



LIVINGOOD DAILY

DENTAL HEALTH



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Your dental health isn't something you can take for granted. There are lots of **risk factors** that can increase your chance of getting a cavity or suffering from general tooth decay and sensitivity. These include:

- **Not brushing** and flossing your teeth enough.
- **Grinding** your teeth or eating overly acidic foods. These practices can wear down the enamel of your teeth. The enamel is the protective layer of super-hard material that protects the cores of your teeth against damage. When the enamel is worn down, it can never be fully replaced.
- Getting **metallic dental implants**. Some dental implants are made of titanium or mercury, both of which can lead to long-term health effects if they are left in your mouth. Choose bridges or to delay fillings when possible.

DAILY ROUTINE

Keep in mind, maintaining proper oral health should be a daily ritual.

- **Brush Teeth**

- Should be completed AM and PM to get rid of plaque and bacteria
- Use a natural toothpaste without fluoride

- **Floss or a Waterpik**

- Regular floss and Waterpiks clean away plaque and bacteria between teeth on your gum line. Use either one daily.

Waterpik Tip: Use it in the shower if you're worried about water getting everywhere.

Even though you have to keep track of your dental health to avoid some of the worst symptoms, there are lots of effective remedies you can rely on to avoid having to get a root canal! Try any or all of the below 2-3 times per week.



Oil Pulling

- Good for cavities/gingivitis
- Swish [coconut oil](#) in your mouth for 10-20 minutes (or start with 3-5 minutes and work your way up).
- Spit oil into trash can or paper towel to avoid clogging the sink.
- Be careful not to swallow oil so you do not ingest toxins/bacteria pulled out.



Livingood Daily Silver Serum

- Natural Antibiotic/Antiviral
- Use as a mouth spray to kill bacteria



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Gargle/Swish with Hydrogen Peroxide

- Use if you have tooth pain.
- Use as a mouthwash daily to lift bacteria and plaque. Can add water to dilute as needed.
- Add Peppermint Oil to improve the taste
- Be careful not to swallow as it can be harmful when ingested.