

AT-HOME ORAL RESET

**CLEAN YOUR TEETH
LIKE A PROFESSIONAL**



Introduction



Have you ever wondered how you can achieve those pearly white teeth that you see in the smile of Hollywood stars?

Clean, sparkling, and strong teeth are not only aesthetically pleasing but also are an important part of your overall oral hygiene.

After having your teeth professionally cleaned by a dentist, you get that ultra-clean feeling, but it doesn't last long.

Most people eat at least three times and brush their teeth two times each day, but this routine does not seem to keep up with all the bacteria living inside your mouth.

There must be some practical way to make your mouth regularly feel ultra-clean without having to go to the dentist every month, right?

There is! The methods presented will help you understand how to deep clean your teeth at home as well as why the cleaning is important for your oral health.

But, wait! Did you know that almost **twenty-six percent of American adults** have untreated dental decay? That's why an annual, professional, deep cleaning of your teeth is recommended: to prevent this kind of tooth and gum disease.

Unfortunately, many people will avoid going to the dentist until there is an emergency.

The words 'deep cleaning' are enough to send some patients running.

Gum Disease and Dental Deep Cleaning

Picture this:

You visit your dentist for a check-up exam and routine cleaning. After assessing your whole mouth, the dentist tells you that your gums are in bad shape and that you need an expensive and uncomfortable procedure to fix them.

Your dentist then tells you that you also require a deep gum cleaning. You begin to wonder and ask yourself, “what exactly is a deep cleaning and is it really necessary?”

Even with regular brushing and flossing, and a yearly visit to your dentist, bacteria can still gradually build up in and around our gums. This creates in spaces between the teeth and gum referred to as pockets.

When an infection progresses far enough, your gums begin to detach from your teeth. This exposes the roots allowing them to quickly wear away and potentially cause loss of bone from your jaw.

At this stage, a deep cleaning of the gums will likely be essential to saving your teeth.

So, what precisely is mouth cleaning?

What is a Dental Deep Cleaning?

When you visit your dentist for a deep cleaning, the procedure is called scaling and root planing (SRP), a process where your dentist or dental hygienist cleans all the tartar and plaque from your teeth.

The scaling removes the plaque that is deep within the pockets formed in your gums, removing all the residue and bacteria, particularly from the exposed roots.

The dentist will then plane the roots, reducing the unevenness caused by decay and allowing your gums to reattach firmly.

You may now be thinking, “but, my teeth aren’t that bad. Do I really need to go through all that?”

What is a Dental Deep Cleaning?

Even if you don’t yet have gum disease, your dentist will suggest a deep cleaning if there’s a severe bacteria accumulation around your gums and teeth to prevent a disease from developing.

Gingivitis can be managed at home, but once it has progressed into periodontal disease, you should visit your dentist's office for a deep cleaning of your gums and/or teeth. Even if you could see what you were doing, you don't have the tools or the skills at home to completely remove all of the plaque and tartar that house the bacteria.

While a routine professional cleaning may be enough to cure your gums, it frequently leaves enough bacterial deposits on your gums and teeth that the relief is only temporary. A deep cleaning, on the other hand, will be much more likely to restore the health of your gums.

Continue reading for the top three reasons why deep cleaning is so crucial for your dental health:

Reason #1 – Deep cleaning makes your smile look better!

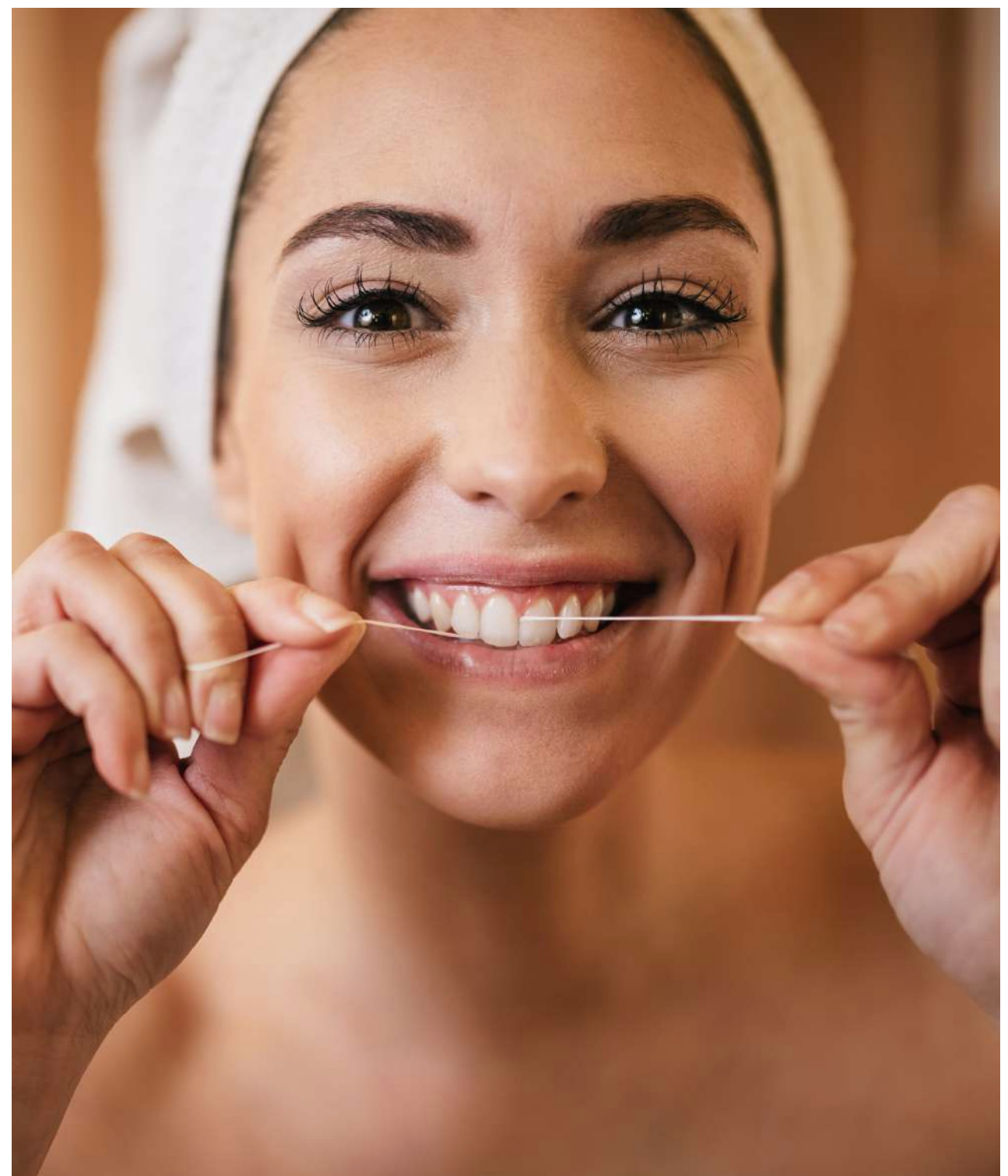
A study revealed that 80% of surveyed Americans (age 18-49) want whiter teeth, and American adults spend more than a billion dollars a year on at-home whitening products.

Even if you do not suffer from gum disease, the removal of tartar and plaque from your teeth eliminates the bacterial accumulations that leave a yellowish tint on your teeth.

In other words, deep cleaning makes your whole smile look whiter and brighter.

As a bonus, your mouth and teeth will feel cleaner all the time, encouraging you to keep a consistent at-home routine.

How cool is that?



Reason #2 – Deep cleaning eliminates tartar.

It is possible to have a substantial accumulation of tartar (calcified and hardened plaque) even if you have no symptoms of gum disease.

There are many straightforward products or tools to remove minor plaque at home, but it is not possible with simple flossing and brushing.

Plaque deposits are incredibly hard, like tiny fortresses for bacteria. That's why some buildup will require a trip to your dentist, who has professional scaling tools to detach the tough tartar deposits.

The simplest and most thorough way, by a wide margin, to eliminate tartar buildup is deep cleaning.



Reason #3 – Deep cleaning treats gum disease.

Keeping up a consistent at-home flossing and brushing routine and visiting your dentist for regular cleaning twice a year is usually enough to prevent gum disease.



But, let's face it. There is no "perfect" system, and many people still develop gum disease.

Once you have gum disease, you must get it treated by a dentist to ensure it is cured.

The dentist will eliminate deep-set pockets of bacteria around your gums and teeth, allowing them to finally heal.

So, What's the Catch?

A deep cleaning seems like a simple answer, but that involves visiting a dentist, which is never simple.

What's more, the products aimed at improving your smile line the shelves of drug stores nowadays.

The only problem? Most of those teeth whitening products use harsh chemicals that can be dangerous to your health and accelerate enamel loss from your teeth.

Even professional whitening at the dentist can cause painful sensitivity, and the methods are uncomfortable and invasive.

But, wait! Don't throw in the towel just yet.

There is a once-a-week method that can give you those pearly white teeth, as well as the other benefits you get from a deep cleaning at the dentist.

It is a completely natural method that only needs a few things you probably have in your pantry already!

This guide will provide you with everything you need to know to have clean, white teeth without the cost and pain associated with visiting a dentist.

Read on to find out more!

Are There Simple Ways to Deeply Clean Your Teeth at Home?

Yes, and this guide will explain them!

Apart from using **ProDentim**, did you know there are other straightforward and painless things you can do to achieve pearly-white teeth?

Yes, you read that right!

Some of the most powerful and effective methods are not well-known in the Western world. Today, we will be revealing them to you.

The methods include:

- the 10-minute “mouth swish method” that removes all traces of plaque;
- the “banana peel method” that gives your teeth an instant glow;
- simple yet powerful recipes to enhance your water flosser;

- tongue exercises that strengthen teeth; and,
- a whole lot more!

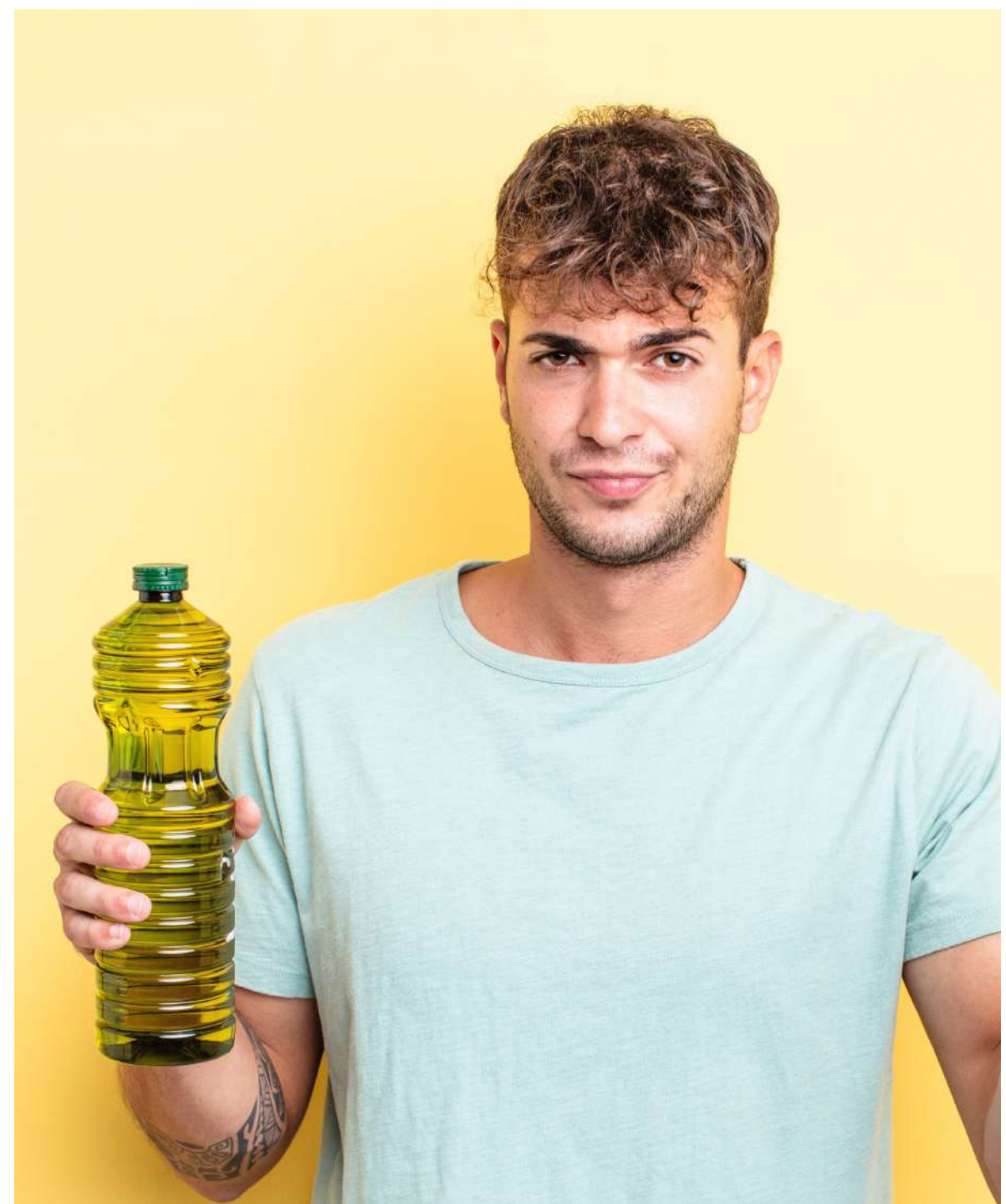
If you're ready to learn more about these easy ways to keep your teeth health and white, keep reading!

Mouth Swish with Oil

Let's get traditional!

The technique “mouth swish with oil,” also called oil pulling, has been used for millennia in Ayurvedic medicine to detoxify the body and improve oral hygiene.

This ancient practice is now gaining popularity in the US. Celebrities like Gwyneth Paltrow, Malin Akerman, Shailene Woodley, and many swear by oil pulling for their oral health. Maybe it's their secret to a healthier, whiter smile!



What is Oil Pulling, and How Does It Work?

Yes, I know, oil pulling sounds bizarre. Its benefits to your oral health, however, are even more shocking.

Oil pulling is just swishing an edible oil, like coconut oil, around your mouth for a while. It's just like using your favorite mouthwash, only it takes a little bit longer and has so many more benefits!

You will need to put a tablespoon of oil in your mouth, then swish it around for 10 to 15 minutes.

The idea behind oil pulling is quite simple—swishing oil around the mouth sweeps away and dissolves bacteria-laden plaques from your teeth and gums.

There are about six billion bacteria from over 700 different species in the average person's mouth. Most of them are helpful citizens of your body's natural ecosystem, while others are malicious invaders.

Streptococcus mutans is a bacterium that consumes sugars and starches and emits acids, making it a primary cause of gum disease and dental decay.

Together, the good and the bad bacteria create a biofilm on the teeth, also referred to as plaque.

Plaques build up naturally and continuously, so it is as normal to find in your mouth as your own teeth.

If, however, the plaque gets out of hand, it will cause you many different oral health problems like cavities, gingivitis, gum inflammation, and bad breath.

What is Oil Pulling, and How Does It Work?

People who have practiced long-term oil pulling report amazing results. This method is believed to clear all the bacteria from your mouth before brushing, and recent studies agree.

One study revealed that pulling with coconut oil daily for 10 minutes reduced the amount of *Streptococcus* bacterium in saliva within two weeks.

In another study, children who used coconut oil for oil pulling reduced the number of *streptococcus mutans* in both saliva and dental plaques. The results reveal that the coconut oil is as effective as a chemical antibacterial chlorhexidine mouthwash.

There are other advantages to oil pulling besides removing traces of plaque:





It Reduces Bad Breath

Around 50% of the adult population of the US suffers from halitosis, known for its primary symptom of chronic bad breath. Some potential causes of this condition include poor oral hygiene, gum disease, infection, or bacteria trapped on the tongue.

An additional study confirmed the finding that oil pulling practice is as effective as chlorhexidine in reducing the bacteria that cause bad breath. In other words, you can use oil pulling as a natural alternative to commercial treatments to reduce bad breath.

It improves Gum Health and Reduces Inflammation

Gingivitis is a disease that causes your gums to become swollen and red, and they will bleed much more easily.

As I mentioned earlier, plaque buildup is caused by the same bacteria that are the primary cause of gingivitis, but I have good news for you!



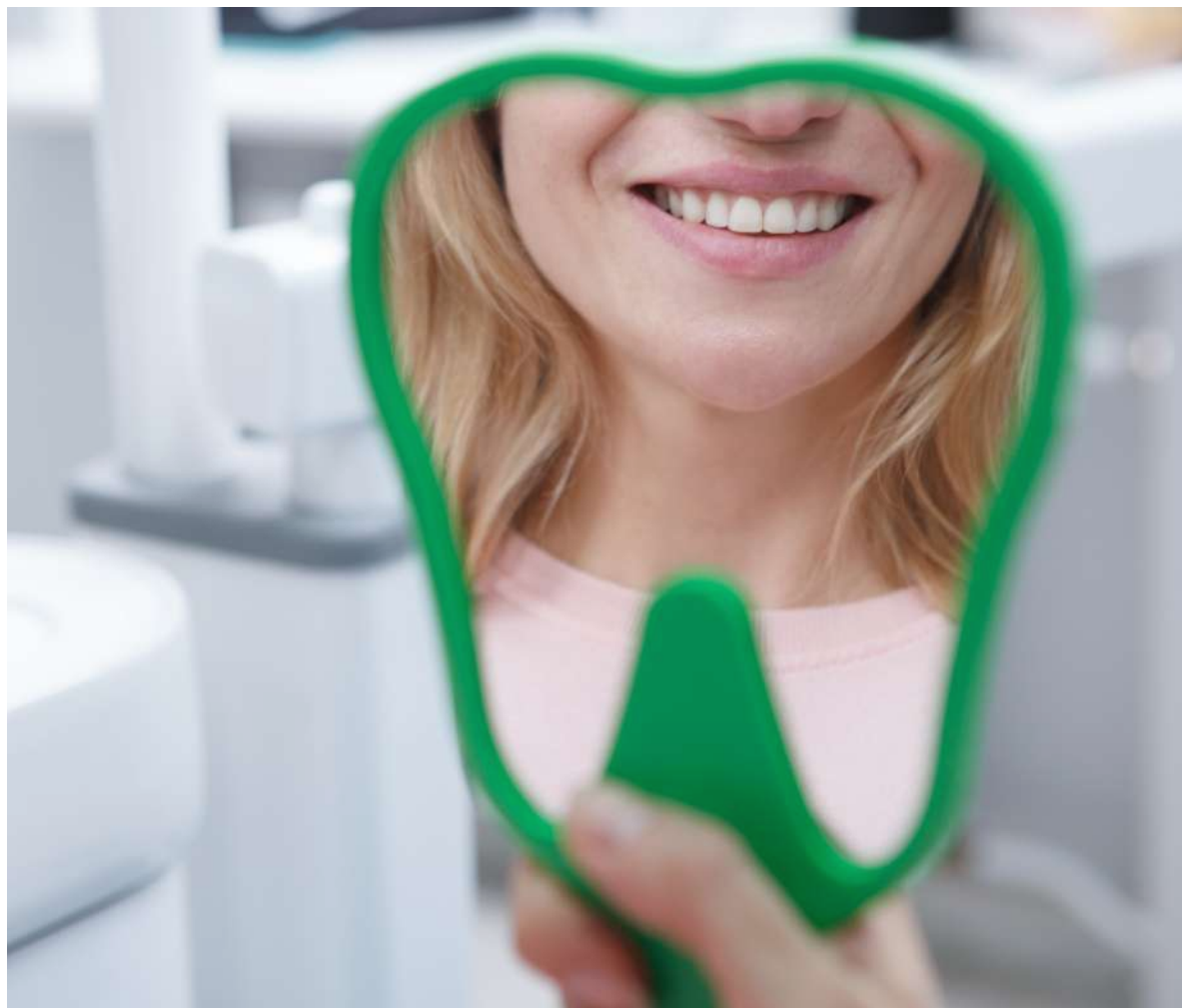
Oil pulling helps reduce inflammation while improving gum health. How amazing is that?

I already mentioned that oil pulling reduces the harmful bacteria and plaque, which contribute to gum disease.

Using oils that also have anti-inflammatory effects will improve the results from oil pulling.

A study revealed that participants who practiced coconut oil pulling for a month reported dental plaque reduction and improved gum health.

In another study, participants that used sesame oil for oil pulling decreased their plaque, improved their gingivitis, and reduced the amounts of harmful bacteria in their mouths.



It Prevents Cavities

Cavities stem from tooth decay. The cause of tooth decay? Bacteria buildup, consuming too much sugar, and poor oral hygiene are the most common causes of tooth decay, and lead to cavities, which are visible holes in the teeth.

Plaque on your teeth also causes cavities. Plaque is a hard structure inhabited by bacteria that feed on the sugar you eat. As they eat and grow the plaque, they release an acid that eats into your tooth enamel, causing tooth decay.

I'm sure you don't want this to happen to you. Fortunately, the reduction in oral bacteria that you get from oil pulling also helps prevent tooth decay.

How to Oil Pull

The best thing about oil pulling is that it is incredibly simple to do. All you need to do is:

- Put 1 to 2 tablespoons of your preferred edible oil in your mouth.
- Swish it around your mouth for 15 to 20 minutes.
- Spit it into a trashcan—Do NOT put it down a drain.
- Rinse your mouth with warm water or saltwater.
- Brush your teeth to eliminate any remaining bacteria.

It may be tempting to spit the oil in the sink or the toilet, but it can wreak havoc on your pipes over time. Instead, spit it directly into a trash can with a liner bag.

You should not have to use much force when oil pulling. If your mouth is starting to feel tired before the 10 minutes is over, you're trying too hard. This can lead to pain or discomfort in your facial muscles, so just relax and slow down a bit!

If you really overdo it or find yourself struggling, you may accidentally inhale some oil into your lungs. Don't push it. You can start out pulling for 3 to 5 minutes, and once you get used to it you can increase the swishing time.

Research and testimonials suggest that the best time to oil pull is on an empty stomach in the morning. You can even save time by doing it while bathing or showering in the morning (just remember not to spit it out in the shower!).

After a week, you will notice better smelling breath and a cleaner mouth.

What Oils Can You Use for Oil Pulling?

Oil pulling works well with different oils (as long as they are edible), and you can easily mix in essential oils. Coconut oil is the most popular option because of its pleasant taste.

Oil Pulling with Coconut Oil

Coconut oil can be used to improve your health in many ways, from moisturizing and protecting your skin to rejuvenating lifeless hair.

This oil is reported to help balance hormones, improve digestion, and help keep your blood sugar balanced. You can also use it to reduce cellulite, moisturize skin, and decrease age spots and wrinkles, and there is even evidence that it can cure a candida infection. It also helps lower LDL cholesterol, increase HDL cholesterol, and improve energy.

Unrefined coconut oil is the ideal option for oil pulling since it has no additives.



Ingredients you need:

- Fresh or dried rose petals of choice (approximately 2-3 cups)
- Rose essential oil (optional)
- Epsom salt or sea salt (about 1 cup)
- A bathtub filled with warm water

Procedure:

1. Put the coconut oil in your mouth.
2. Gently swish it for 10 to 15 minutes.
3. Spit out the oil directly into the trash can.
4. Rinse your mouth with warm water or saltwater.
5. Brush your teeth.



Oil Pulling with Turmeric

Turmeric is an excellent ingredient for oil pulling that cleanses your teeth by getting rid of bacteria in the mouth.

It is effective against viruses and fungus as well. You can even add it to coconut oil pulling for better results.



Ingredients you need:

- ½ teaspoon of organic turmeric powder
- 1 tablespoon of coconut oil (unrefined or extra virgin)
- A glass of warm water or saltwater (½ tsp. salt)

Procedure:

1. Add turmeric powder to coconut oil.
2. Mix well.
3. Put the prepared oil in your mouth.
4. Gently swish it for 10 to 15 minutes.
5. Spit out the oil directly in the trash can.
6. Rinse your mouth with warm water or saltwater.
7. Brush your teeth.



Oil Pulling with Essential Oils

While oil pulling with coconut oil alone works well for many people, you can try adding essential oil to it for better results.

Essential oils are packed with some of the most potent antifungal and antibacterial properties. These oils can safely and easily enhance the coconut oil pulling experience.

Peppermint Essential Oil

Probably your favorite toothpaste contains peppermint flavor. The good news is you can add true peppermint oil to your oil pulling routine. This essential oil has antimicrobial and antibacterial benefits.



Ingredients you need:

- 1-2 drops of peppermint essential oil
- 1 tablespoon of coconut oil (unrefined or extra virgin)
- A glass of warm water or saltwater ($\frac{1}{2}$ tsp. salt)

Procedure:

1. Add peppermint oil to coconut oil.
2. Put the prepared oil in your mouth.
3. Gently swish it for 10 to 15 minutes.
4. Spit out the directly in the trash can.
5. Rinse your mouth with warm water or saltwater.
6. Brush your teeth.



Clove Essential Oil

Clove is loaded with anti-inflammatory and anti-bacterial properties. When you combine clove essential oil with your pulling routine, the germ-fighting benefits increase.



Ingredients you need:

- 1-2 drops of clove essential oil
- 1 tablespoon of coconut oil (unrefined or extra virgin)
- A glass of warm water or saltwater ($\frac{1}{2}$ tsp. salt)

Procedure:

1. Add clove oil to coconut oil.
2. Put the prepared oil in your mouth.
3. Gently swish it for 10 to 15 minutes.
4. Spit out the oil directly in the trash can
5. Rinse your mouth with warm water or saltwater.
6. Brush your teeth.



Lemon Essential Oil

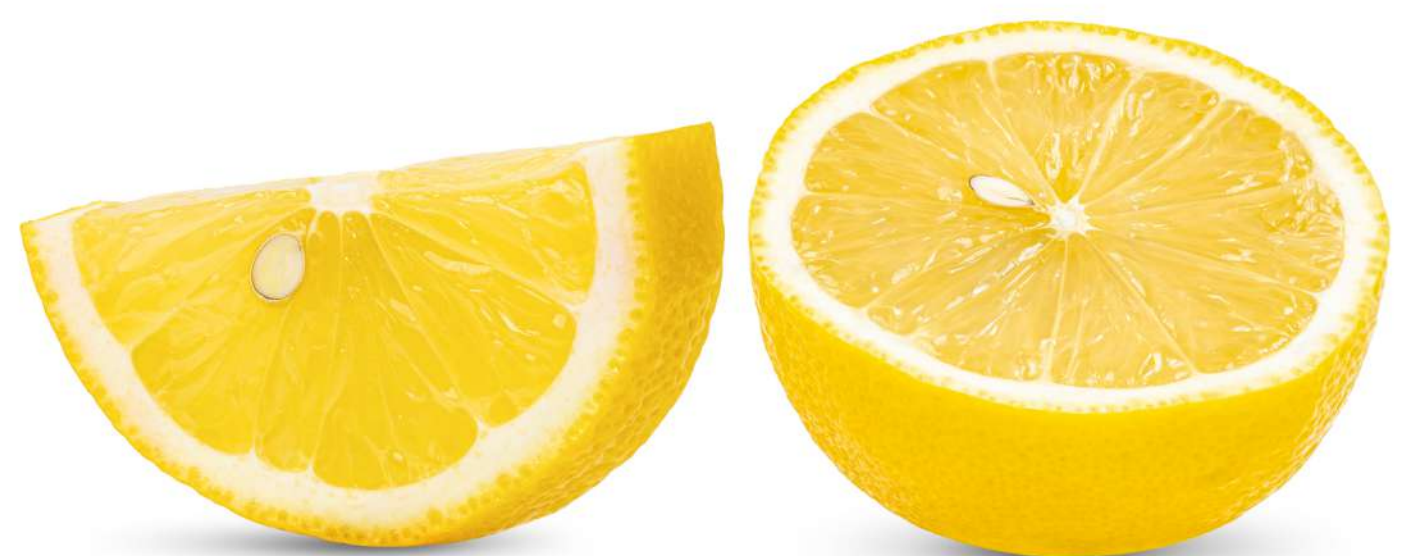
Lemon also helps keep your gums healthy by killing bacteria in your mouth. Its taste is pleasing and can make you feel energized in the morning, so it is an excellent addition to your oil pulling routine.

**Ingredients you need:**

- 1-2 drops of lemon essential oil
- 1 tablespoon of coconut oil (unrefined or extra virgin)
- A glass of warm water or saltwater ($\frac{1}{2}$ tsp. salt)

Procedure:

1. Add lemon oil to coconut oil.
2. Put prepared oil in your mouth.
3. Gently swish it for 10 to 15 minutes.
4. Spit out the oil directly in the trash can.
5. Rinse your mouth with warm water or saltwater.
6. Brush your teeth.



Spearmint Essential Oil

Spearmint essential oil helps add flavor to oil pulling. Spearmint is another very common toothpaste flavor and is also used in gum and candies. This essential oil is rich in antiseptic, anti-inflammatory, and anti-bacterial properties.



Ingredients you need:

- 1 to 2 drops of spearmint essential oil
- 1 tablespoon of coconut oil (unrefined or extra virgin)
- A glass of warm water or saltwater ($\frac{1}{2}$ tsp. salt)

Procedure:

1. Add spearmint oil to coconut oil.
2. Put the prepared oil in your mouth.
3. Gently swish it for 10 to 15 minutes.
4. Spit out the oil directly in the trash can.
5. Rinse your mouth with warm water or saltwater.
6. Brush your teeth.



Is Oil Pulling Safe?

Not all people are the same. Some people may experience mucous release in their noses or throats. Beware that swishing can cause release of the sinuses, leading to drainage.

Oil pulling is a harmless process, however you may experience discomfort.

Some individuals experience soreness; they are advised to swish more gently.

You can also try reducing the swishing time, e.g., only swishing for 8 minutes if you were swishing for 15. Once you get used to the process, you can go back to your preferred swishing time.

In some cases, the gag reflex is triggered with oil pulling. If this happens to you, lean your head forward slightly and reduce the quantity of oil on your next swish. You can also warm the oil to thin it and reduce the risk of gagging.

Banana Peel for Instantly Whiter Teeth

Bananas are a tasty and healthy fruit that you can enjoy in many ways. You can make banana chips, a banana smoothie, a banana split, or mix it with cereals or desserts.

The fun, however, does not stop there. You can also use its peel to whiten your teeth.

This fruit peel can give you an instant glow after rubbing it on your teeth. Yes, you read it right.

So, do not throw away the peel the next time you eat bananas.



Can Banana Peel Really Whiten Teeth?

Banana peels are high in potassium, manganese, and magnesium, which help whiten teeth. It also helps kill harmful bacteria in the mouth.

According to New York-based dentist Gerry Curatola, when potassium, manganese, magnesium, and other minerals are absorbed by tooth enamel, they help brighten the teeth.

Aside from these minerals, banana peels are not abrasive. The fruit peel is soft and smooth, so it will not scratch your tooth enamel while rubbing.

How to Use Banana Peel to Whiten Teeth

Banana peel is a cheap and natural ingredient to whiten your teeth. After you enjoy eating the fruit, you can save the peel to add to your whitening routine.



Ingredients you need:

- Banana peel

Procedure:

1. Choose a banana. Go for a ripe one, because it contains the most of those essential minerals. Avoid bananas that are overripe and black.
2. Peel the banana. Remove a single strip of the peel, starting from the bottom (the end without the stem), and being careful to leave the remaining sections intact. You can use the remaining peel over the next few days.
3. Rub the peel against your teeth. Press the inside part of the banana peel gently against your teeth and rub it back-and-forth against both your top and bottom teeth until some banana paste has accumulated.
4. Coat your teeth with a layer of banana paste. Spread the paste with your finger to ensure all teeth are entirely coated with the banana paste, then let it sit for about 10 minutes to work its magic.
5. Keep your mouth open. Keeping your lips away from your teeth or your mouth open may cause you a bit of discomfort, but it prevents the paste from rubbing off.
6. Brush your teeth using gentle circular motions for about 1 to 3 minutes. Use a soft-bristled brush to remove any excess paste, bacteria, etc.

Do not assume that you will see results after a single treatment. You will need to rub a banana peel against your teeth every day and should start to see results in one to two weeks.

It will be difficult to see the gradual changes in the color of your teeth over the treatment, so I recommend taking before-and-after photos. To avoid problems with inconsistent lighting and camera position, use any white object to place next to your teeth as a comparison in both photos.

Saltwater + Baking Soda + Mouthwash Added into Water Flosser

Do you regularly brush your teeth but still not get the cleaner and whiter results you want? Well, maybe it's time to try this three-ingredient mix that you can add to the already powerful water flosser.

I am talking about saltwater, baking soda, and mouthwash, and the revolutionary dental



Why Saltwater?

You can boost your oral health by adding saltwater into your dental hygiene routine.

Don't worry—making a saltwater rinse or gargle is simple. All you need to do is add ½ teaspoon salt (sea salt is best) to one cup of warm water. Mix it well until the salt is completely dissolved.

Here are a few benefits of using saltwater:

It Prevents Bad Breath.

Regular use of saltwater rinsing helps avoid bad breath. The salt's alkalinity decreases the number of bacteria that cause bad breath on the back of your tongue.



It Soothes a Sore Throat and Swollen Gums.

Is your throat irritated, swollen, or sore? Then gargling with saltwater would help.

Salt gets any excess water out of the tissues, slightly reducing discomfort and inflammation. Saltwater will give you a soothing effect if you have inflamed gums, which you may experience during gingivitis' early stages.



Many dentists suggest using warm saltwater alongside your water flosser. The flosser delivers saltwater to hard-to-reach areas like inside gum pockets. It helps get rid of bacteria in that area that can make your gingivitis worse.

It Speeds Up Healing of Sores and Wounds.

If you have undergone recent dental work like gum-line filling, dental implant, or tooth extraction, saltwater will help with the healing process.



Many studies show that a saltwater rinse helps speed up the healing process for injured gums. Not only that, but salt is also an all-natural ingredient with a soothing effect and fights bacterial buildup. It helps reduce inflammation related to gum injury.

It Neutralizes Acid Attacks and Reduces Plaque Buildup.

Each time we eat, the colonies of bacteria in our mouth feed on sugars and starches found in the food. These bacteria secrete an acid that can cause damage to tooth enamel.

Good thing saltwater can counter that acid secretion! It decreases bacterial proliferation while also neutralizing the acids since it alkaline (high PH).

Why Baking Soda?

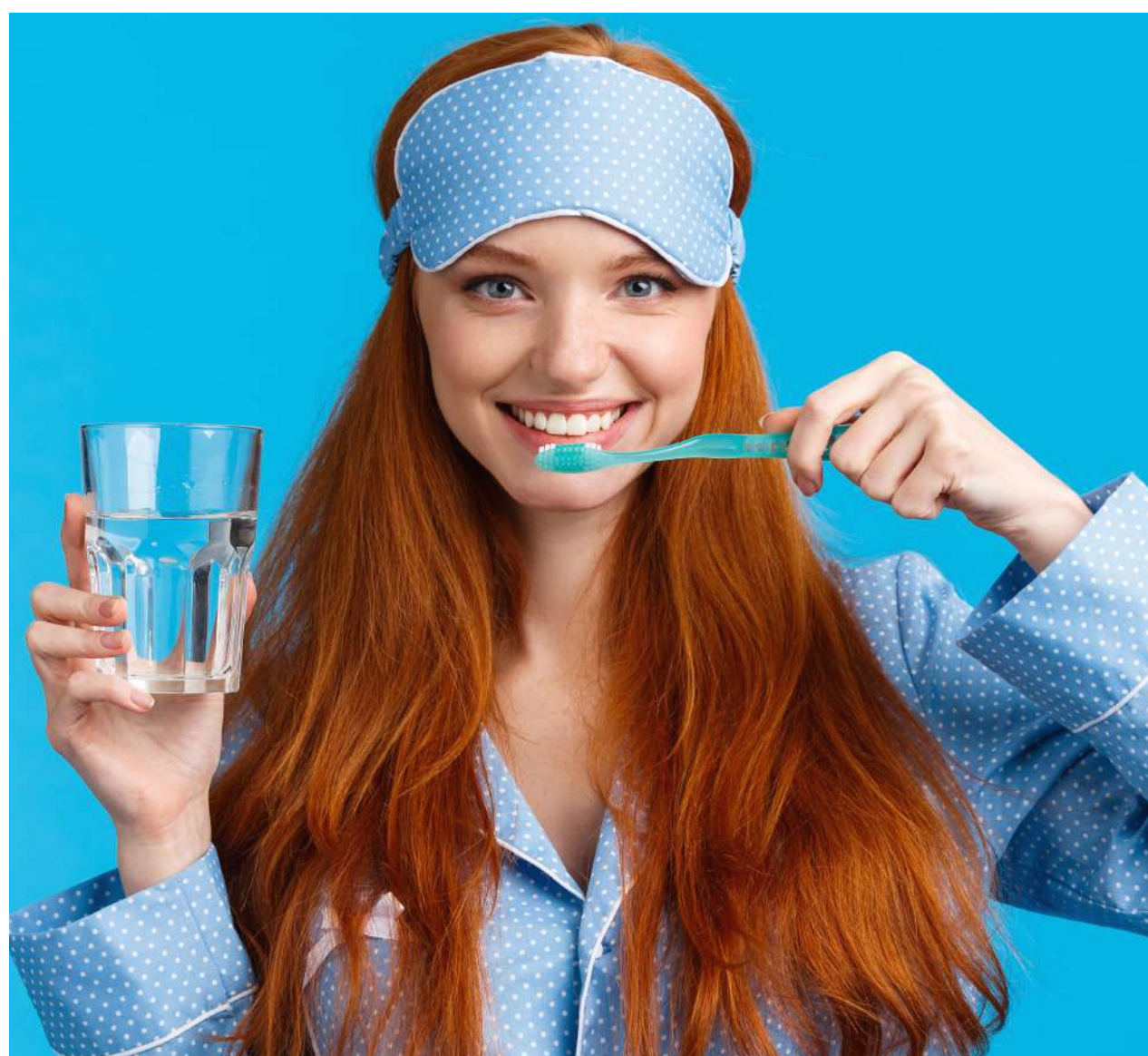
Baking soda, or sodium bicarbonate, is one of the most common household items with over 90% of homes in America keeping at least one box. Whether it's kept for cleaning, baking, putting out grease fires, or keep deodorizing your fridge, there's probably a box somewhere in your home.



This natural ingredient also helps remove bacteria and plaque buildup. A 2012 study revealed that participants who used toothpaste with baking soda noticed whiter teeth and lesser tooth stains. They saw those results after just 6 weeks!

Meanwhile, a 2017 review found that toothpaste containing baking soda is safe and effective for whitening teeth and removing stains. It can also be used every day.

Baking soda is mildly abrasive, making it excellent for whitening your teeth. It is also salty and alkaline, which fades acid-based food stains on your teeth, like those from red wine, tea, or coffee.



Why Mouthwash?

Brushing and flossing are a powerful combo to avoid oral health problems. Adding mouthwash can improve these results.

Mouthwash helps fight gingivitis and tooth decay while promoting healthy teeth and gums. It comes in two types: therapeutic and cosmetic.

Cosmetic mouthwash offers a fresh and pleasant taste and temporarily controls bad breath. As with therapeutic mouthwash, it has ingredients that help reduce or control conditions like tooth decay, plaque, gingivitis, and bad breath. Some active ingredients found in therapeutic mouthwash include peroxide, fluoride, essential oils, chlorhexidine, or cetylpyridinium chloride.

Cosmetic mouthwash is suitable for masking bad breath, while therapeutic mouthwash is ideal for killing bad breath-causing bacteria.

To give you a bigger picture, here are the benefits you can get from using mouthwash:

It Reduces Bacterial Growth.

Therapeutic mouthwash helps avoid different gum diseases like gingivitis by reducing the number of bacteria and plaque. You can reduce the risk of developing gum disease by using mouthwash regularly.

Mouthwash with fluoride helps reduce tooth demineralization and cavities when used regularly.

It Whitens the Teeth.

While mouthwash may not have the immediate results of a whitening treatment, some therapeutic mouthwashes can whiten your teeth over time.

If your goal in using mouthwash is to whiten your teeth, go for the one that contains hydrogen peroxide or carbamide peroxide.

A word of caution: tooth staining is one of the most common side effects of antibacterial mouthwash. So, be extra careful and avoid a mouthwash that contains chlorhexidine (CHX), an ingredient that causes temporary tooth stains. You can ask your dentist if you are not sure which whitening mouthwash you should use.

It Promotes Fresh Breath.

Getting fresh breath is a common benefit of using mouthwash. While it does give you good breath, this doesn't last long.

Even so, it leaves a cool and sweet taste as it kills bacteria that cause bad breath. You can also choose from a variety of flavors.

It Prevents Plaque.

Most mouthwashes help prevent plaque buildup. However, they cannot remove the plaque that already accumulated so ensure to still brush your teeth regularly.

It Fights Cavities.

Mouthwash is also helpful in preventing cavities from developing. It can make your tooth enamel stronger and usually contains fluoride. Check the label of the mouthwash to see if it has fluoride.

What is a Waterpik?

The Waterpik is a water flosser that helps keep your teeth and gums healthy. If you are unsure which model to pick, you can try the Waterpik personal model WP-660.

Water flossers like Waterpik effectively rinse out food particles and bacteria from the spaces between teeth as well as the gum line. They increase the oxygen in the spaces between your teeth, making it much harder for harmful bacteria to grow.



much harder for harmful bacteria to grow.

Waterpik is useful for deep cleaning around braces, bridgework, and crowns. Beware that the water flosser does not replace brushing or flossing.

How to Use Saltwater + Baking Soda + Mouthwash with Water Flosser

You can use Waterpik any time of the day, whether before or after brushing. Just make sure to use it daily. The best part is that you can add natural ingredients and your favorite mouthwash to the reservoir to greatly boost its usefulness.

Note: If you have a model with a small reservoir in the handle, cut the ingredients in half and mix in a resealable container with 1 cup of saltwater, prepared as described before with ½ tsp. of salt. Fill the reservoir from your container and refill for future uses.

**Things you need:**

- Water flosser with reservoir holding saltwater with space for additions
- -E.g., WP-660 reservoir holds 650mL, so fill with ~500mL/2 cups saltwater
- 2 tablespoons of baking soda
- A capful of mouthwash (~1 fluid ounce/30mL)

Procedure:

1. Add 2 tablespoons of baking soda to the saltwater reservoir.
2. Add a capful of mouthwash and mix well.
3. Get the water flosser and put its tip in the mouth.
4. Avoid a mess by leaning over the sink.
5. Turn the water flosser on.
6. Hold the flosser's handle to the teeth at a 90° angle.
7. Water will spray out in quick, steady pulses.
8. Start at the back of the mouth and then work your way around the front.
9. Focus the water flosser on top of the teeth, the gum line, and the spaces between teeth.
10. Do not forget the inside surfaces of the teeth.
11. Use the water flosser for up to 2 minutes.
12. Empty the water reservoir to prevent bacterial growth.

WAIT—I have a bonus for you! I prepared several DIY mouthwash recipes that can help with your cleaning and whitening goals for your teeth.

Creating DIY mouthwashes will allow you to add or remove ingredients to target your specific oral health concerns. You can adjust the ingredients to match your preference.

Besides being customizable, homemade mouthwashes are eco-friendly (no plastic bottles!) and inexpensive. You can even store them in reusable glass bottles.

Green Tea Mouthwash

Mouthwash with green tea as the main ingredient helps decrease sulfur compounds that cause oral health issues like bad breath. It helps decrease inflammation associated with gingivitis and reduces plaque buildup.



Ingredients you need:

- 1 packet of green tea (matcha)
- 1 cup of water
- ½ teaspoon of L-arginine
- ½ teaspoon of calcium carbonate
- ¼ teaspoon of baking soda
- ½ or 1 tablespoon of melted xylitol

Procedure:

1. Add all ingredients to a high-speed blender or jar with a lid.
2. Blend or shake well until well-combined.
3. Swish 1 tablespoon of green tea mouthwash in your mouth for 30 seconds to 1 minute.
4. Store the unused mouthwash on the counter or keep it in the fridge for up to 2 weeks.
5. Swish with this mouthwash 1 to 2 times daily for best results.

Aloe Vera Mouthwash

Aloe vera mouthwash is great for those suffering from inflammation and gingivitis. The anti-bacterial and anti-inflammatory properties of aloe vera help relieve inflammation.

Not all essential oils are formulated for ingestion. Check the label to be sure it is safe to eat.

Check with your doctor or pharmacist before consuming Aloe vera if you have, or take the medication to treat, any conditions affecting blood coagulation or blood-sugar levels.

Ingredients you need:

- ½ cup of aloe vera juice
- ½ cup of distilled water
- 1 ½ teaspoon of baking soda
- 3 drops of your preferred edible essential oil



Procedure:

1. Add all ingredients to a glass bottle or jar with a lid.
2. Shake well until the baking soda is completely dissolved and other ingredients are well-combined.
3. Add the essential oil of your choice to enhance the mouthwash's flavor. Start with ones that you expect to taste good, like peppermint, cinnamon, or lavender.
4. Swish a small amount of mouthwash in your mouth for 20 to 30 seconds.
5. Spit the mouthwash down the drain.
6. Store unused portion in the fridge and use it within 2 weeks.

Salty Mouthwash

You can use sea salt to create your own mouthwash. It helps with inflammation and tooth pain due to its anti-inflammatory and anti-bacterial properties.

This mouthwash also helps with gum issues and cleans stains on the teeth. Since it contains baking soda, it can whiten your teeth.



Ingredients you need:

- 2 teaspoons of baking soda
- 1 teaspoon of sea salt
- 1 cup of distilled water

Procedure:

1. Bring the distilled water to a boil.
2. Let the water cool until warm.
3. Add the baking soda and sea salt to the water.
4. Mix well until all ingredients are completely dissolved.
5. Once cool, pour the mixture into a glass bottle or jar with a lid.
6. Swish a small amount of mouthwash for 20 to 30 seconds.
7. Spit the mouthwash down the drain.
8. Store unused portion in the fridge for up to 2 weeks.

Tea Tree Oil and Peppermint Mouthwash

This DIY mouthwash is suitable for irritated gums and bad breath. Tea tree oil and peppermint are natural antiseptics that kill the bacteria which cause bad breath, helping to relieve irritated gums.

Ingredients you need:

- 10 drops of edible peppermint essential oil
- 6 drops of edible tea tree essential oil
- 1 cup of distilled or purified water



Procedure:

1. Add all ingredients to a glass bottle or jar with a lid.
2. Shake until well combined.
3. Swish a small amount of mouthwash for 20 to 30 seconds.
4. Spit the mouthwash down the drain.
5. Keep the unused mouthwash in the fridge for up to 2 weeks.
6. Shake well before each use.



Minty Clove Mouthwash

Minty clove is another homemade mouthwash flavor that combats bad breath. Cinnamon, peppermint, and clove all have antibacterial properties which fight bad breath. Clove oil is even used by dentists to prevent drying and infection of the socket after a tooth extraction.

**Ingredients you need:**

- 1 teaspoon of whole cloves
- 1 teaspoon of ground cinnamon
- 4 drops of peppermint essential oil
- 1 cup of water

Procedure:

1. Bring the water to a boil.
2. Add cloves, peppermint, and cinnamon.
3. Remove from heat and let the spices infuse for 10 minutes.
4. Strain the mixture using a fine-mesh strainer or coffee filter.
5. Pour the mixture into a glass bottle or jar with a lid.
6. Swish a small amount of mouthwash for 20 to 30 seconds.
7. Spit the mouthwash down the drain.
8. Keep the unused mouthwash in the fridge for up to 2 weeks.

pH-Balancing Mouthwash

This mouthwash is helpful if you frequently consume acidic foods and beverages like kombucha, red wine, and coffee. Remember that high acid concentrations in your food break down your tooth enamel, leading to cavities, gingivitis, and bad breath.

This mouthwash removes bacteria and neutralizes acid that causes tooth decay and plaque.

Ingredients you need:

- ½ teaspoon of spirulina
- ½ teaspoon of calcium carbonate
- ¼ teaspoon of baking soda
- ¼ teaspoon of xylitol
- 1 cup of water



Procedure:

1. Add all ingredients to a high-speed blender or glass jar with a lid.
2. Blend or shake until well combined.
3. Swish a small amount of mouthwash for 20 to 30 seconds.
4. Spit the mouthwash down the drain.
5. Keep the unused mouthwash in the fridge for up to 2 weeks.
6. Gently shake or stir the mouthwash before each use.

Turmeric Mouthwash

You can use this homemade mouthwash to reduce irritation and inflammation and prevent tooth decay. Turmeric contains curcumin, which protects the mouth against gingivitis and gum disease and reduces inflammation.

This ingredient helps reduce tooth staining and prevents plaque buildup. The mouthwash also contains L-arginine, which reduces the risk of developing cavities.



Ingredients you need:

- 4 to 5 cloves
- ½ teaspoon of turmeric powder
- ½ teaspoon of l-arginine
- ½ teaspoon of baking soda
- ½ teaspoon of calcium carbonate
- 1 cup of water

Procedure:

1. Soak cloves in one cup of water for minimum 1 hour / maximum 24 hours.
2. Remove the cloves from the water.
3. Pour the water into a reusable glass jar and add all other ingredients.
4. Fasten the lid and shake to combine.
5. Swish a small amount of mouthwash for 20 to 30 seconds.
6. Spit the mouthwash down the drain.
7. Keep the unused mouthwash in the fridge for up to 2 weeks.

Sage and Salt Mouthwash

Sage tea offers several health benefits, while saltwater helps kill bacteria and reduce inflammation. Combining these two ingredients in a homemade mouthwash will give you an all-natural antibacterial mouthwash.

Ingredients you need:

- 6 organic sage leaves
- 1 teaspoon of sea salt
- ½ cup of filtered water



Procedure:

1. Put the sage leaves into a reusable glass bottle.
2. Dissolve the Himalayan pink salt in the boiling water.
3. Wait until the salt is completely dissolved.
4. Pour the saltwater into the glass bottle.
5. Gently shake to combine well.
6. Let it cool.
7. Swish a small amount of mouthwash for 20 to 30 seconds.
8. Spit the mouthwash down the drain.
9. Keep the mouthwash in the fridge for up to 2 weeks.

Clove and Rosemary Mouthwash

This homemade mouthwash will not only freshen your breath but also fight harmful bacteria in your mouth. Plus, it is easy to make.

**Ingredients you need:**

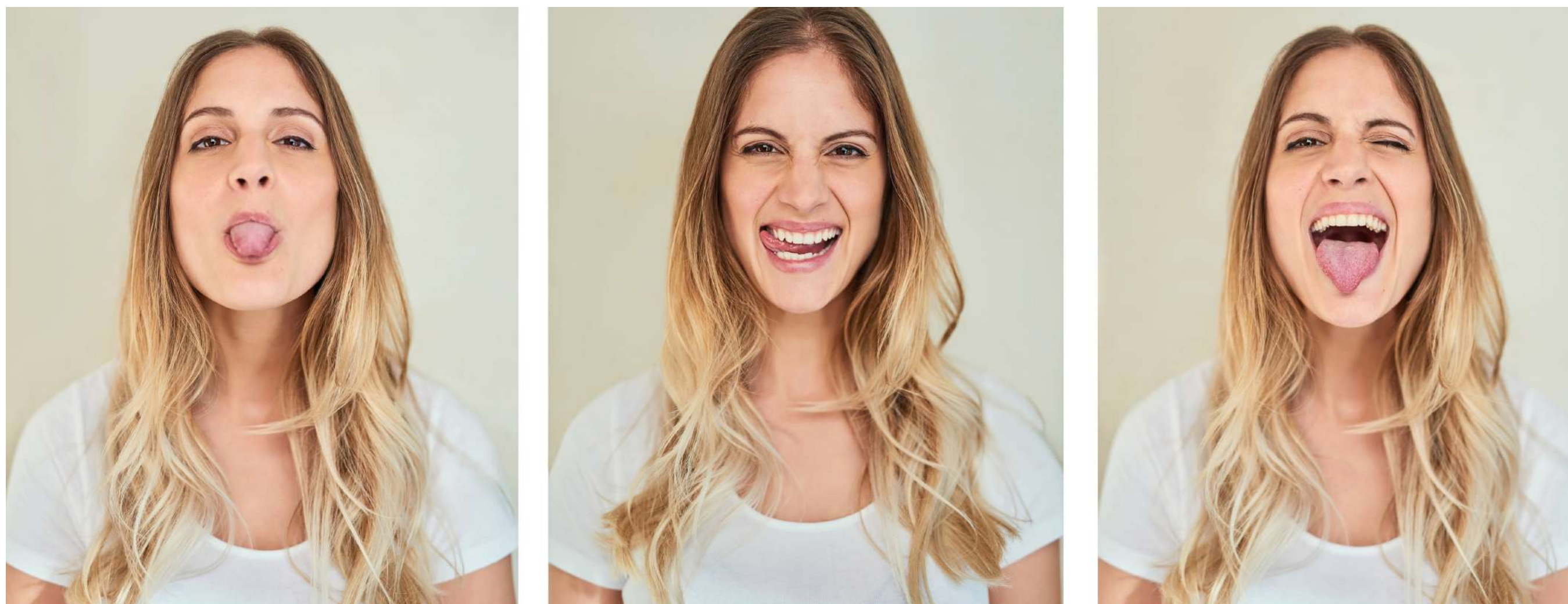
- 9 whole cloves
- 1 teaspoon of chopped fresh rosemary leaves
- 1 teaspoon of chopped fresh mint leaves
- 2 cups of water

Procedure:

1. Bring the water to a boil.
2. Add the cloves, rosemary leaves, and mint leaves.
3. Simmer for 20 minutes.
4. Let it cool.
5. Pour the mouthwash into a glass jar with a lid.
6. Swish a small amount of mouthwash for 20 to 30 seconds.
7. Spit the mouthwash down the drain.
8. Keep the unused mouthwash in the fridge for up to 2 weeks.

I hope the above homemade mouthwashes will help you improve the condition of your mouth. You can find most of the ingredients already in your kitchen. Cool, right? You do not have to spend a lot of money to deep clean your teeth and improve your oral hygiene. Simple household items are sometimes enough to solve your oral health concerns.

Tongue Exercises That Strengthen Teeth



Did you know that tongue exercise can strengthen your teeth? You read that right; exercising your tongue benefits the health of your teeth.

You may not know it, but tongue exercise can provide several benefits.

If you perform tongue exercises, you can correct abnormal swallowing patterns. The purpose of tongue exercises is to increase awareness of the problem. It helps to enhance your tongue coordination and strength.

Through repetition of tongue exercises, you can learn the proper swallowing pattern.

Why is your tongue Important?

It can't be denied that your tongue is an essential part of your body. I will explain further why your tongue is important for your oral health and why you should begin performing tongue exercises.

Your teeth are very strong, but even a small force, over time, will pull your teeth and their supporting arch out of alignment.

An abnormal swallowing pattern, as well as other unconscious habit, can cause you to press your tongue too frequently against your teeth. This results in improper alignment of the dental arch and the attached teeth. Ultimately, it can also lead to speech disorders and periodontal disease.

Your tongue is one of the many muscles which work together in various phases of swallowing and chewing. It is a key participant in the swallowing mechanism.

The tongue moves the food around your mouth and helps to create the food bolus (lubricated and chewed ball of food) to be easily swallowed. Your tongue is also crucial for transporting the food bolus back to the pharynx, where it can be channeled to the esophagus by other muscles

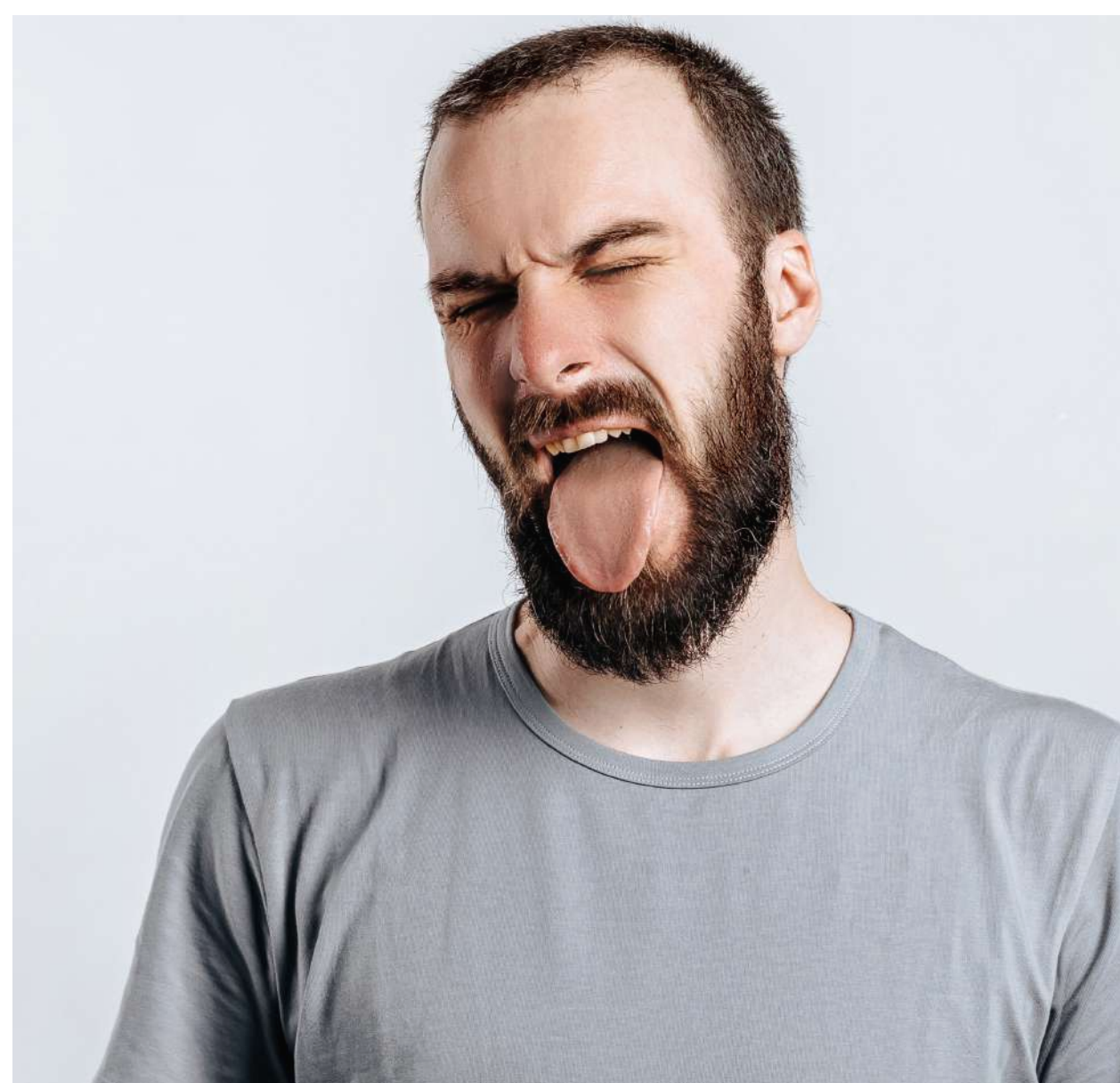
What are the Benefits of Tongue Exercises?

Tongue exercises can help improve muscle tone, reducing obstruction of your airway and improving breathing, especially while sleeping.

These exercises can also increase tongue and palate strength to reduce snoring and improve your breathing while asleep.

Physical therapy exercises for the face and tongue are called myofunctional therapy. These exercises can help improve tongue coordination and strength, improving your chewing and swallowing, and even helping to improve the clarity of your speech.

Tongue exercises have also been linked to the relief of various conditions related to tension of facial muscles.



Is there any potential risk to tongue exercises?

Performing tongue exercises is safe.

If you feel discomfort or pain while doing tongue exercises, reduce the repetitions or stop for a day or two. If the discomfort does not improve, speak with a health care practitioner.

Proper Tongue Posture

Proper placement and posture of your tongue while in its resting position is the goal. The ideal position of the tongue is touching the roof of your mouth, rather than settling it at the bottom of your mouth.



Proper placement and posture of your tongue while in its resting position is the goal. The ideal position of the tongue is touching the roof of your mouth, rather than settling it at the bottom of your mouth. Make sure not to let your tongue press against the backs of your teeth. This will lead to tooth alignment problems over time.

According to Dr. Ron Baise, a dentist in London, the tongue should touch the roof of your mouth while resting. It should not touch the bottom of your mouth. He added that the front tip of the tongue should be a half inch away from the front teeth.

Poor tongue posture can place your tongue in the way of growing teeth and lead to such problems as tooth grinding, sleep apnea, snoring, speech impediments, tongue thrust, and mouth breathing.

You can try the following tongue exercises to strengthen your teeth.

Tongue Thrust Exercises

Chew a stick of sugarless bubble gum or gum. Once the gum becomes soft, move it on the tip of your tongue and push it against the back of your upper teeth.

Flatten the bubblegum against the teeth and all over the top of your mouth until the coat becomes thin, covering as much as the top of your mouth as possible. Don't spread it too far back or you may gag.

Next, remove the flattened bubblegum and roll it to a ball using your tongue. Hold the gum ball between the back of your teeth and tongue tip.

Then, push it slowly backward with your tongue. Stretch it from your teeth to the back of your mouth. Only use your tongue throughout the exercise. Repeat until your tongue is tired.



Tongue Posture Exercise

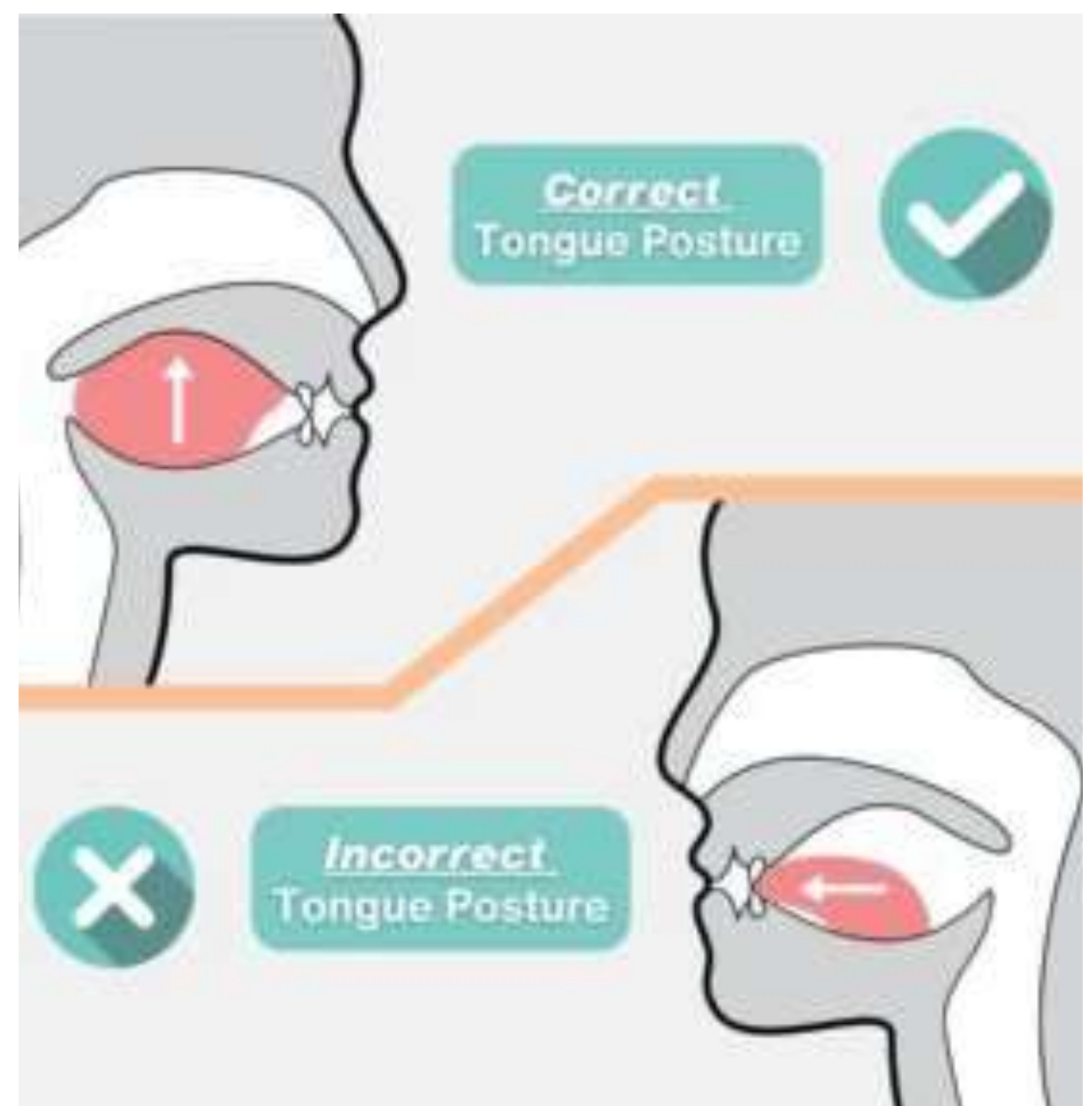
Place the tip of your tongue against the hard palate on the roof of your mouth, above your top teeth.

Next, pull the rest of your tongue flat against the roof of your mouth using suction.

Let your mouth close.

Hold it and breathe normally if possible.

You can repeat this exercise several times during the day.



More Tongue Exercises



Are you ready to add “Tongue Day” to your workout schedule?

Here is a full exercise routine for your tongue:

1. Open your mouth as widely as possible and touch the tip of the tongue to the front palate or upper teeth for 3 to 5 seconds. Repeat 5 to 10 times.
2. Stick your tongue out as far as you can and leave it for about 10 seconds. Repeat 5 to 10 times.
3. Open your mouth, then touch the tip of your tongue to the back of the roof of your mouth for 3 to 5 seconds. Repeat 5 to 10 times.
4. Move the tip of the tongue across the roof of your mouth from the front (behind the upper teeth) to the back (where your soft palate starts). Repeat 10 times, reaching as far back as you can. Repeat 5 to 10 times.
5. Bring the tip of your tongue to the very back of the roof of your mouth. Hold for around 10 seconds. Repeat 5 to 10 times.
6. Stick your tongue out as far as possible. Press the tip of your tongue firmly against a spoon or other clean object for 5 seconds. Repeat 10 times.
7. Press the tip of your tongue against the inside of one cheek for 5 seconds. Repeat 6 to 10 times, alternating sides with each repetition.

Other Hacks to Deep Clean your Teeth at Home

There are other ways to deeply clean your teeth besides visiting the dentist, even at home. These hacks will help you clean your teeth without spending much of your money.

Baking Soda

One hack for cleaning your teeth is using baking soda. It is effective to remove plaque from your teeth.

Mix a teaspoon of baking soda, a pinch of salt, and some toothpaste. Scoop the mix up with the bristles of your toothbrush and brush your teeth with this.

You should rinse your mouth with lukewarm water.

Only use this technique twice weekly since excessive use can harm your tooth enamel.



Guava

The leaves and fruit of guava are effective and powerful aids to plaque and tartar removal. They also help reduce swelling of the gums.

You only have to chew clean guava leaves and spit them out.

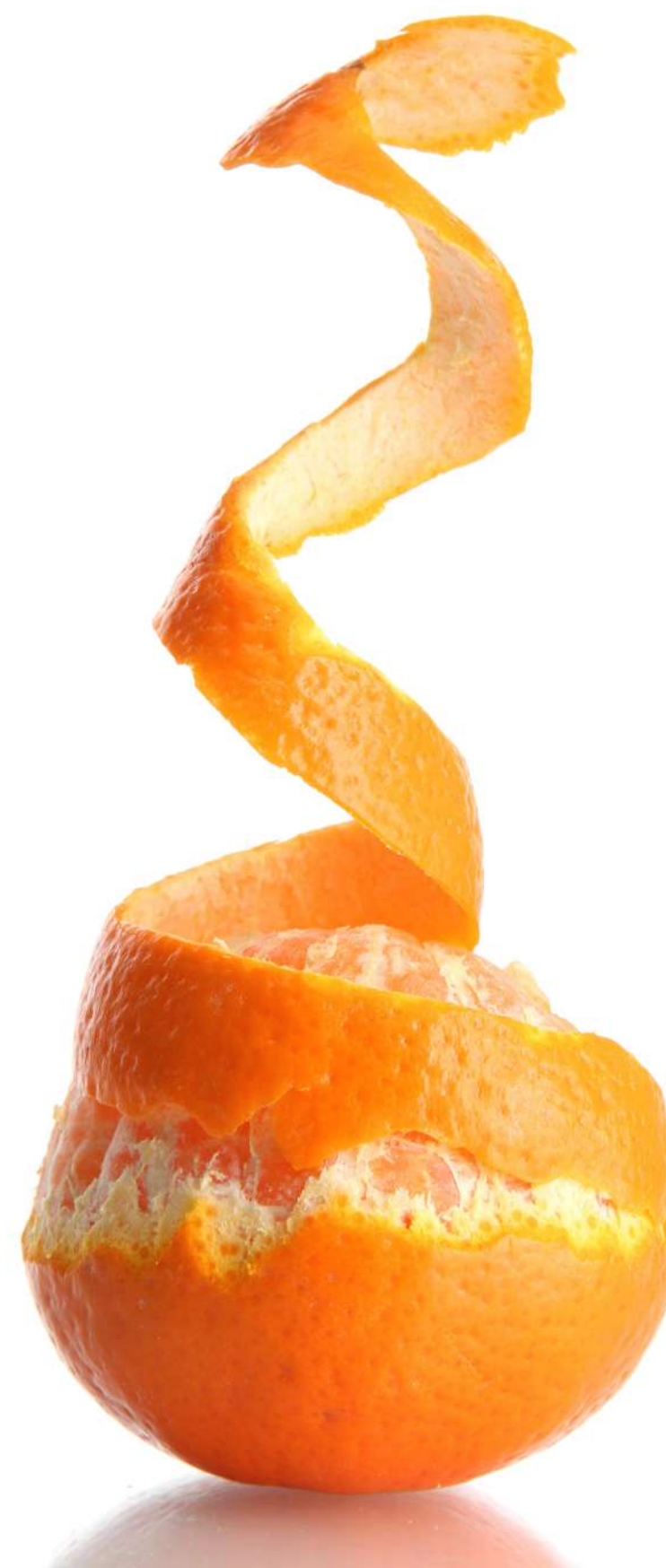
You can also sprinkle salt on unripe guava and chew it once or twice daily.

Orange Peel

You can directly use the peels to clean your teeth. Get a piece of orange peel and rub it against your teeth for 2 minutes. You can leave the oil on and wash it later.

It is also a good idea to make a paste from it and scrub it on your teeth. Then, rinse your mouth using warm water. You can repeat 2 or 3 times a week.

Orange peel is an effective and affordable way to remove tartar from your teeth.



Use Vitamin C Rich Foods

Foods rich in Vitamin C, including tomatoes and strawberries, can also help clean your teeth deeply. They have antimicrobial properties and work to remove bacteria from your mouth, which also prevents the buildup of tartar.

Mash together a pulp of strawberries and tomatoes and apply it to your teeth.

Leave it there for about 5 minutes then rinse it off. You can repeat this twice a week until you observe a difference.

According to a review, vitamin C deficiency can increase the risk of periodontitis.

Aloe Vera

Although Aloe Vera is a bit bitter, it can be an excellent choice to remove tartar from your teeth. You can use it with other ingredients to create a paste for cleaning your teeth.

Get the following:

- 1 tsp. Aloe Vera gel
- 4 tsp. vegetable glycerin
- 2-5 drops edible essential oil
- 5 tbsp. baking soda
- water, if necessary to form the paste

Mix the ingredients well then scrub them into your teeth.

You can repeat this every day until the plaque and tartar are removed. Then, you can do this every 3 to 4 days.



Activated Charcoal

You can also use activated charcoal to remove stains from your teeth. It is highly absorbent and is believed to remove stains and pigments.

Activated charcoal also absorbs toxins and bacteria in the mouth. Some kinds of toothpaste have activated charcoal as a whitener.

You can open a capsule of activated charcoal and tap some out on your toothbrush. Brush your teeth gently using small circles for about 2 minutes.

Be careful, especially with your gums, since charcoal is abrasive. You should not brush aggressively. Do not use more frequently than once every few months.

You can also apply some activated charcoal on your teeth by sprinkling or dabbing some on with a cotton swab if you have sensitive teeth. Leave it for 2 minutes before rinsing and gently brushing away the charcoal.

You can even mix activated charcoal with some water and make it your mouthwash.

Swish the solution for up to 2 minutes then spit it out. Thoroughly rinse your mouth with clean water after you use the activated charcoal.

Eat Vegetables and Fruits with Higher Water Content



It is also believed that eating raw vegetables and fruits with high water content is helpful for maintaining the health of your teeth. The extra water helps flush the plaque-forming bacteria from your gums and teeth, preventing yellow teeth.

I suggest you chew crunchy vegetables and fruits after every meal to increase your saliva production. It is beneficial for removing food particles that get stuck in your teeth.

It also helps to eliminate harmful acids. According to a 2012 study, toothpaste that contains bromelain and papain extract can remove stains.

Papain is an enzyme that can be found in papaya, and bromelain is an enzyme found in pineapple.

Hydrogen Peroxide

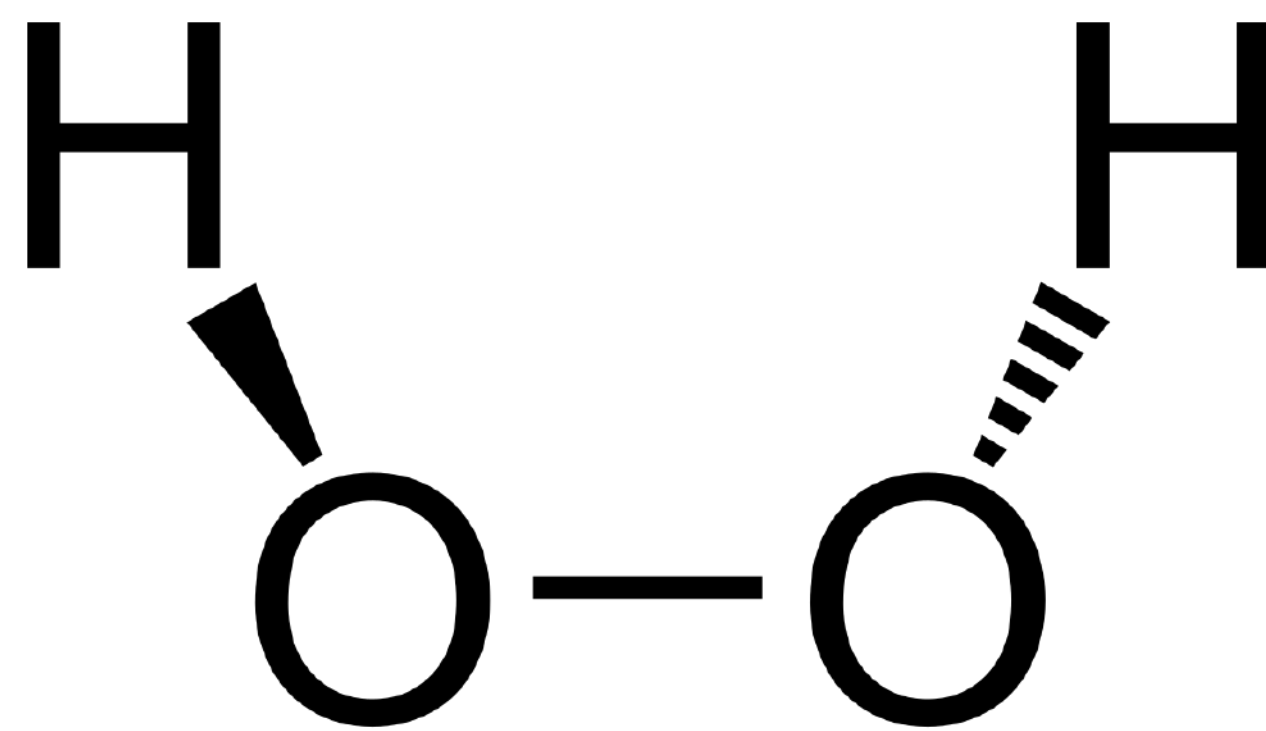
You can make a toothpaste from hydrogen peroxide and baking soda. It can help to remove the buildup of plaque and bacteria and wash away stains.

Mix 1 tablespoon of baking soda with 2 tablespoons of hydrogen peroxide. Thoroughly rinse your mouth with clean water after you brush with the paste.



Toothpicks

Despite the popularity of the modern “floss pick,” a classic bamboo toothpick is still a useful tool for cleaning the spaces between your teeth to avoiding tooth decay.



Sugar-Free Gum

Studies also revealed that if you chew sugar-free gum after meals and snacks, the acids caused by the bacteria in plaque are neutralized.

Such acids harm your enamel and result in tooth decay over time. Chewing a piece of gum can stimulate the saliva flow and rinse your mouth, washing away the food debris. It can be helpful for quick cleaning of your teeth after eating meals



In addition to brushing your teeth regularly, applying these hacks can help you clean your teeth deeply in a more cost-effective and less painful way than a trip to the dentist.

You should keep in mind that your oral health is essential for your overall health, so you should keep your teeth clean and free from bacteria and plaque that can cause tooth decay.

Conclusion

To sum it up, there are lots of alternative ways to deep clean your teeth without visiting your dentist. I understand that you always want to look attractive with your clean and whiter teeth. However, despite brushing, using mouthwash, and flossing, you may still fail to avoid the buildup of tartar.

Don't worry because there are solutions to your problem. With the help of the essential tips mentioned in this e-book, *At-Home Oral Reset: Clean Your Teeth Like a Professional*, you can learn a lot about deep cleaning of your teeth in a natural and cost-efficient way.

By applying what you have learned in this e-book, I'm sure you can keep your teeth cleaner and whiter.

With that, you don't need to hide your smile. You can improve your confidence and enhance the quality of your life. Your smile can make a difference! It's time to deep clean your teeth without spending more of your money on your dentist.

You should still see your dentist, or another trusted health care practitioner, if you experience any pain or other issues that last longer than a week.

ProDentim is the only 100% natural blend that addresses the root cause of dental erosion, gum disease, cavities, and tooth decay. It contains important ingredients that can completely rebuild your gums and enamel while helping your teeth fight acid from food, bacteria, and toxins, making them stronger and whiter than ever before.

In the end, you can rest assured that you’ve made a great choice. Congratulations for investing in your health, and we can’t wait to hear how **ProDentim** changed your life!

