

Transcript  
5 Steps to a Healthy Mouth  
*Video 5 - How to Optimally Care for Our Oral Hygiene*

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[Intro music]

## Introduction

### Will:

Welcome back!

Now that we've covered the foundational importance of diet to navigate to optimal oral health, let's turn our attention now to what strategies and tools we can use in the mouth to help us create positive change.

In this video, we'll explore:

- Brushing our teeth
- Flossing
- As well as some less well known strategies, like:
  - Cleaning the tongue
  - Using an oral irrigator
  - And an ancient Ayurvedic Indian cleansing protocol that's recently come back into the public eye called oil pulling

But first, let's state the legal information.

This information is for educational purposes only. We are not engaged in providing medical advice or services. We provide this information and you, the viewer, accepts with the understanding that everything done or tried as a result from viewing this video is at your own risk.

OraWellness LLC shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused (or alleged to be caused) directly or indirectly by the information contained in this video.

We share this material with you in order to support you and bless you with the information and insights we have found helpful in our own lives to navigate the path to greater oral health.

With that out of the way, let's jump into some strategies [of] how to optimize our oral hygiene habits.

Being in the business of helping the world navigate to greater oral health, we get asked all sorts of questions around oral hygiene.

**Just on brushing alone:**

- "Is brushing necessary?"
- "What type of brush should I use?"
- "How long should I brush?"
- "What should I brush with?"

[These are] just a few of the many questions we get on this one subject. While going deeply into the subject of brushing is beyond the scope of this tutorial, let's bring some clarity to this often misunderstood subject.

## **The Game of Oral Hygiene**

Let's start by stating that the game of oral hygiene is to **disrupt** and **disorganize** the bad bugs implicated with gum disease and tooth decay. Oral hygiene is all about disrupting the disease-causing bacteria that we call "bad" bugs, while not causing stress to the teeth and gum tissue.

The research clearly shows that brushing one's teeth and flossing do reduce the risks of decay and gum disease. That said, just because we brush our teeth and floss doesn't mean we are doing much good in there. You see, if we still brush our teeth like when we learned to brush when we were like 3 or 4 years old, we may be causing more harm than good. It's a fact that brushing too hard is a major contributor to causing gum recession in adults.

Like we stressed in the first video of this series, awareness is key here. If we simply go about mindlessly scrubbing away at our teeth and gums, we're asking for trouble in the long run. To optimally care for our oral health, we have to recover from this mental or

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psychic disconnect most of us have with our mouths that we discussed in video [1] on awareness.

You see, we all use our mouths everyday, but in general, we know almost nothing about what's going on in the inner workings of what's happening in our mouth. I'm not talking here about book knowledge of being able to say, for example, what tooth number a certain tooth is. I'm simply talking about being able to identify for yourself the areas in your mouth that are more problematic or more prone to become stressed.

So again, awareness is crucial to recover from this psychic disconnect, and filling out the "[OraWellness Mouth Map](#)" will go a long way to getting to know your mouth.

So let's get some pieces of the puzzle to conscious oral hygiene in place for you to be able to apply today.

## **Conscious Oral Hygiene**

First, brush and floss consciously.

I know, most of us are just looking to get this done so we can get on to the rest of our day in the mornings, or at the end of the day when we're tired. My question to you is this: Given that our oral health plays a significant role in the health of our whole body, doesn't it make sense to give yourself 2-4 minutes a day of quality time to care for your oral health? Even consciously cleaning your mouth one time a day is a great step in the right direction.

For example, paying special attention to a certain spot that tends to be the most common spot for infection will knock down the bad bugs in the mouth implicated with gum disease. Just by knowing that spot and giving it a little extra attention, you can improve the health of the whole mouth, in just one action.

## **Conscious Brushing**

Here's a simple step each of us can apply to begin to create positive change in our oral health. When brushing, try changing the side of the mouth you start on morning and night. For example, when brushing in the morning, start on the left side of the mouth, and then when brushing at night, start on the right. I remember this by saying, "At night, start on the right". In this way, you balance the application of whatever products you use on your brush during your oral hygiene.

You see, whether you use toothpaste, powder, our [HealThy Mouth Blend](#), or whatever oral hygiene products you choose, if we always start, for example, on the upper left hand side to brush, this area will get the most potent application of the product. If, for example, you scrub your teeth too hard with a product that's abrasive, this upper left side can be damaged by the excessive abrasion. You can erode the enamel on your teeth as well as cause gum recession in that area.

On the flip side, the paste then becomes diluted with saliva and you don't ever get enough support on the right side of your mouth. So, rotating which side of the mouth you start on when brushing will help you balance and normalize the benefits, as well as lower the risks of stressing any tooth enamel or gum tissue caused by always starting on the same side when brushing.

If you'd like to learn a very powerful brushing technique from history [for] how to reduce the risk of gum disease, we put a link to an article with another video tutorial titled, "[How to brush your teeth to reduce gum disease](#)" below this video. The video tutorial teaches the [Bass Brushing Technique](#), which has been proven to really assist in disrupting and disorganizing the bad bugs implicated with gum disease.

## **Conscious Flossing**

Now let's turn our attention to flossing and cover some fundamentals here. Again, awareness is key—flossing can be a tremendous tool if used consciously, or a nightmare on our gum tissue if applied mindlessly.

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Much of the problem is how confused we can be on this tool. For example, some people we talk with think that it's normal for the gums to bleed when being flossed. This is not the case. If you get bleeding when flossing, that's a sure sign of trouble, actually. The game with floss is to be very gentle while going as far as you comfortably can into the gum pocket of the tooth you are cleaning.

Again, the focus here is to disrupt and disorganize the bad bugs that colonize along and under the gumline. We have coined the term "conscious flossing" as a tool that can give such benefits as it combines the act of flossing and observing what you find.

To floss consciously, simply cut a segment of floss about 18 inches long (about half a meter in length). Incidentally, it is important to use a long segment of floss when flossing because you want to use a clean segment of floss between each contact of teeth. Using the same segment of floss between multiple teeth risks seeding the bacteria from one pocket to another part of the mouth. While it's true that the bad bugs implicated with gum disease are very mobile by themselves, I see no reason to help them travel around our mouths by using the same segment of floss through the mouth. So use a floss segment long enough so that each time you go to a new spot, you can use a clean segment of floss.

So to perform conscious flossing, simply floss and then take a moment to look at the floss segment for any signs of infection. Blood on the floss is a very obvious sign, but it can be even a light pink, or even a yellow-ish color. It's very helpful to discern between any food particles you are clearing out from between your teeth and signs of infection, however. So if you get color, it's helpful to gently, yet thoroughly, floss that same spot again with a clean segment of floss and check for color again.

If you're really brave and want to know what's going on in your mouth, smell the segment of floss too. If there's a strong odor, that's definitely a common sign of infection.

This conscious flossing technique is actually part of filling out the "[OraWellness Mouth Map](#)" as it provides so much information that we can take note of in order to know what areas of our mouths need more attention and care.

## Using an oral irrigator

Now some of you have told us that you really despise flossing. So, if you are one of these people allergic to floss, here's a strategy you can apply to continue on your path to greater oral health.

Get an oral irrigator. Common brands are Waterpik® and Hydro Floss®. Oral irrigators work great to disrupt and disorganize the bad bugs particularly implicated with gum disease. However—and it's a big however—it's very important that we cover a common foundational misunderstanding around using oral irrigators.

The mistake goes something like this. I have bad bugs in my mouth, now I have this oral irrigator tool, so I'm going to use the irrigator on a high setting to blast the bad bugs out of any gum pockets.

Pause for a moment.

We're talking about gum tissue here. We don't want to pressure wash our gum tissue. In fact, I think that oral irrigators shouldn't even come with settings as high as every irrigator we've tested has.

You see, there's a term in the dental literature called "water cannoning" which refers to using an oral irrigator like a power washer and cannoning the bad bugs into the bloodstream. Not out of the gum pocket—into the bloodstream. You can actually cause more harm than good using an irrigator on a higher setting like this.

So we suggest that you set your irrigator definitely lower than the midway setting. So, if your irrigator has settings from 1 to 10, try using it at a 2 or a 3 (or a 4 setting maybe), staying well under the higher pressure settings. This will allow you to get a gentle flow of water through your irrigator into your gum pockets without risking pushing any bad bugs into the bloodstream.

To take the benefits of using an oral irrigator one more step up, consider using some solution in your irrigator. Even as simple as stirring some baking soda in water and

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using that in your irrigator is a helpful way to further increase the antibacterial function of using this powerful tool.

It is important that if you choose to use anything in your irrigator, that you rinse it with plain water after, running the solution through it to prevent any damage to the irrigator.

## **Cleaning the tongue**

Let's shift now to cover the most powerful way to improve our breath, while at the same time, lowering the population of bad bugs in the mouth.

This step is simply to clean our tongue. To do this, we're going to use a spoon or a tongue cleaner to gently, yet thoroughly, scrape the gunk off of our tongue.

I'm not going to demonstrate this here because it can be pretty graphic. :) Those of you who've scraped your tongue know what I'm talking about. If you haven't ever cleaned your tongue, really, you owe it to yourself to try it out.

I remember how freaked out I was the first time I just saw how much gunk came off my tongue. I was always raised to brush my tongue with my toothbrush after brushing, and I thought this was doing the job—boy was I wrong.

We have a quick video called "[The CURE for Bad Breath](#)" that shares a simple two-step process [for] how to clean the tongue to maximize improving our breath. Think of all the money you'll save not having to buy breath mints just by learning this one simple oral hygiene technique. :) And it takes like 5 seconds!

We've included [a link to the tongue cleaning video](#) below the video here.

Incidentally, if you're excited to take your oral hygiene to the next level and use some of our [OraWellness products](#), we've put together a special offer just for those of you who are watching this video series. You can find a button below this video that will take you to [this] special offer [on our OraWellness products page]. [[Click here to view this special offer.](#)]

## Oil pulling

Last for today, let's talk about the ancient detox practice of oil pulling.

Oil pulling has become increasingly popular over the past several years. We even saw an article on Yahoo News recently about how some celebrities have caught on [to] using the benefits of oil pulling.

Simply put, oil pulling is vigorously swishing around a couple of teaspoons (about 10 milliliters) of oil in your mouth for 20 minutes. The function of swishing around the oil in the mouth draws toxins out of the surrounding tissues. There have been several clinical studies that have clearly shown that oil pulling definitely does help to navigate to greater oral health.

Traditionally, sesame oil was used for oil pulling. We personally prefer to use organic coconut oil for oil pulling. An added benefit of using coconut oil during oil pulling is that studies have shown that coconut oil in particular is effective in lowering the bad bug implicated with tooth decay called *streptococcus mutans*.

Let's take a minute to touch on two common misunderstandings around oil pulling so that you can maximize the benefits of this effective cleansing protocol.

First, we have found that many people try oil pulling but don't swish vigorously enough to really maximize the benefits. Ideally, oil pulling is to be done daily, in the mornings, for about 20 minutes.

However, to activate the musculature of the face, jaw, and throat for 20 minutes is seriously demanding at first. If you've tried oil pulling you know what I'm talking about here. Consider it kinda like working out other muscles in your body and be willing to swish vigorously for maybe 5 to 8 minutes and work up over the course of a few weeks.

Or another way: Swish vigorously for as long as you can, and then rest while just letting the oil kinda hang out there, and then pick up the vigor again for another "set" of active



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oil pulling. Think of it kinda like “oil pulling interval training”. After a couple of weeks of practicing vigorously swishing the oil in your mouth, you’ll be able to do it for 20 minutes.

The added benefit of practicing oil pulling with vigor includes cleaning up chronic sinus infections, which can have profound whole-body health results. If you consider the fact that the mouth has a direct connection to all the internal organs from a traditional Chinese medical perspective, it adds even more reason to add this gentle cleansing protocol to our daily hygiene habits, as cleaning the mouth daily will support greater health of all of our internal organs.

The second misconception I’d like to bring to light is the concern that oil pulling will weaken dental restorations like fillings or crowns. Let’s set the record straight here. If swishing oil around my mouth ever compromises a filling in my mouth, that filling was already compromised and needs to be changed out. We don’t believe that oil pulling will challenge or compromise any filling that’s intact and well placed.

That said, I suppose if a filling wasn’t well bonded to the surface of the tooth or was loose, I can see how oil pulling might further weaken the filling. But frankly, if a filling isn’t well bonded or is loose, it would be wise to have that filling changed anyways because if oil can get around that filling, then the bad bugs implicated with decay surely have gotten into the space around that filling, and decay is most likely progressing under the filling already.

If you haven’t tried oil pulling before, we suggest you read around the internet about it prior to jumping in. We’ve put [a link below this video to an article we wrote on oil pulling](#) to serve as a reference point for you to get started.

## **Quick recap**

So, let’s quickly recap the gems from today’s session:

- When it comes to [an] “in the mouth” approach to optimizing oral health, the game is to consistently disrupt and disorganize the bad bugs implicated with

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tooth decay and gum disease, without stressing or damaging our teeth or gum tissue.

- Bringing attention to the hygiene habit we're doing at the moment will help to ensure that we aren't causing more stress in the mouth.
- Gentle and thorough is the name of the game with brushing, flossing, cleaning the tongue, and irrigating. And remember, keep the irrigator setting on low, okay, no water cannoning.

So that's it for today! We hope this information helps you put more pieces of the puzzle [of] how to create optimal oral health in place for you.

If you find benefit from this, please help us help others by sharing about this video series with your loved ones.

By all means, if you have any comments, please post them below [or email us at [info@orawellness.com](mailto:info@orawellness.com)], as we love to hear how you benefit from using the information we share.

Until the next video! Thank you and Aloha! :)