Teeth and Nasal

2-part process

Part 1: Teeth AM/PM

Water pick solution

Ingredients:
8oz of cold water
1/8 tsp Vitamin C - 'Alive by Nature's Way'
1 drop Oregano

Directions:
Put solution in water pick and use

Comment:
Vitamin C increases production of stem cell. You will have more growth and regeneration.

*Keep Vitamin C in refrigerator

Yogurt with Green Tea

Ingredients:
16oz of cold water
1 tea bag - 'Equal Exchange Organic Green Tea'
Pain Yogurt 'Strauss plain whole milk yogurt'

Directions:
Brew tea bag for 20 minutes and remove tea bag
Mix ¼ tsp green tea with 1 cup of yogurt
Swoosh around 1 tbsp. of yogurt mixture around teeth for 1 minute then swallow

*Refrigerate leftover tea and yogurt

Raw Milk 'Organic Pasteur's Whole Milk'
*To be done in the middle of the day

Directions:
Put 3 tbsp. in a cup swoosh around mouth and teeth for 1 minute then swallow

Part 2: Nasal - AM/PM

Ingredients:
8 oz. of cold water
1/8 tsp Vitamin C - 'Alive by Nature's Way'
1 drop of oregano
1 pack of salt

Directions **(no infection)**
Fill 1/10 of the nasal syringe which is about ¾ inch of the fluid
Use on one nostril, then blow nose.
Repeat on other nostril, then blow nose.

If you have air coming out of both sides you are good. If not repeat both sides.
Can be repeated throughout the day as needed

*Refrigerate extra

Directions **(with an infection)**
Put nasal syringe towards center and straight up, keep doing fluid until it comes out the other nostril. When done with one side, blow your nose. Repeat on the other side.
Use the whole formula, if you do not have it run out the other nostril, repeat until you do.

Additional helpful information

Vitamin K2 and Oral Bacteria

Vitamin K2. The second highest concentration of vitamin K2 in your body is in your salivary glands, and vitamin K is secreted in saliva. Research[16] shows that when vitamin K2 is administered, it reduces bacterial counts in your saliva. Specifically, vitamin K2 reduced the concentration of a bacteria involved in tooth decay, Lactobacillus acidophilus, from a count of 323,000 to 15,000.