



## Personalized Home Hygiene Recommendations

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### CTx3 Rinse

- Use twice daily
- Swish for 60 seconds
- Spit out excess but do not rinse with water after
- Avoid eating, drinking or rinsing for 30 minutes after use

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### CTx4 Gel 5000

- Replaces current toothpaste
- Brush twice daily with a pea-sized amount
- Spit out excess but do not rinse with water after
- Avoid eating, drinking or rinsing for 30 minutes after use

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### CTx2 Xylitol Gum

- Chew 2 pieces, 3-4 times per day, no longer than 20 minutes after snacks or meals
- *Xylitol*: (a natural sugar substitute) kills bacteria. The recommended dose is 100% xylitol 1g 5x daily. You can find it in mints and gum on the sites: [www.zellies.com](http://www.zellies.com) or [www.carifree.com](http://www.carifree.com). Spry is a well-known brand you may find locally.

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If using CTx3 Rinse in combination with CTx4 Gel 5000, brush twice daily with the gel, using the rinse every 2-3 hours, after meals or beverages. If you are unable to use the rinse during the day, replace it with CTX2 Xylitol gum. Replace products as you run out until directed otherwise. It takes a long time to reverse cavities and we need to keep the pH of your mouth neutral!

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- \* Xylimelts - lozenges to be used at night and/or daily depending on degree of dryness.
  - \* NO SUGAR! - only **sugar free** cough drops/gum/drinks
  - \* Saliva substitutes are also available. Example: Biotene

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*Diet*: "Let food be thy medicine and medicine be thy food." – Hippocrates

What we put into our bodies is a critical component to health and reducing inflammation. Avoid refined sugars, starchy carbohydrates, sugary drinks and processed foods. Google search: "Anti-inflammatory diet" OR "Mediterranean diet" for a good guide to healthy eating. *Anti-inflammatory supplements*: CoQ-10, probiotic (at least 14 strains), Vitamin D3, Omega-3 fish oil. *Smoking*: Please refrain from smoking. Tobacco is an irritant and delays healing.