

Free Report

The breakthrough treatment that can safeguard your health

How a 60-second home remedy recommended by experts at the USC School of Dentistry may minimize your time in the dentist's chair—and potentially save thousands in expenses

By

TheOralHealthCoach

www.TheOralHealthCoach.com

How to keep your teeth young and healthy –for a lifetime!

It's Not Too Late to Save Your Teeth!

Even with daily brushing and flossing, the buildup of plaque and onset of gum disease is almost inevitable. Happily, a simple daily treatment is 100% effective in prevention and can even reverse signs of gum inflammation for most patients.

An unhealthy mouth can quickly become an unhealthy body

The risks can be serious – as the mouth is a natural harbor for bacteria and viruses. Over time, we can develop viruses in the pockets around teeth, which may be easily passed on through kissing or sharing eating utensils. Viruses break down the immune system and can lead to a host of health risks. According to the American Academy of Periodontology, people with gum disease are almost twice as likely to have heart disease. What's more, studies show that periodontal disease appears to increase the risk of various forms of cancer by between 30 and 64 percent.

Anyone can afford it, anyone can do it, and no one should be without it

At last, there is an easy way for you to protect your gums from viruses and bacteria that can cause disease. All you have to do is supplement your dental care with a daily **oral rinse** to keep your mouth clean and healthy. This simple home treatment can help you to avoid the most common dental problems!

The latest findings in oral care offer a breakthrough treatment you may already have at home

Amazingly, an effective protocol for the prevention and treatment of gum disease couldn't be more affordable or easy to use. **Sodium Hypochlorite** has been proven to kill 98% of bacteria and viruses in the pockets around your gums. An FDA-approved mouth rinse can also be purchased over the counter—**Oxyfresh** is one of the leading brands—but in today's economy, you may prefer to try a home remedy. Believe it or not, Sodium Hypochlorite is the active ingredient in regular Clorox bleach! You may already have everything you need to protect your health.

How to keep your teeth young and healthy –for a lifetime!

What to do to create the healthiest teeth ever

Once daily, prepare a mixture of one cup of water and 1 teaspoon of regular Clorox bleach. All it takes is 60 seconds of vigorous “swishing” in your mouth to eliminate the potentially harmful agents that may be lurking around your gums. As with any mouthwash, do not swallow the mixture, and each dosage must be prepared fresh. You can increase the effectiveness of this protocol by also administering this rinse with an oral irrigation device, like a **Waterpik**. These devices have been proven to remove 99.9% of plaque bio-film, so if you hate to floss they’re the way to go!

The mouth rinse protocol described above is being championed by Dr. Jorgen Slots, professor of Dentistry and Microbiology at the USC School of Dentistry. It is the centerpiece of a lecture series Dr. Slots offers for the USC Department of Continuing Education and is now being taught in the USC School of Dentistry’s Dental Hygiene Department.