzoral.com. Please send suggestions to steven@enuzoral.com for future editions.

Best Regards, Steven J. Edwards, DDS -- RENUzORAL

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The RENUzORAL Method's ShowerPlus Regimen, or 7 Easy Steps to 9X Your Oral Health

"The Program is the Plan."

Steven Edwards, RENUzORAL

"The Regimen is the Remedy."

Steven Edwards, RENUzORAL

"A clever person solves a problem.

A wise person avoids it."

Albert Einstein

Most people complain they don't have enough time, or they are too busy, tired, or "lazy" to perform adequate oral hygiene. Recall that most people brush only about 1 minute (average of 30 to 90 seconds) once or twice a day, and only about 22% of people floss. And hardly anyone uses a tongue scraper.

Yet, studies show that every day, more than 212 million Americans take an 8-minute shower, and they enjoy the shower⁸.

So, why not take care of your teeth while doing something you like – such as taking a shower (or even sleeping as I will explain later).

And since most people don't have the recommended RENUzORAL gadgetry and products on hand, I'm going to show you how you can immediately improve your oral hygiene using only the stuff you probably currently have in your home.

Even if you didn't know the RENUzORAL components on the prior pages, and all you did was only the following method, you could increase your 1-minute oral hygiene time effectiveness up to 8 minutes without taking up any extra time. That's a 7X increase right there, and you didn't even do RENUzORAL yet!

The next page depicts how to immediately increase your standard oral hygiene time (not your efforts) as much as 20X by using body hygiene time in the shower.

The RENUzORAL Method online course can teach you how to supercharge your total effectiveness (not your time) by at least 32X! And for the super-acheivers -- even up to 60X!!

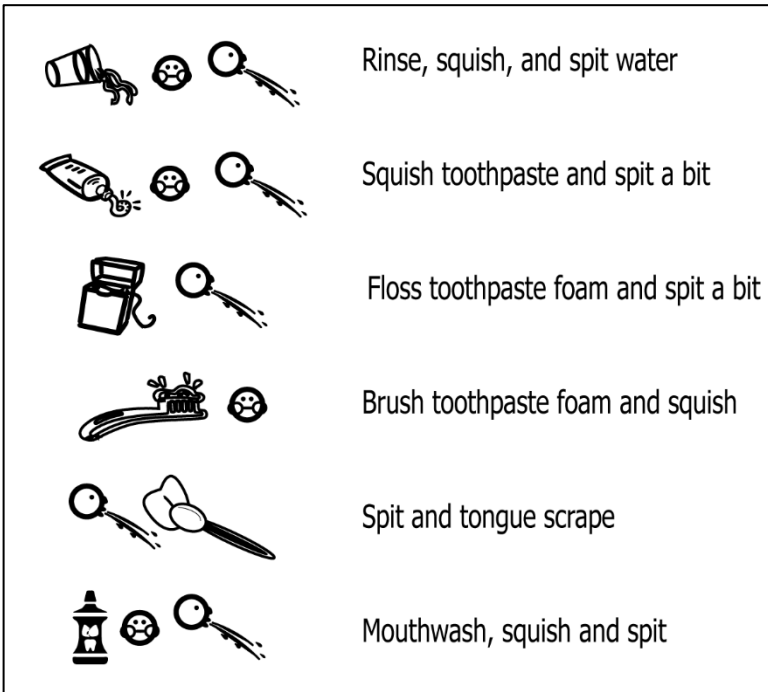


Figure 1: RENUzORAL Method ShowerPLUS Regimen

Printable Reminder Sticker

Simple materials needed before you start:

- Teaspoon or butter knife (to be used for scraping the top of your tongue)
- Toothpaste
- Toothbrush
- Floss
- Shower
- Sink
- Cup for water, mouthwash, etc.
- Hydrogen peroxide – to sanitize brush, spoon, tongue scraper, etc.

ShowerPlus Regimen	Time
1) Before disrobing, take a sip of water and vigorously swish it around and between your teeth to remove as much loose plaque and food particles. Spit out, and then apply a blob of toothpaste to your teeth and squish it back and forth between your teeth for a minute as you disrobe. Don't spit out the toothpaste foam yet.	30 sec
2) Turn on the shower water and floss the toothpaste foam between your teeth and under your gums as you wait for the water to heat up. Watch my YouTube flossing video .	1 min
3) Spit out some of the toothpaste foam, grab your toothbrush, step into the shower, and brush your teeth with the remainder of the toothpaste as you wet down and warm up in the shower. Watch my YouTube brushing video .	2 min
4) After brushing, keep swishing the toothpaste back and forth between your teeth for the rest of your regular shower procedure. You could leave your toothbrush in your mouth and move it around your teeth with your tongue and cheeks. Or, if you have a shower caddy you could put your toothbrush in it until done showering.	6 min
5) After turning off the shower you can keep squishing the toothpaste foam while wiping down the shower, squeegeeing the walls and doors or whatever, and drying off.	30 sec
6) Spit out the last of the toothpaste foam into the sink, then grab your teaspoon or butter knife, stick out your tongue and scrape the top of your tongue from as far back as you can without gagging, and to the tip of the tongue. Scrape it 4 times: once from the center, once on the left, once on the right, and once again in the center.	30 sec
7) While sanitizing the toothbrush and other implements with hydrogen peroxide, take a swig of mouthwash, swish it back and forth and between your teeth, gargle with it and spit it out.	30 sec
Total Time	00:10:00

The above simple, effective, multitasking sequence affords you 10 minutes of time for oral care just by using shower time efficiently. This is 9 times more than the one minute most people spend. In other words, it adds 900% more time to your usual oral hygiene time (900% x 1 minute = 9 minutes). Yet, many people say they don't have time. Hmmm... (And I was afraid to advertise a 900% improvement over standard home oral hygiene, even though it really is possible, as you can see.)

Even if you usually spend the recommended full 2 minutes doing oral hygiene, the ShowerPlus Regimen's 10 minutes is an additional 8 minutes which is 400% more than 2 minutes (2 minutes x 400% = 8 minutes.)

In fact, most people do such a poor job of oral hygiene, that just about anything extra would be a massive improvement. BUT, it should be done scientifically and safely, and that is what RENUzORAL is all about.

Analysis of the ShowerPlus Regimen from a scientific RENUzORAL perspective:

Believe it or not, a ton of advanced RENUzORAL science underlies the aforementioned simple procedure.

1. Notice I didn't specify any certain products (yet)

- One beauty of RENUzORAL is that it is so effective you can often use what you want, as long as you follow the rules.
- Then, if you use any of the products I suggest, you can be assured I have checked them for RENUzORAL qualifications that make them very effective, easy, simple, safe, etc.
- Next, when you combine certain products and procedures you can get synergistic activity, time-release, long-acting, etc.

2. The printable reminder sticker

- Studies show that people tend to obey signs and follow written instructions. A famous "Candid Camera" episode in the early 1960's showed that some people driving from Pennsylvania to Delaware turned their cars around when they saw a sign "Delaware Closed Today". And one person actually asked if New Jersey was open!



Figure 2: 1960's Candid Camera TV show

- That's why dental offices have a sign at the front desk "Payment is Expected at Time of Service". If they didn't have the sign, a significant number of people would just walk out of the office without paying. Seriously!
- Also, a study of temporomandibular Joint pain patients showed that stickers posted at various locations reminding patients to relax or think good thoughts reduced their pain levels. You could print the ShowerPlus Regimen sticker onto printable static cling vinyl and post it on your bathroom mirror or in your shower. That's what I have done, and I'm the inventor, because sometimes I get so many thoughts that I can become absent-minded. A sign or note helps me to remember even the things that I have invented.
- **The aggregation of marginal gains:** When you follow RENUZORAL procedures every day, even if you make just a 1% improvement in your efforts, procedures, and products each day, the results will be good in a month, better in 3 months, great in 6 months, fantastic in a year, and phenomenal after that – kind of like compound interest. That's what the failing British Cycling Team did starting in 2002 and they won 7 gold medals by 2007. By 2017, British cyclists had won 178 world championships, 66 Olympic or Paralympic gold medals, and 5 Tour de France victories and accomplished the most successful winning streak in cycling history.

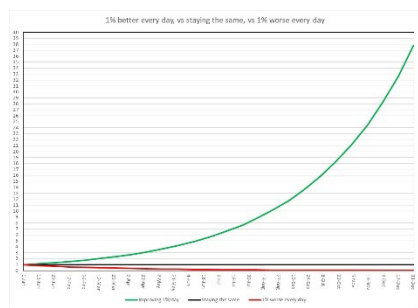


Figure 3: Changing 1% per day **better** or **worse** vs staying the **same**

- Mathematically, if you never change for a year, you never improve. ($1.0^{365} = 1$). If you do something just 1% worse every day for a year, you obviously lose. ($0.99^{365} = 0.03$). BUT -- if you do something just 1% better every day for a year, you win big! ($1.01^{365} = 37.78$). This works with money too. $FV(1\%,365,0,\$1) = \37.78 ; $FV(-1\%,365,0,\$1) = \0.03 !!
- 3. Multitasking:** Eleanor Roosevelt was a premier multitasker. She always was a step ahead of everyone, always thinking ahead, always doing multiple things at once, which was a big part of how she became so successful and accomplished. Thus,

if you say you don't have time for your oral care, or you're too tired, I'll bet you're usually not too tired for a regular shower, or even a quick shower. Or you're not too tired to at least wash your face and disrobe and get into pajamas. So, start thinking ahead about your teeth first before doing anything. And multitask. At the very least you could squish and swish some toothpaste in your mouth while getting ready for bed. Multitask, multitask, multitask.

4. First things First, and "Eat a Frog":

- Mark Twain once said *"If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first."*
- The main point is really interdental cleaning. You MUST do the "frog" of interdental cleaning somehow – whether it's with floss, toothpick, interdental brush, Waterpik, or whatever you can invent to get between your teeth. Otherwise, you're going to fail, OR, at the very best you'll get poor results. Period. That's why I call floss "Buttwipe for your gums". I'm serious. Archaeologists have even found ancient bone toothpicks in at least one cave of ancient skeletal remains. They found marks on the teeth roots consistent with the bone toothpick usage. If a caveman can do interdental cleaning, so can you.
- According to recent research^{Error! Bookmark not defined.}, flossing (interdental cleaning) must come before brushing. Basically, the research shows that when you clean interdentally first, you clear out some plaque between the teeth, which allows the toothpaste and its fluoride to get between teeth better and do its job better. And that's what you want – more effectiveness.
- But I take things a step further. I like to squish toothpaste between my teeth first, and then floss the resultant toothpaste foam. I like to floss the toothpaste foam between my teeth to ensure that it really does get between the teeth. In addition, flossing toothpaste foam helps remove plaque, stain, and tartar from between teeth. Most people hate flossing, even though they usually have some floss laying around somewhere. I don't really understand that because I've been squishing toothpaste and flossing since age 10. (That's another fun story.) In the online course, I get into flossing alternatives. If you really absolutely hate flossing and won't do it, then you could use a toothpick or something else.

5. Brushing toothpaste foam prevents tooth abrasion and gum recession:

- The first cause of tooth abrasion and gum recession is putting a huge glob of toothpaste on your brush before brushing. 90% of the tooth abrasion and gum recession I see is worst on the side where people first start brushing with their giant glob of toothpaste.
 - Imagine if you dumped a big mound of abrasive cleanser on a scrub brush and began aggressively scrubbing your beautiful shiny kitchen or bathroom countertop starting from the same place every time. You would eventually scratch the heck out of the starting spot first, and wear out the rest of the shine in other areas later. Now, imagine you dumped the same mound of abrasive cleanser into a bucket with some water and agitated it a bit and then dipped your brush into the foamy water, and then started scrubbing. You'd likely prevent scratching or dramatically reduce the scratching. Later, we'll get into exactly how to brush your teeth, so you don't scratch them at all and don't damage your gums.
- 6. Squish and swish, oil-pulling, oxygen bubbles, and easy, simple, automatic, convenient, no-brainer, etc.**
- I'm sure some of you have heard of the latest (ancient) fad of oil-pulling. You take a teaspoon of sesame or coconut oil and swish it around your mouth for 10 to 30 minutes. The oil supposedly "pulls" microbes and "toxins" from your teeth, gums, tongue, and mouth. Well, it's not a bad idea. But if you are a biologist like me and you have studied dental plaque biofilm, you realize just how difficult it is to even sanitize biofilm, let alone trying to remove it. In fact, dental biofilm is so resistant to medicines and removal that the microbes living in it are 1,000x harder to kill, even with Listerine, and even with antibiotics. If you do oil-pulling, you soon realize it's frustrating, time consuming, and your mouth gets really tired after several minutes of vigorous swishing. Plus, there's the problem of where to spit the used oil. You can't spit the oil in your sink or shower because you'll clog your drains and you could even slip and fall in the shower. You're actually better off, AND it's simpler, faster, easier, and more effective to squish and swish toothpaste or mouthwash. Call it "toothpaste-pulling" or "mouthwash-pulling". Toothpaste and mouthwash usually have effective preventive ingredients better than oils, IF they are used correctly in a RENUzORAL manner. If you really want to do oil-pulling, then also do the squishing and swishing with toothpaste and mouthwash as well.
 - The main reasons I don't really recommend oil-pulling are:

- a. Inconvenience
 - b. Time consuming
 - c. Tired mouth muscles
 - d. Oil clogs pipes
 - e. Could slip and fall in shower
 - f. Some people have gotten "lipoid pneumonia" from accidentally inhaling oil and/or choking on oil.
- Another reason I recommend squishing and swishing toothpaste is this: 99% of the time when I have to fill cavities between teeth, the cavities start at the contact point between the teeth, and they spread into the direction of the gums and inward toward the tongue side (the lingual surface). WHY? Because most people don't do much interdental butt wiping (I mean cleaning), so the decay progresses under the gumline. AND, since people rarely brush the tongue side of their teeth, the fluoride from the toothpaste rarely reaches the lingual surfaces, the decay spreads that way. Most people aggressively brush the facial surfaces of their teeth, thus pushing the toothpaste a little bit between teeth until it hits the interdental contact area, and then it stops. When you squish and swish the toothpaste AND floss it or toothpick it between the teeth, you'll be forcing it through the contact area, and all around your teeth. Thus, decay will have a real hard time getting started.
- Even one more reason for squishing and swishing, as well as interdental cleaning is that gum disease germs are anaerobic. That means they hate oxygen, and even just a little bit of oxygen is toxic to them. So, if you are squishing and swishing anything at all around and between your teeth, whether it's coconut oil, mouthwash, toothpaste, or even just plain water, the air bubbles that you force between your teeth are toxic to the anaerobes between your teeth and under the gums. In fact, one of the main reasons oil-pulling can work is because of the air bubbles you force between your teeth and under the gums – probably more so than the components in the oils.
- And a final reason for interdental cleaning is this: If you find yourself bleeding after toothpicking or flossing, don't worry too much. That can actually be a good sign in some ways. One way it's good is that fresh blood oozing from your gums brings along OXYGEN! And OXYGEN is TOXIC to the gum disease anaerobic germs, remember? So, if you have not been cleaning interdentally very much and you are bleeding for the first two weeks, that means you must've had a pretty bad smoldering gum infection and it is taking a while to clear up. If your gums

still bleed after 30 days of interdental cleaning, that is a sign you have a persistent, serious gum problem, or you are doing something wrong and possibly hurting yourself. That would be time to see a dentist. With more advanced RENUzORAL procedures and products, if you put just a capful of hydrogen peroxide into your Waterpik reservoir and shoot that between your teeth, that will work phenomenally against gum disease germs and cavity germs. That's because your saliva contains a peroxidase enzyme that reacts with hydrogen peroxide to release water plus BUBBLES OF OXYGEN! Hydrogen peroxide directly kills germs and it indirectly kills anaerobes by releasing oxygen, so you get kind of a synergistic action with it.

7. Tongue scraping:

- 80% or more of mouth odor comes from the top back surface of the tongue. The tongue is like a dirty carpet in an apartment that had pets and smokers. The tongue's top surface area is about the size of a single's tennis court because of all the papillae, grooves, fissures, etc. Lots of debris accumulates on top of the tongue. Anaerobic bacteria grow in this debris.
- You might ask, "How can anaerobic bacteria grow on the tongue if we are constantly breathing across it all day?" That's a great question, but when you understand the oral biofilm you are up against, it becomes totally understandable. Oral biofilm is not just scum. It's actually a highly developed, organized structure and system built by your mouth microbes.
- Biofilm that's beyond several hours old has passages to allow microbial waste products to escape, passages to allow nutrients in, barriers against antibiotics, antiseptics, toxic products, etc. Anaerobic microbes can burrow down into the biofilm and hide out in total protection from oxygen.
- Anaerobic microbes often hide within protective groups of aerotolerant microbes, like gang leaders surrounded by their protective gang members. It's truly amazing how they have figured out ways to survive. So, you must scrape your tongue every day to remove them, because the tongue is a reservoir for all kinds of bad microbes. I swear that the more you start to know about your mouth and its microbes, the more serious you will get about your oral health. I've had it with stupid concepts like "sugar bugs" and "floss the teeth you want to keep". It's more like "microbial assassins", "microbial parasites", "microbial spiders", and "floss or die".
- Here's another little sample of advanced RENUzORAL concepts. To awaken with fresh breath, one way to do it is before

bedtime, do the ShowerPlus Regimen listed above, Waterpik your gums with water plus a bottle-cap-ful of hydrogen peroxide or diluted Crest Pro Health mouthwash, then squish and swish with Closys mouthwash, then scrape your tongue 4 times, and go to bed. Your breath will be pretty good in the morning. There are even better products and methods in other advanced RENUzORAL training. And if those don't work, you can combine them with dental probiotics overnight.

8. Summary: this is just a taste of the power of RENUzORAL

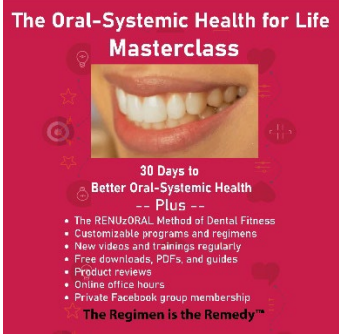
- If you did only this “minimal” approach to increase your time spent, you would instantly be on the way to improving your oral hygiene.
- But you could still be at risk of unnecessary dental problems because the amount of time you spend is not as important as how you spend it and the products you use.
- Therefore, if you want more advanced methods, training videos, personal training, product suggestions, and more, I recommend you sign up for the full RENUzORAL Method online course.

Thank you for reading this free document. If you desire more detailed information, I am in the process of expanding my RENUzORAL Method online course with 30+ more detailed programs. Below is just a short list of the types of programs you could learn in my course:

1. How to:

- Stop bad breath and stay kissable fresh up to four hours, and maybe longer
- Wake up with fresh, kissable breath
- Fight diabetes, by fighting gum disease, by fighting the bad breath germs that cause gum disease
- Break the oral/systemic link
- Prevent decay transmission from pregnant mothers to newborn babies
- Fight decay the easy way
- Control gum disease in 30 days
- Desensitize teeth in 5 days
- Fight dental problems 24 hours a day (even asleep)
- Prevent toothbrush abrasion and gum recession
- Whiten teeth in 7 days
- Remineralize teeth
- And much more to come...

When You're Ready, Here Are More Ways I Can Help You

 <p>The Oral-Systemic Health for Life Masterclass</p> <p>30 Days to Better Oral-Systemic Health -- PLUS --</p> <ul style="list-style-type: none"> • The RENUzORAL Method of Dental Fitness • Customizable programs and regimens • New videos and trainings regularly • Free downloads, PDFs, and guides • Product reviews • Online office hours • Private Facebook group membership <p>The Regimen is the Remedy™</p>	<p><u>The Oral-Systemic Health for Life Masterclass</u></p> <ul style="list-style-type: none"> • 9 modules • 24 trainings with subtitled videos • 24 PDF downloads • Improve your oral hygiene efforts between 9x and 37x
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Endnotes

- 1 U.S. Department of Health and Human Services. Oral Health in America: A Report of the Surgeon General; Rockville, MD: U.S. Department of Health and Human Services, National Institute of Dental and Craniofacial Research, National Institutes of Health, 2000.

The surgeon general's report on oral health ("Oral Health in America: A Report of the Surgeon General"), which was released May 25, 2000, highlights the bidirectional interactions between oral and systemic health. Systemic conditions with oral manifestations include diabetes, hereditary disease, joint disease, HIV and osteoporosis. Oral disease can exacerbate certain systemic conditions, such as diabetes, respiratory disease, vascular disease and preterm low-birth weight. While a number of interactions have been identified, additional research is needed to evaluate disease pathogenesis and therapeutic interventions. Further, emphasis should be placed on educating patients, dental and medical students, and dentists and physicians regarding the importance of these relationships. These findings place oral health in the perspective of systemic health, and suggest that the dental and medical profession will develop even closer linkages in the future.

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⁸ According to Home Water Works – a project of the Alliance for Water
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