

PROPER DENTAL HYGIENE

Suitable for a healthy candida balance.

A big cause of many illnesses is poor dental hygiene, which is why I never understood why medical and dental insurances were separate because one, can and always will affect the other. And best believe just like everything in this wicked system, they don't aim to heal, they profit and kill.

COCONUT OIL PULL

Instead of the leading mouthwashes that are also full of fluoride and alcohol. I'd recommend switching to a daily coconut oil pull made of a mixture of:

- **Coconut oil**, which contains antifungal, antibacterial, and antiviral properties like lauric acid. Soothes gums and reduces plaque, and pulls toxins and biofilm.
- **Tea Tree oil**, which is a strong antimicrobial substance that can kill bacteria and fungi. Reduces bad breath and gum inflammation.
- **Peppermint oil**, which has properties that are anti-microbial and soothing to the gums. It also helps freshen breath.

Daily blend / Pre-mixed Batch

Coconut Oil: 1 Tablespoon / ½ cup

Tea Tree oil : 1 drop / 10-15 drops

Peppermint oil :1 drop / 10- 15 drops

(Daily) Place all in mouth (Solid coconut oil melts quickly), swish gently for 5-15 minutes slowly. Spit in trash NOT sink as coconut oil can clog drains. Rinse with warm water THEN brush with the oral tooth powder

(Batch) Add all these ingredients to a glass jar and mix thoroughly. Let solidify and use 1-1 ½ teaspoon and swish gently for 5-15 minutes slowly. Spit in trash NOT sink as coconut oil can clog drains. Rinse with warm water THEN brush with the oral tooth powder

ORAL TOOTH POWDER

What I would recommend for true oral health, is using a fluoride free homemade tooth powder made of a mixture of:

- **2 tbs Baking soda (Daily)**, which has antifungal properties, it alkalizes the mouth to reduce yeast overgrowth and effectively cleans teeth and remove biofilm without removing enamel like most toothpaste. Also, it helps whiten and neutralize any odor in mouth.
- **2 tbs Bentonite clay (Daily)**, which draws out toxins and binds heavy metals, helps heal gum irritation caused by candidiasis, and balance PH in mouth. Rich in minerals like calcium, magnesium, and silica.
- **1 tbs Finely Ground cloves (Daily)**, which have both antibacterial and antifungal properties. It contains eugenol which helps numb the gums to soothe, and it helps freshen breathe.
- **5-10 drops Peppermint oil (Daily)**, which has properties that are anti-microbial and soothing to the gums. It also helps freshen breath.
- **Activated Charcoal (2-3 times per week)**, which absorbs toxins, and removes harmful microbes, and can help with bad breath and whiten teeth.
Only use 2-3 times per week as too much use with no break days in between can slightly wear down enamel

Mix all the powders in a glass or ceramic bowl (avoid metal with bentonite clay), add the drops of peppermint oil (optional) and be sure to mix thoroughly to evenly distribute. Store in airtight glass jar. Use a clean dry spoon to sprinkle powder on wet toothbrush or dip toothbrush in powder if its for personal use.

Now this is one step to keeping a healthy balance of candida in the body. Like I stated before, it's a lifestyle change. The thing about healing Yahs way is, there is no quick fix, just lifestyle change for on going health.