

# INTENTIONAL HYGIENE

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*Bridging the gap - oral systemic protocols to achieve optimal health*

## **EAT AN ABUNDANCE OF:**

- Omega-3 fatty acids (ex. healthy fish like salmon, herring, sardines, anchovies, shellfish)
- Vitamin C (ex. citrus, dark leafy greens, bell peppers, broccoli)
- Vitamin D (ex. cod liver oil, herring, rainbow trout, pastured eggs, wild caught sockeye salmon, shiitake mushrooms)
- Vitamin A (ex. liver, cod liver oil, king mackerel, salmon)
  - Vitamin K2 ( ex. natto, raw cheese, butter from grass fed cows, egg yolks, dark chicken meat)
- Antioxidants (ex. dark chocolate, berries)
- Fiber (ex. fruits, vegetables)
- Magnesium (ex. dark chocolate, avocados, nuts, seeds)

## **AVOID:**

- Grain products (processed)
- Added or concentrated sugars
- Pasteurized milk products
- Over-processed vegetable & seed oils, partially hydrogenated fats, and hydrogenated fats
- Processed foods containing preservatives, emulsifiers, chemicals, and unhealthy fats
- GMO and non-organic foods