

Aloha, friends! Welcome back!

Wasn't filling out your OraWellness Mouth Map a powerful exercise???

If you haven't done it yet, we encourage you to fill it out really soon.

Not only will you know more about what's going on in your mouth, but you'll also have a dated record of your findings. This dated record is critically important to provide you feedback confirming that your efforts and actions are taking you in the right direction.

Ok, in this video, let's give a brief introduction on the tools contained in your HealThy Mouth System. Depending on what version of HealThy Mouth System you purchased, you may or may not have all of these tools.

If you would like to have all of these tools but you didn't order them the first time, you ran out of them, or you no longer have them, replacement products can be purchased individually in the online store on our website (no need to purchase the entire system again).

At this point, you've most likely already found the **'getting started' letter**.

You'll also find your not-so-fancy-but-very-effective **Bass toothbrush**. Please don't judge a book by its cover.

Once you learn the proper brushing technique later in these educational materials, you'll experience firsthand why our Bass toothbrushes are among the most popular items in our store.

In later videos, we will explore how to use this very helpful oral hygiene tool.

Next up, your new **tongue cleaner**.

If there is an 'unsung hero' in the oral hygiene world, the tongue cleaner is it. The benefits of using a tongue cleaner are gigantic, and yet they're so easily overlooked.

If you are dealing with chronic bad breath, this tongue cleaner will be a game changer for you.

You'll find a video tutorial below showing you how to most effectively use the tongue cleaner.

Next is a **spool of our favorite floss**.

A few years ago, we did an extensive analysis of flosses on the market and ranked them by cost, effectiveness, and environmental friendliness.

This floss ended up being the 'best in class'.

It provides two times more floss than most other spools on the market, and it comes in a very environmentally-friendly cardboard case.

The only drawback of this floss is if you get the case wet, it doesn't hold up well. But, sometimes we have to relearn how to do life as we shift away from the convenience of environmentally-*un*friendly plastics.

In a later video, we'll show you a super powerful strategy for how to floss using the HealThy Mouth Blend, which provides a massive boost to your ability to knock back gum disease.

Next, there's a **measuring cup**.

We will use the cup to make various solutions to use in the pocket applicator.

Next, let's discuss the **OraWellness pocket applicator**.

The pocket applicator truly provides the game-changing power to effectively address even advanced periodontal disease.

As you probably know by now, as gum disease advances, the gum pockets around our teeth become deeper and deeper. This makes it more and more difficult to stop the progression of this disease.

However, with your pocket applicator and the knowledge of how to use it that you'll gain from these educational materials, you now have the tools to effectively stop the progression of this bacterial infection.

So, while it may look scary at first, you'll soon learn that this simple tool is a game changer in our ability to manage our oral health.

You'll learn step-by-step how to develop a skilled hand using your pocket applicator. With practice and consistent use, you'll wind up stunning your dentist or periodontist with your progress!

Next up, there's a **bottle of HealThy Mouth Blend**.

The HealThy Mouth Blend helps restore balance among the microbes that live in our mouths. You see, if a person has active gum disease or tooth decay, certain types of microbes (we call them 'thug bugs') are running the show in the mouth.

Our HealThy Mouth Blend has been formulated to effectively assist anyone looking to rebalance their oral microbiome to a healthier state. The blend contains various plant essences (essential oils) that help stop thug bugs while also helping to soothe stressed out gum tissue.

Later on, you'll see a video where we share the 4 main strategies for how to use the HealThy Mouth Blend to optimize your oral health.

Next, we have **OraWellness Shine**.

Our HealThy Mouth Blend supports gum health through a biological approach, and OraWellness Shine supports tooth health through a chemical approach.

Shine helps remineralize teeth by providing the same minerals teeth are made of in a particle size that's small enough to mix with saliva and get into the tooth pores.

If you have any tooth sensitivity due to gum recession, you'll find that using Shine will help reduce sensitivity from exposed roots.

You see, the roots of our teeth don't have the outermost (enamel) layer of tissue on them. So, when our gums recede, the roots are more prone to being sensitive to cold drinks, acidic foods and unfortunately, for some people, even cold air.

Over time, using Shine can help to strengthen exposed roots and reduce sensitivity by helping to make the outer layer more resistant to external forces.

Shine provides another benefit for anyone looking to manage advanced gum disease.

The main ingredient in Shine is micro-crystalline hydroxyapatite, or 'MCHA' for short.

We source our MCHA from pasture-raised cattle from New Zealand. It's a food grade bone powder in a super, super tiny particle size.

Anyway, one of the components of the MCHA is a compound called 'amelogenin', which recent research suggests may help to restore lost bone tissue and encourage a re-adherence of the gum tissue to the roots of our teeth.

HealThy Mouth System Education

Introduction to the Tools

This is critically important so we can protect the roots of our teeth from tooth sensitivity and decay (as well as potentially reduce the depth of our gum pockets over time).

So there you have it--all of the pieces to your HealThy Mouth System.

In the next video, we'll explain a couple of the other tools that some HealThy Mouth System owners have found helpful.

Until the next video, trust that you are making progress. Once we get this initial information in place, we'll jump into some actions you can take to navigate to massive improvement in your oral health.

See you in the next video! :)

Show the world your smile :)

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