

Chapter 4

Health Mouth, Healthy You Chapter Review Sheet



LIVING WELL
with DR. MICHELLE

— Chapter 4 — Clean The Outside

- **Take-Aways**
- **Things To Do**

Chapter 4

Healthy Mouth, Healthy You

Chapter Review Sheet

Take-Aways

- Alkalize your mouth before you start to brush. Use a sea salt rinse. (See Teeth Cleaning Protocol)
- Only use a soft-bristle toothbrush!
- Use the techniques described in the tooth brushing bonus video and the teeth cleaning protocol.
- There are dangerous ingredients in your traditional toothpaste.
- Flossing isn't the only way to clean between your teeth.
- Keeping your mouth clean keeps you healthy!

Things To Do

- Watch the bonus videos and apply them.
- Buy a natural toothpaste or make your own (See Homemade Toothpaste recipe in the Teeth Cleaning Protocol)
- Don't use very much toothpaste!