

TIPS FOR ORAL HEALTH

Mindful whole body health starting from the top.

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At Pure Dental we see you as a whole person. We combine conventional care with holistic health to guide you towards dental wellness. Here are some holistic tips for keeping you healthy between visits.



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01

Try naturally derived toothpastes and mouth washes with Xylitol by companies such as boka or Jason's (found on Amazon).



02

Draw out toxins to improve mouth and overall health with oil pulling. Swish one teaspoon of coconut oil in your mouth daily for 3 to 20 minutes. Spit out in trash (as it may clog sinks)..



03

Have tender gums or bleeding? We recommend this easy salt water rinse: ¼ tsp salt in 4 oz. of water. Swish for 20 seconds and spit it out.



04

You are what you eat -- and it goes for your mouth health too! Eat a healthy diet rich in nutrients like Calcium, Vitamin D, and Vitamin C.

HOLISTIC CARE



05

Don't forget the basics. Brushing two times daily and flossing daily is still the best preventative non-medicine.



06

Stop indulging the bacterium in your mouth by reducing sugars and starches in your diet.



07

Is your breath mint making your mouth worse? Double check that you're using sugar-free mints such as mints sweetened with Xylitol.

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