

Welcome back!

In this video, we're going to cover everything you need to know about how to make the solution to use in your pocket applicator.

We're going to share the exact solution Susan used to stop periodontal disease in her own mouth.

We'll also share some other solutions and options you can use in your pocket applicator, as well as some of the pros and cons of each solution.

With this information, we hope to empower you so that you can determine the best option for you along your journey to greater oral health.

These solutions will fall into one of three categories:

- Options that we've tried personally, so we know that it works.
- Options that other folks have tried and told us they've had success with
- Other options that we think may help.

We'll be sure to detail each and you can choose what you want to use based on your preference.

Before we explore the specific solution options you have, let's touch on what we're looking to accomplish here.

Like we discussed in the last video, the power of the pocket applicator is that it gives you the ability to access the base of infected gum pockets.

Once we reach the **base** of infected gum pockets, we are able to deliver a drop or two of an antimicrobial solution at this active infection site.

The goal of this level of regular care is to progressively reduce the numbers of disease-causing bacteria that are creating the infection at the base of the gum pocket and colonizing along the gum line.

So, first and foremost, we want any solution we use in our pocket applicator to help stop the infection.

Second, it's great if the solution can also provide some sort of soothing support to help any stressed gum tissue to recover and heal.

So with that, let's cover how to make the basic pocket applicator solution (the one that Susan used in her mouth), and the pros and cons of using this basic solution.

Susan used a solution made from diluted hydrogen peroxide and sea salt.

The primary reason this solution works so well is because salt is very, very antimicrobial.

The secondary benefit is that the hydrogen peroxide brings extra oxygen to the area.

As you may know, the thug bugs implicated with gum disease thrive in, or sometimes even totally depend on, low-oxygen environments, otherwise known as anaerobic environments.

So, by creating a more oxygen-rich environment, hydrogen peroxide adds an additional angle for helping to stop the chronic infection in deep gum pockets.

Before we get into the steps on how to make this solution, we want to let you know in full disclosure that using hydrogen peroxide can have some potential risks.

Hydrogen peroxide is most commonly sold in stores at 3% concentration.

There is research that shows that 3% hydrogen peroxide can cause a stress reaction in cheek and gum tissue.

Also, one of the reasons we aren't fans of commercial tooth whitening treatments is because many of them use hydrogen peroxide that's too strong and causes inflammation in the inner pulp chamber in our teeth.

So, to avoid the risk of causing harm to your mouth, you must accurately dilute the peroxide down to a safe level.

For clarity, the levels we teach in this system are well within the levels recognized as safe for using hydrogen peroxide in the mouth.

In the basic formula we've taught for years, we first explain how to dilute the hydrogen peroxide by mixing it with water.

The **maximum** strength of peroxide that we ever want to use in the mouth is 1.5%.

So, if we start with 3% hydrogen peroxide, we need to mix it with **at least** 50/50 with water.

Given that 1.5% is the highest concentration of hydrogen peroxide we ever want to use, we recommend that you start with a 1% solution.

And, please note, even if you do dilute the peroxide down to between 1 and 1.5% as we suggest, you still may experience an increase in tooth sensitivity from it.

However, the good news is, although this is the solution that worked for Susan, you don't have to use hydrogen peroxide at all.

Like we shared above, the primary way this solution helps is from the antimicrobial properties of the salt.

Peroxide just gives us a nice second 'punch' in this one/two punch on the thug bugs.

Ok, with that in place, here's how to make the salt/peroxide solution:

You want to find 3% hydrogen peroxide.

It's best if you can find **food grade peroxide**, not the brown bottle that's typically found in drug stores and pharmacies (at least, that's how it's typically sold here in the USA).

Back when Susan was actively treating deep pockets, we didn't know any better, so she used the brown bottle peroxide we found in stores.

So, it's okay to use but if you can get food grade, we suggest it as it's a cleaner product.

You might be able to find it at online retailers--just be sure that you read the product's percentage strength before you buy.

We've seen some that are 12% or more, and that will require you to add more water to get it down to a 1 to 1.5% maximum strength.

If you live in an area that sells hydrogen peroxide in higher concentrations, please refer to the hydrogen peroxide dilution chart that you can download on this page to learn the appropriate amount of peroxide to use.

Again, the research suggests that the **maximum** concentration of hydrogen peroxide that's safe to use in the mouth is 1.5%.

So, if you're using a 3% food grade peroxide, you need to add at least an **equal part of water** to cut the concentration in half (for example, in the rinse cup, you'd fill it halfway with peroxide and the rest of the way with water).

And like we stated a moment ago, we even suggest that at first you make a 1% solution by filling the rinse cup  $\frac{1}{3}$  of the way with the 3% peroxide and then fill the other  $\frac{2}{3}$  of the cup with water.

Starting with a weaker solution is wise, especially if you experience regular tooth sensitivity.

So for the basic solution formula, start by taking the little one ounce (30ml) cup, fill it between  $\frac{1}{3}$  to  $\frac{1}{2}$  of the way with your 3% hydrogen peroxide, and then fill the remaining  $\frac{1}{2}$  to  $\frac{2}{3}$  of the cup with water.

**Here's a pro tip:**

To help reduce the potential sting of tooth sensitivity, when you're diluting the peroxide solution, use **warm water** instead of cold water.

Another tip is to **use the HealThy Mouth Blend on your teeth** just prior to using the pocket applicator.

This will help reduce sensitivity even before you start.

Now you're going to add salt to the diluted peroxide solution.

As you'll see using warm water will also help the salt to dissolve fully.

How much salt to add is really up to you.

A stronger salt solution will be more antimicrobial, but it can also be a bit drying to oral tissues.

As a general rule of thumb, we suggest you make the solution to the same salinity as ocean water.

So, to make one ounce (or 30 ml) of our basic solution, you'll use a little less than a  $\frac{1}{4}$  teaspoon, or right around 1ml or 1gram of sea salt.

About the same as a large finger pinch of salt.

One more important step:

**You really want to stir this solution to make sure all the salt is dissolved.**

There is a very real risk of a grain of salt clogging the tiny tube of the pocket applicator which can cause the pocket applicator to malfunction.

We'll cover how to deal with this common problem in the pocket applicator FAQ video.

For now, just stir the solution until **all the salt grains are dissolved**.

Ok, so now you know how to make our basic salt and diluted hydrogen peroxide solution.

In subsequent videos, we'll cover how to use this solution in your pocket applicator.

For now, let's recap the pros and cons of this solution, as well as some other options.

One benefit is that we've used it (and so have over 10,000 other HealThy Mouth System customers around the world over the years), so we know this solution works really well.

As we mentioned, one reason why we like this solution is that it approaches dealing with the thug bugs from two different angles:

- the salt is antimicrobial
- the hydrogen peroxide makes the gum pocket unfriendly for the thug bugs that thrive in low-oxygen environments.

However, there are potential downsides, too.

As we discussed, you have to get the dilution right or you risk stressing your oral tissues.

And, hydrogen peroxide can trigger tooth sensitivity.

In fact, for some of you, using any amount of peroxide may be too much and trigger sensitivity.

Also, sea salt particles can potentially clog the pocket applicator tip

Although flushing it out really, really well with clean water after each use does help to prevent these clogs.

We will show you how to maintain your pocket applicator in a later video.

So, how can we adjust this formula so it still helps but without some of the potential drawbacks?

Well, if the peroxide is a concern for you, like we stated earlier, it's perfectly fine to reduce or even eliminate the hydrogen peroxide; the salt solution alone will still help stop the infection in deep gum pockets.

If you want to get away from the sea salt, another option is to use baking soda instead.

You see, it's the sodium that is antimicrobial.

So, if you are concerned about your pocket applicator getting clogged (or you've purchased our HealThy Mouth System previously and have dealt with clogging of your pocket applicator in the past), you can swap out an equal amount of baking soda (aka sodium bicarbonate) for the sea salt (aka sodium chloride).

The only downside about this is that you don't get the trace minerals that are available in quality sea salt.

But it's a really minor loss as you can consume sea salt to get those trace minerals.

Now let's shift to exploring other options you can use in the pocket applicator.

The most obvious alternative is to use our HealThy Mouth Blend.

When we first started OraWellness in 2009, we taught HealThy Mouth System customers to avoid using our HealThy Mouth Blend in the pocket applicator for three reasons.

First, the blend was intended to be a toothpaste alternative, and since Susan used the salt and diluted peroxide solution in her own gum pockets, we didn't have personal experience using the blend in the pocket applicator.

Second, we were concerned that the essential oils in the HealThy Mouth Blend may damage the plastics in the pocket applicator over time.

And, in fact, customers who tried this with an earlier model of the pocket applicator (that we no longer use) reported that it was slightly compromised by the oils.

And third, when we created the HealThy Mouth System, from the beginning, we wanted to create a standalone product that a customer like you could purchase once and never have to come back to purchase more product from us.

While perhaps a bit opposite of modern business, we wanted to 'teach folks how to fish' by making your own antimicrobial solution at home instead of making you dependent on our blend to use in your pocket applicator.

In this way, we could keep the Healthy Mouth System cost down so more people could help themselves and benefit from the information and tools.

So, at first, we actually discouraged customers from using our HealThy Mouth Blend in the pocket applicator.

But after many years now of customers reporting to us how effective this strategy is and what great successes they were having using our HealThy Mouth Blend in their pocket applicators, we want to share why using the HealThy Mouth Blend in your pocket applicator (at least occasionally) can be a wise choice.

You see, not only do the essential oils in the HealThy Mouth Blend directly inhibit the thug bugs, but some of the organic botanicals in the formula are here to soothe stressed oral tissues and bring more blood flow to the gum tissue, so encourage healing.

Another benefit of using the HealThy Mouth Blend in your pocket applicator is that you'll never have any issue with clogging.

In fact, since the blend is 100% oils, it's actually a really good idea to occasionally use the blend to treat your mouth simply as a way to flush the pocket applicator with oil, which will help the applicator last much longer.

So using the HealThy Mouth Blend is another very effective solution you can use in your pocket applicator.

To our knowledge, there is no downside other than the cost (it's more expensive than making your own salt and diluted hydrogen peroxide solution at home).

If you do decide to use the HealThy Mouth Blend in your pocket applicator, please be sure to use it by itself at full strength (**don't try to mix it with water**).

The reason for this is that oil and water repel each other.

So, if you try to mix the blend with water, you'll wind up depositing drops of blend in some gum pockets, and drops of just plain water in other gum pockets.

Another excellent choice is to use colloidal silver in your pocket applicator.

Colloidal silver is very antimicrobial.

The main drawback as we see it is that companies who produce colloidal silver don't have any way to prove the quality of their product.

In other words, not all colloidal silver products are created equal.

So as customers, we don't have much information to help us decide which one the best for us.

The best option may be to make your own.

Below this video, you'll find our 'Recommended Supplemental Products' list.

It's a list of products we have vetted and think are high quality.

Another great option to use in your pocket applicator is ozonated oils.

Ozone is a very unstable oxygen molecule that contains an extra oxygen atom.

Similar to hydrogen peroxide, ozone is extremely antimicrobial because it has an extra oxygen atom which oxidizes any thug bugs.

However, most ozonated oils we've worked with are pretty thick.

So, we're not sure how well they would be able to flow through the tiny tube of the pocket applicator.

Nevertheless, ozonated oils are a very effective option if you're able to use them.

Like colloidal silver, the ozonated oil market is pretty new.

So, there isn't a great quality control overview of ozonated oils currently available.

Last, let's close this tutorial with some warnings of what not to use.

Please avoid putting a few drops of your favorite essential oil into the pocket applicator water and using that.

Like we touched on before, **oil and water don't mix.**

What will end up happening is you'll use water by itself at times, then others your pocket applicator will draw up the drops of undiluted essential oils.

This can end up pretty bad, as undiluted essential oils are way too strong to use on the sensitive tissues of the mouth.

That's why our HealThy Mouth Blend is a **blend** of essential oils in a carrier oil base.

Most experts in the essential oil field teach that you never use straight essential oils on the skin anywhere.

So, please avoid trying this approach, as it just doesn't work well.

Another idea that should be avoided is using common mouthwash in your pocket applicator.

Most commercial mouthwashes contain several questionable ingredients, and many use alcohol as their antimicrobial agent.

Unfortunately, alcohol has been proven to be very drying to mucous tissues.

So, let's just stick to any of the solutions we recommend in this video.

Phew, this has been a longer video.

Thanks for sticking with us through the material.

Be sure to rewind and review how to make the basic solution.

In the next video, we'll get started using the pocket applicator.

Thanks again for being here.