

INTENTIONAL HYGIENE

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Bridging the gap - oral systemic protocols to achieve optimal health

 <h2>EYES</h2> <p>Dark circles or bags under the eyes: Allergies, food tolerances, dehydration Poor night vision: Vitamin A Ruptured blood vessels in the eyes: Vitamin C Nearsightedness: Vitamin D Pale lower eyelid: Iron</p>	 <h2>MUSCLES & JOINTS</h2> <p>Muscle cramping: Magnesium, B1, B2, B6 Twitching: B1, B2, B3, B6, B9, Vitamin D, Magnesium, Calcium Edema/Swelling: B1, B6, Potassium Numbness or tingling: B12, B5 Clicking Joints: Manganese</p>
 <h2>TEETH & GUMS</h2> <p>Bleeding gums: Vitamin C, folic acid Crowded teeth: Calcium, Vitamin K</p>	 <h2>MOUTH</h2> <p>Canker sores: B3, B12, Folic acid, Calcium Cracks in the corner of the mouth: B2 Weak tooth enamel: Vitamin A, D, K, Calcium Painful tongue: B2, B3, Folic Acid Loss of smell or taste: Zinc</p>
 <h2>HAIR</h2> <p>Hair loss: B2, B5, Biotin, D, Zinc Dry hair: Vitamin A, E, Omega 3, Protein, Iodine, Selenium, Biotin Dandruff: Selenium, Omega 3, Vitamin A</p>	 <h2>SKIN</h2> <p>Bumps on the back of the arms: Vitamin A Dry or rough skin: Vitamin A, E Unusual nosebleeds: Vitamin C Easy bruising: Vitamin C Acne during menstruation: B6 Dermatitis: B2, B3, Biotin Red stretch marks: Zinc</p>
 <h2>NAILS</h2> <p>Spoon shaped nails: B12, Iron White marks: Calcium or Zinc Pale nails: Iron, Biotin Brittle nails: Calcium, Magnesium, Iodine Cuticles tear easily: Protein</p>	 <h2>EMOTIONAL/MENTAL</h2> <p>Depression: B1, B5, Biotin, PABA Dementia: B1, B3, B12, folic acid Nervousness/Irritability: B1, B6, B5 Insomnia: B3, B5, B6, D3 Dizziness: Iron, B2, B12</p>

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