

## Nighttime Routine

1

Floss and thoroughly brush your teeth.

2

Prepare the saltwater rinse:

1. Fill a small juice glass with approx. 5oz of warm water from the tap.
2. Add 2 tsp of table salt. No need to measure.
3. Stir the salt into the water. Be sure the water is as warm as possible and the mixture is cloudy.

3

Take a sip of the saltwater rinse. Swish it around your mouth and teeth for 15–20 seconds.

Repeat this step 3 times total.

4

Rinse your mouth with fresh water to remove the salt taste.



**Maintain healthy gums.**

**Reduce gum disease.**

**Reduce tooth loss.**

**Reduce inflammation.**

**Reduce bacteria contributing to heart disease and other ailments.**

### Dr. Soll says:

Inflammation present in your body may be responsible for many ailments and diseases, such as heart disease, later in life.

A major source of inflammation is bacteria that exists between the gum and tooth, which makes its way into the bloodstream and settles on other organs in the body.

Reduce problems at the source!

Use this saltwater rinse method each night before going to sleep.

## TIPS



Keep the salt and glass near your bathroom sink as an easy reminder.



Rinse with any mouthwash in the morning for kissy-fresh breath.