

3 Factors that contribute to tooth decay besides sugar

Mouth is acidic.

There are too many bad bacteria in mouth.

There are not enough good bacteria in mouth.

Treatment Recommendations:

1. **Baking Soda**- reduces acid in mouth and allows good bacteria to grow.

-Use baking soda with touch of regular toothpaste to brush teeth. Spit out excess and do not rinse after brushing. (Keep a small container with baking soda in your bathroom to dip toothbrush)

OR

-Before brush teeth with regular toothpaste, make super saturated baking soda, tap water mix and swish it 30 seconds before bed. Spit out. (Ok if breath afterwards has ammonia smell. This means



it is working.)

2. ***Eliminate soda and sports drinks from diet.*** Preferably drink tap water; most bottled water is moderately acidic.

3. ***Take EvoraPlus Probiotic supplement*** daily after rinse or brush with baking soda before bed. Evora introduces more good bacteria to mouth to "crowd out the bad bacteria". Purchase online at Target or evoraoralprobiotics.com. It is about \$15 for a one month supply.



4. ***Use MI Paste Plus*** to remineralize acid damaged teeth. After brush or rinse with baking soda, take pea size amount by finger or toothbrush and coat teeth. Let paste sit on teeth for 3-5 minutes, then spit out and do not rinse. Have this be last thing that goes into mouth before bedtime. You can buy individual tubes of MI paste at buy-mipaste.com.



5. ***Consume xylitol candy or chew xylitol gum 4 times a day.*** Xylitol reduces the population of bad bacteria. (xylitol is in some sugarless products and should be one of the first ingredients.) Some companies online specialize in selling xylitol products. **XYLITOL IS VERY POISONOUS TO DOGS** but not cats.

6. **Avoid corn based products especially high fructose corn syrup.** Corn syrup is six times more destructive to teeth than sugar.