

Transcript
5 Steps to a Healthy Mouth
Video 1 - Awareness: The First Step to a Happy Mouth

[Intro music]

Introduction

Will:

Aloha and welcome!

In this first video, we want to firmly place what we consider to be the most important piece to the puzzle to optimizing our oral health.

This first piece is awareness.

We consider there are two aspects to what we mean by the term "awareness" in this case.

Outer awareness

One aspect of awareness is understanding the information/education available on how to navigate to greater oral health.

This outer, information-based aspect of awareness includes understanding subjects like:

- The role of diet in creating optimal oral health.
- How the mouth plays an integral part in the health of the whole body.
- How our ancestors were able to create incredible oral health (some of them having NO tooth decay through their entire lives).
- What the research really says about the importance of oral hygiene.
- Also, what tools and strategies have helped us create positive change in our oral health (and have stood the test of time).

And so on. There's lots of different subjects in this realm of education in awareness.

In this video series, we will explore together what the research through the years really says regarding the role of diet, stress, and oral hygiene in optimizing our oral health.

Inner awareness

The other aspect of awareness is an inner awareness.

This inner game of awareness includes the subjects:

- Getting to know what's going on in your mouth.
- Learning to listen to your body's signals for signs when you are heading in the right direction.
- As well as healing what we have termed /call a psychic or a mental disconnect [that] we modern humans tend to have with our mouths.

This inner aspect of awareness is crucial because the experience of gaining it empowers us to be able to make real, lasting positive change in our oral health.

I really cannot overemphasize the fundamental importance of this step of gaining an awareness of what's going on in our mouths.

To help each of us increase our awareness of what's going on in our mouths, towards the end of this video, we will introduce you to a very powerful yet simple action step that anyone can apply which will give you more insight how to navigate to greater oral health than any other one piece of information we can offer you.

A powerful tool for positive change

In this video course, we will do our best to share with you both the information necessary to create positive change as well as the action steps to help support you to increase your inner awareness of how to navigate to optimal oral health.

Having both the information *and* awareness together is a very powerful tool for positive change.

This subject of awareness is a big one, so let's jump right in. But before we do, let's get the legal stuff clearly stated.

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We share this material with you in order to support and bless you with the information and insight [that] we have found helpful on our own path to greater oral health.

Ok, so let's get started.

I want to start by laying out for you here what this video course is going to cover regarding what our studies have realized from the research of the past 100 years in the subject of how to create optimal oral health.

We aren't going to go into detail of each of these subjects in this video. I'd like to simply quickly outline what this video course will cover so you can be aware of the information you can expect to gain from watching this video course.

This video discusses the primary role of awareness in the creation of optimal oral health and how awareness has two parts:

- an **outer** aspect which is about learning information out there regarding how to navigate to oral health
- as well as an **inner** game of awareness, which is about healing this mental disconnect we have with our mouths.

Overview of the information-based aspect of awareness

The following three videos will dive deeply into the fundamental role that diet and nutrition play in the creation or destruction of our oral health.

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You'll learn what foods *support* optimal oral health, what foods *undermine* our ability to create greater oral health, and, when it comes to food, you'll--more importantly, you'll understand *why* each of these foods (whether the good ones or the ones that undermine oral health) do what they do.

In **video 5**, we'll study about oral hygiene. So, in this video, we'll cover subjects like:

- How to brush and floss to help support greater oral health.
- How the way [that] most adults brush their teeth actually causes their gums to recede.
- The pros and cons of flossing.
- How to use flossing as an awesome tool to greater body health.
- We'll also learn the fastest, easiest way to improve our breath.
- We'll also cover the common mistake most people make when using oral irrigators (like WaterPiks or Hydroflossers) which actually undermines their health.
- And last in the oral hygiene video, we'll discuss the ancient cleansing protocol called "oil pulling". You can use oil pulling to supercharge your oral hygiene routine.

In **video 6**, we will dive into the subject of reviewing one's oral hygiene products. You'll learn a simple principle we apply when it comes to deciding whether an oral hygiene product will help us or head us in the wrong direction.

Applying this one principle in your life will significantly increase your oral health over the course of your whole life.

You'll also learn what products we personally use to create optimal oral health in our own lives.

And, in **video 7**, we will share with you what we consider to be the capstone, the "secret sauce", the glue that brings together all the pieces of this puzzle of how to best optimally navigate to one's own oral health.

So there's the overview of the information-based aspect of awareness.

Show the world your smile :)

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Now let's cover the "inner awareness" game

We've come to realize that, in general, we humans have a psychic or a mental disconnect with our mouths.

What I mean by that is despite the fact that we use our mouths every day (ok, some of us more than others :)--despite this fact, most of us know very little (if anything) about what's going on in our own mouths.

We tend to have a better understanding of what's going on with our fingernails than what's going on and what's happening in our own teeth and gums.

I think this mental or psychic disconnect happens because even though we look in the mirror every day, most of us have never really looked in our mouths to see what's going on in there.

So, to recover from this mental disconnect, we have a simple action that we call, "Getting to Know Your Mouth."

If we had to say one step--one action--that would help anyone gain greater insight, clarity, and empowerment towards navigating to greater oral health, "getting to know what's going on in your own mouth" would be it.

Yes, of course, having a chart from the dentist is helpful.

However, there is nothing that is quite as empowering as each of us sitting down with a mirror and taking notes of what we find in our own mouths.

In this way, having a dated record of what we see in our own mouths gives us a crucial point of reference.

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Let me explain it this way: let's say you go into a big shopping mall that you've never been into before. You head to the nearest map display of the mall, and what's the first thing you look for on that map?

The big, "You Are Here" red arrow, right?

Why?

Because if you don't know where you are, how are you going to know if you're heading in the right direction or not?

When it comes to navigating the path to optimal oral health, we must know where we are before we can begin to chart a course to improving our situation.

Having a dated record of what you find in your own mouth provides you with a very powerful feedback tool that will serve as your own personal, "You Are Here" arrow on your course to optimal oral health.

We've a free download below this video called the, "[OraWellness Mouth Map](#)", which is a simple, one-page tool that you can download and fill out to take this crucial first step towards dental self-empowerment.

It's the most powerful step we can suggest if you sincerely want to make massive positive change in your own oral health.

We invite you to go download and print it out now. Set aside 20 minutes to fill out and date the Mouth Map.

If you'd like more information on this product, you'll see a link also below this video titled, "[The First Step to Dental Self-Empowerment](#)" that you can click on, which will take you to a blog article on this subject and talk you through the process of filling out your Mouth Map.

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Wrapping up...

That's it for today's lesson. Be sure to fill out your Mouth Map to really take action to help you along your path.

Please comment below if you find benefit from this information. And please, consider sharing about this video series with your loved ones if you know anyone who would benefit from this information.

We'll see you in the next video, where we will dive into the foundational role that diet plays to creating optimal oral health.

Thank you and Aloha!