

Biological Dental Health Protocols for a Healthy Mouth

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TEETH CARE

Toothbrushing

Brush for two to four minutes with an electric toothbrush and/or 5-10 minutes with a manual brush. Brush until the teeth feel and taste clean. It is important to remove all the plaque every 12 hours.

Manual brush:

Woobamboo Products | woobamboo.com

If you are committed to manual toothbrushes, then consider these brushes. The handle is compostable. Break off the head and throw the bristles away while composting the handle.

Electric brushes:

Purchase the best brush in your budget. These are my personal favorites.

Kyoui; both for adults and children | [Kyoui - Oral Care from a different angle](#)

Kyoui OrthoKing [ORTHOKING](#) – for cleaning better around braces
(Save 10% by using my discount code: BARBARATRITZsave10%)

SonicFusion2.0; a waterpik/electric toothbrush combination

[Sonic-Fusion® 2.0 - The World's 1st Water Flossing Toothbrush](#)

Toothpastes:

Pick toothpaste according to your dental needs:

Balance the oral microbiome and maintain a healthy plaque biofilm:

[Dentalcidin and Dentalcidin LS](#) | [Dentalcidin™ Toothpaste - Broad-Spectrum Toothpaste with Biocidin®](#)

Remineralize teeth:

Risewell | [Hydroxyapatite Toothpaste](#) | [Natural Toothpaste](#) | [Mineral Toothpaste](#)

Boka | [Mindful Oral Care](#)

Feed a healthy biofilm:

Revitin | [Revitin Oral Therapy & Prebiotic Toothpaste](#)

Raise the pH:

Alka Whites | [Alka-White® The Alkaline Oral Cleanse™](#)

Common Sense Teeth Powder | [Common Sense Teeth Cleaning Powder](#)



CLEANING IN-BETWEEN AND GUM CARE

Woven Floss; textured flosses that clean better, grab the plaque and remove it properly.

Risewell; scrubby, fluffy floss with remineralizing agents in the floss- cleans well and puts minerals back in the teeth.

Safe Dental Floss | [Natural & Teflon-Free Floss | RiseWell](#)

Sunstar Gum Expanding Floss; expands after being inserted between the teeth | [GUM® EXPANDING FLOSS](#)

Dr Tung's Smart Floss | [Smart Floss](#)

Xlent Charcoal Expandable Floss | [Floss Treated with Activated Charcoal, Xylitol and Natural Plant Based Wax](#)

Interproximal Brushes and Picks; work better and don't cause damage

Piksters | [Piksters® Australia's #1 Interdental Brushes](#)

TePe | [TePe USA - Between Teeth Brushes](#)

Softpicks - Original, Comfort flex, and Advanced | [GUM® Interdental Cleaning | Soft-Picks | Interdental Brushes | Flossers](#)

Oral Irrigation; gentle and effective at cleaning in-between and below the gum line. Use twice daily for a healthy mouth and gums!

Waterpik | [Sonic-Fusion® 2.0 - The World's 1st Water Flossing Toothbrush](#)

Hydrofloss | [Hydro Floss® | Treat the Cause, Not Just the Symptoms!](#)

Sidekick; travel Waterpik | [Waterpik Sidekick Portable Water Flosser Perfect for Travel & Home](#)

TONGUE CARE

Really, clean your tongue twice daily. Metal cleaners work better.

Tongue Sweeper | [Clean Tongue, Healthy Mouth, Fresh Breath: TongueSweeper](#)

Dr Wieder's Tung Gel | [Original Tongue Brush and Gel - TUNG Brush & Gel](#)

THROAT CARE

Biocidin® TS | [Biocidin®TS - Potent, Broad-Spectrum Throat Spray](#)

Megacidin® | [Biocidin® Probiotic Spray - Daily Wellness + Microbiome Defense](#)



NOSE CARE

Xlear Nasal spray | [Sinus Care, Dental Defense, & Natural Sweeteners - Xlear](#)

NeilMed Pharmaceuticals | [Sinus Rinse | Neti Pot | Nasal Irrigation](#)

Neti Pot | Add 1-2 pumps of [Biocidin® LSF](#) (ideal) or 5-10 drops of [Biocidin® Liquid](#) or in a neti pot solution

Saline Nasal Bottle or Spray Bottle | choose a brand with a removable top | Add 1-2 pumps of [Biocidin® LSF](#) (ideal) or 5-10 drops of [Biocidin® Liquid](#) or in the bottle of prepared saline solution (1oz)

Nebulizer | with mask or nasal cannula attachment | Add 5-10 drops of [Biocidin® Liquid](#) to prepared solution to the fill line (depending on manufacturer)

OIL PULLING

PurO3 | [PurO3 Ozonated Oil Pulling Solution with Peppermint - Organic, 8 Ounce](#)

OTHER TOOLS

Nitric oxide test strips- HumanN | [The Potential Use of Salivary Nitrite as a Marker of NO Status in Humans](#)

Ozone Oil | [PurO3 Tooth and Gum Support with Ozonated Oils](#)

Fitscan breath checker | [Tanita HC-212SF FitScan Breath Checker - Black](#)

Myotape | [Myotape Home](#)

Myomunchee; gently chew and stimulate saliva. Cleans teeth, pumps salivary glands and helps with dry mouth. | [Munchee \(myomunchee.com\)](#)

pH test strips | [pHion Balance](#)

Dry mouth products | [Elixir Fixer for your Dry Mouth ~ Queen of Dental Hygiene](#)

Disclosing tablets | [GUM® RED-COTE® Tablets - Help to highlight plaque on teeth \(sunstargum.com\)](#)

Basic Bites; remineralizes teeth

[Chocolate: BasicBites Help Protect Enamel From Dry Mouth and Sugar Acids, Prebiotic Technology Developed At U.S. Dental School, Delicious Sugar-Free Soft Chews](#)

[Caramel: BasicBites Help Protect Enamel From Dry Mouth and Sugar Acids, Prebiotic Technology Developed At U.S. Dental School, Delicious Sugar-Free Soft Chews \(Caramel 120 Count-Two Month Supply\)](#)

GUT HEALTH

Biocidin® | [Support Formulas – Biocidin](#)

[Bioclear™ Cleansing Program with Biocidin® Liquid](#)

MORE INFORMATION

Recommended Reading | [Queen of Dental Hygiene](#)

Fluoride:

[Leaving the Land of Fluoride | Queen of Dental Hygiene](#)

Mercury:

[Are Your Mercury Fillings Making You Sick? Queen of Dental Hygiene](#)

Finding a Biological Dentist :

[Search For An IAOMT Dental/Health Professional – IAOMT](#)



TOOTH DECAY PREVENTION START UP KIT:

Disclosing tablets - See the plaque so you know where it is and how good a job you did getting it off.

Power toothbrushes - Kyoui or Sonic Fusion. Time to join the 21st century and stop using 2000-year-old technology. The toothbrush you use should be as advanced as your phone.

Toothpaste - Remineralizing toothpastes: Boka, Risewell and Carifree. Got gum disease on top of tooth decay? Then alternate between these pastes and Dentalcidin and Dentalcidin LS.

Killing Decay Bacteria - Ozone oil –Ozone kills bacteria, fungi and parasites so add ozone oil to baking soda and make your own toothpaste. Brush the mixture into the gumline.

Remineralizing agent - BioSal is an over the counter (Amazon) remineralizing powder that I recommend you mix with a little ozone oil and work it into the gumline with toothbrush or in-between the teeth with Piksters/TePe/Softpicks.

Basic Bites: Arginine, xylitol, and basic pH to remineralize teeth twice a day.

Cleaning in-between - Piksters (bet you thought I would say floss...) Dip them in baking soda or ozone oil, or BioSal.

Gum chucks – handle that holds the floss, so simple even kids can use it!

Risewell Scrubby floss (Finally floss I love- it cleans well and has remineralizing agents embedded within the floss)

Tongue cleaner - yes, you NEED to clean your tongue, as well as the roof of your mouth, gums, and throat. My favorite tongue cleaner is the Tongue Sweeper. And yes, kiddos need to learn to do this too.

Test the pH of the mouth in the morning with pHion paper. The pH needs to be neutral.

Mouthwash - I am not a big mouthwash fan but I do recommend gargling with a baking soda water mixture. The throat and tonsils also have plaque and lots of bad bacteria and other bad guys hanging out in the tonsillar crypts.

Nasal Hygiene - just as important as oral hygiene. We must be able to use our nose to breathe. Xlear nasal spray, Neilmed, or Biocidin in a saline solution used daily to clean the sinuses and establish nasal breathing.

Paper tape - Myotape gently holds your lips together while you sleep so your mouth stays closed all night.

Fat Soluble Vitamins - A, D3, K2, E; Work with your primary care doctor to determine optimal dosages.

For more dental health care tips please check out my website, QueenofDentalHygiene.net, or my recommendations pages directly, for more products and information: [Great Oral Health Tools](#), [Recommended Reading](#).