

Regimen: 2 part process Teeth and Nassal

Teeth: AM/PM - Water pick solution

8 ounces of cold water

1/8 tsp. vit. c 'Alive by Natures Way'

1 drop of oregano

put solution in water pick.

Vit. C increases production of stem cells. You will have more growth and regeneration.

Keep Vit. C in fridge

Teeth: AM/PM - Yogurt part with Green Tea

16 ounces of cold water

1 tea bag - 20 mins - Equal Exchange Organic Green Tea

*take out tea bag

refrigerate left over

1/4 tsp. of green tea -

mix with 1 cup of yogurt - Strauss plain whole milk yogurt

refrigerate left over

1 tablespoon of yogurt mixture - swoosh around teeth for 1 minute and then swallow

Raw Milk: Organic Pasteur's whole milk

3 tablespoons in cup and swish for 1 min then swallow - middle of day one time.

Nasal: AM/PM

8 ounces of cold water

1/8 tsp. vit. c 'Alive by Natures Way'

1 drop of oregano

One pack of salt pack

refrigerate the rest

No infection:

1/10 of the syringe which is about 3/4 inch of the fluid in syringe. Use on one side. Blow nose. Then do other side. Blow nose. If you have air coming out of both sides you are good. If not repeat on both sides.

Can repeat through out the day in needed.

Can keep extra in fluid in fridge.

If have infection:

Put nasal syringe toward center and straight up.

Keep doing fluid until it comes out other nostril. When done with one side. Blow nose. Do other side. Blow nose. Repeat.

Use the whole formula. If you do not have it run out the other nostril. repeat until you do.