

## Successful Self-Dentistry in 8 Steps

The Successful Self-Dentistry protocol will keep your mouth, teeth, gums, and saliva, in such pristine condition that every day your teeth will feel as clean and smooth as if you have been to the dental hygienist for a cleaning.\*



### STEP 1: The Salt Rinse

Make a saltwater solution to keep in your bathroom (16oz of spring water to 10z of salt in a mason jar). Add a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops**. To use the saltwater rinse, pour yourself a shot glass of the mixture, swish, swish, swish, and spit.



### STEP 2: Scraping the Tongue

Scrape the tongue 2-3 times. Option: add a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops** to the scraper.



### STEP 3: Brushing the Gums

Brush the gums, paying special attention to brushing the gums towards the teeth and using special care over the gum line. Use a soft, dry brush and apply a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, **Happy Gum Drops**, **Ozonated Happy Gum Gel**, or **Neem Enamelizer Liquid Polish** to the brush.



### STEP 4: Polishing the Teeth

Polish the teeth with **Happy Gums Clay Toothpaste**, **Frankincense Fresh Toothpaste**, **Neem Enamelizer Toothpaste** or **Wintergreen Clean Toothpaste** by applying the paste to a dry, round headed, electric toothbrush. Or, use a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops** and use with our **Tooth Truth Powder Polish**, or baking soda.

We often fear the unknown, so get to know your mouth! Get a dental mirror with a light or an intra-oral camera and get yourself acquainted with those back molars. And, remember to get clean in between! For more information read the book, **Holistic Dental Care: The Complete Guide**, or visit [LivingLibations.com](http://LivingLibations.com)

\*These steps will help you care for your mouth yet do not replace, nor are they intended to replace the advice of your dentist and hygienist.



### STEP 5: Checking the Gum Lines

Clean the gum lines of any remaining plaque by using a rubber-tipped gum tool or sulca brush with a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, **Happy Gum Drops**, or **Ozonated Happy Gum Gel**.



### STEP 6: Flossing

Floss! Even better, floss two times! Apply a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, **Happy Gum Drops**, or **Ozonated Happy Gum Gel** along the floss.



### STEP 7: Final Rinse

Use the saltwater mouthwash from Step One. Vigorously swish, then spit.



### STEP 8: Extra Care

Use the Vita-pik or an oral irrigator to rinse the gum pockets with saltwater and **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops**. Massage a drop of **Tooth Serum** or **Ozonated Happy Gum Gel** into the gum line and any sensitive areas.



## Questions to Ask a Prospective Dentist

Your mouth is more than just a beautiful smile; it is the gateway to your body and your health, so it is important that you find an intelligent and compassionate dentist who practices with the leading edge of optimal dental options and will help you decide with discernment.

Your oral ecology, including cleanings, previous dental work, fillings, extractions, root canals and cavitations are serious subjects that deserve thoughtful and well-informed consideration. My goal is to help empower you to create a right relationship with your mouth and with a dentist. When researching a prospective dentist, the dentist's website should be informative (beyond bleaching and veneers), and when you call the dental practice it is good to ask about the finer details of their practice. To help you make an informed decision, ask your dentist the following questions before agreeing to an appointment:

### Do they use water filters that screen out bacteria and tap water toxins?

The water used to rinse your mouth may be laden with harmful bacteria as bacterium stagnates in the waterlines.

### Do they do Biocompatible Testing on a patient-by-patient basis to check compatibility with dental materials?

The dentist can test your blood to find out what dental materials your body can accept. About 60% of dental materials will suppress your immune system.

### Do they use ozone and/or lasers for cleaning areas of the mouth, receding gums, and newly filled teeth?

### Do they use phase contrast microscopes?

These microscopes allow them to take bacteria from the gum line to determine the health of the gums long before periodontal disease sets in.



### Is it a mercury-free dental practice? Do they have a full protocol for removing amalgam fillings? Is the dentist properly trained in the removing of mercury?

A comprehensive protocol includes dental dams, oxygen supplied to the patient, vitamin C and an air filtration system placed near the mouth to suck up the mercury vapors. More than a weekend course or continuing education class, the Hal Huggins Institute has developed a detailed protocol and training that will keep you and the dentist safe as mercury is removed.

### Do they use digital x-rays? Do they use cone beam CT x-rays?

Digital exposes you to 90% less radiation than traditional x-ray machines.

### What is their position on root canals?

### What is their position on sealants?

### What is their position on fluoride?

### Do they develop a nutrition plan for patients?

### Do they practice Biometric Restorative Dentistry?

I recommend that you begin your search by looking for a Biologic Dentistry practice in your area, calling the Hal Huggins Institute is a great place to start. Beyond the traditional drill and fill dentistry, most holistic-biologic dentists work with you to pinpoint any underlying cause or issue you may have instead of selling unnecessary, and possibly harmful dental work.

### Resources to Help your Research:

[holisticdental.org](http://holisticdental.org)  
[IABDM.org](http://IABDM.org)  
[healthysmilesforlife.com](http://healthysmilesforlife.com)  
[hugginsappliedhealing.com](http://hugginsappliedhealing.com)  
[orthotropics.com](http://orthotropics.com)  
[toxicteeth.org](http://toxicteeth.org)  
[IAOMT.org](http://IAOMT.org)

To your vibrant health,

Nadine Artemis

Author of *Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums and Renegade Beauty*

