

Dr. O'Rielly strategies below will help to improve your gum health and lower inflammation. If you have gum disease further treatment will be necessary. This can be explained by your local dentist, and recommendations will be given based on your situation.

For 80% of the population, I recommend the following steps:

- Brush your teeth with a soft bristled toothbrush as described in the video on this page. An herbal rinse or toothpaste of your choice can be used for taste. Spit out and rinse your brush.
- Floss your teeth. Again, I recommend you watch the oral hygiene instruction video on this page. Lean the floss against the teeth as you floss, so essentially you are wiping the sides of the teeth.
- Use a 'rubber tip' to wipe along the gum line to remove the white film there called plaque. Do this on the outside and inside of the teeth. It's called a Stimulator made by G.U.M and is available on Amazon. Again, see the video included on page.

It's as simple as 1-2-3. This simple protocol done daily will prevent gum disease in half of the people out there. And it is quick, usually only taking 5 minutes a day. Granted, no one wants to floss their teeth, but if I can show you how to do it right and it only takes a minute or two, this is one of those habits that is well worth it. Besides, it may prevent more painful consequences later. This is a good habit!

If you already have red and bleeding gums, or your dentist is telling you that you have gum disease then I recommend that you add in the following:

- Brush as described below but pick up baking soda on the toothbrush and massage it along the gum, on the inside and outside of all your teeth, and then spit out. Use light pressure as baking soda is slightly abrasive. You can find Arm & Hammer or Bob's Red Mill Baking soda on Amazon.
- Floss your teeth as described above, and in the video. The floss will further distribute the baking soda. You can also use Soft-Pick by GUM with a mixture of baking soda and a solution of 50% water and 50% hydrogen peroxide. The Soft-Pick is good for massaging your gums and is available at your local pharmacy. This solution is also good for cleaning your toothbrush as well.
- Use the rubber pic as described in the video.
- Go and buy a Waterpik at Target or Costco if you don't already own one. Also, buy some Grapefruit Seed Extract (GSE) from Nutribiotic, from a local health food store or from Amazon.
- Fill the Waterpik reservoir with water as instructed. Add 20 drops of grapefruit seed extract into the 20 oz. reservoir. Use the Waterpik as instructed but at a low setting! Not too much pressure.
- If the GSE is too bitter for you, add Xylitol to the solution according to your taste. Or you can follow up with your favorite mouth rinse.

Something else that really helps with inflamed gums is Oil Pulling, a practice that has been used in India since ancient times. This can really help to keep the terrain healthy in your mouth, as it alkalinizes your gums and discourages plaque. It's best done first thing in the AM:

- Use 1 Tbs. of organic Sesame or Coconut Oil. Coconut oil is best because it has anti-microbial properties.
- 1-2 drops of organic oil of oregano can be added to the carrier oil for its natural antibiotic properties.
- As an alternative, other oils may be added instead for different health benefits: myrrh to tonify the gums; coriander or cilantro for heavy metal detox. Another excellent essential oil for oral health is tea tree oil (melaleuca) because it creates a surface where plaque is less likely to adhere. But only try one at a time, as most of these oils are very strong and you don't want to burn your gums.
- Swish through teeth for 3-5minutes. Do not swallow. The oil will mix with the saliva in your mouth and the enzymes within the saliva until it is watery. Spit into a cup or other receptacle, not into the sink or toilet as the oil will start to build up and clog the drain. Rinse and gargle with warm salt water or mouthwash and spit out completely.