

THE ORAL HEALTH BLUEPRINT

“Cheat Sheet”



The daily routine to prevent cavities, avoid dental work, and take control of your oral health, naturally.

This is the same protocol I use with my own family and guests at Deering Dental. It's easy to follow and backed by science – no fluff, no gimmicks.

Note: *I have no affiliation with any of the products listed, these are just the products that I know, trust and use myself, because they work.*

For more details on the science behind my recommendations and a deeper understanding of how your oral health impacts your overall-health visit www.Deering-Dental.com and download my book, The Oral Health Blueprint



Morning Routine: Start Your Day Right

- **Scrape your tongue**
 - Clears out bacteria that cause bad breath before they're swallowed or brushed around.
 - **Drink water** (preferably mineral or alkaline)
 - Helps rehydrate your body and activate healthy saliva.
 - **Rinse with pH-balanced mouthwash**
 - Alcohol-free, xylitol- or nano-silver based rinses (like Elementa or Risewell) protect without harming your good bacteria.
 - **Floss or use interdental brushes**
 - Cocofloss, Dr. Jen, or Dr. Tung's are PFAS-free and effective.
 - Waterpik or Slate Electric Flosser are great add-ons.
 - **Brush for 2 minutes**
 - Use an electric toothbrush + remineralizing toothpaste (like Fygg, Happy Tooth or Elementa).
 - These strengthen enamel and support a healthy oral microbiome.
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During The Day: Maintain & Protect

- **Chew xylitol gum or mints after meals**
 - Starves cavity-causing bacteria and helps rebalance pH.
- **Drink water after eating**
 - Especially after sugar, snacks, or acidic drinks.
- **Avoid grazing**
 - Eat treats with meals instead of snacking all day. Your enamel needs recovery time.
- **Use a straw for acidic drinks**
 - Use a straw for sodas and iced drinks. For hot coffee or wine, sip and swallow (don't swish) alternate with water, and finish rather than nurse it to reduce the time the acid has to attack your teeth.



NIGHTTIME ROUTINE: You Sleep, Bacteria Doesn't

- **Rinse gently**
 - Use the same alcohol-free rinse you used in the morning.
- **Floss first**
 - Clears the path for remineralizing toothpaste to reach between teeth.
 - Consider using a water flosser for a deeper clean. This can be especially helpful if you have dexterity issues and find traditional flossing difficult.
- **Brush again with the same toothpaste**
 - Let the minerals sit on your teeth. Don't rinse with water.
- **Take an oral probiotic** (optional but powerful)
 - Look for strains like *Streptococcus salivarius* K12 or M18 (brands I recommend: SuperTeeth or StellaLife).
 - Let it dissolve in your mouth before swallowing.
- **Use mouth tape or nasal strips** (if you breathe through your mouth at night)
 - Keeps saliva flow and pH stable while you sleep. [Test nasal breathing first.](#)
 - *Mouth tape is not for everyone. To test if mouth taping is for you, Time yourself and breathe through your nose for three minutes while walking. If you feel completely fine and don't feel as if you have to open your mouth to get a good breath in, then mouth taping should be fine. If this test makes you feel anxious or as if you're not getting enough air, reach out to an ENT or airway focused dentist to address any issues before attempting to mouth tape.*
- **Run a humidifier** (optional)
 - Helps if you wake up with dry mouth.

Are you having trouble sleeping or waking up and feeling unrested most days?

Click here to take my online sleep quiz:

[Sleep Quiz](#)

Additional Tips & Resources

EAT MORE OF THESE

- ✓ Cheese, yogurt, fatty fish such as salmon and sardines
- ✓ Egg yolks, walnuts, pumpkin seeds
- ✓ Carrots, celery, apples
- ✓ Green tea, olives, dark chocolate (a piece or two, not the whole bar)

These foods help strengthen teeth, support gum health, and feed good bacteria.

✗ CUT BACK ON THESE

- Candy, juice, soda, crackers, chips, dried fruit
- Wine, coffee, energy drinks

Pro tip: If you're going to have them...

- Have them with meals (not as snacks)
 - Drink water or chew xylitol gum right after
 - Wait 30 minutes before brushing
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Want to learn more?

Visit Deering-Dental.com/the-oral-health-blueprint-2

To download additional resources including my book

The Oral Health Blueprint and **The Ultimate Shopping Guide** (*A list of all the toxin-free products I've tested and recommend for optimal health*)

Most people wait for the drill. You're making sure it never shows up.

This isn't just a routine, it's prevention with purpose.

Need help fine-tuning your strategy?

Book a reservation and I'll walk you through a customized plan built for your mouth, your habits, and your goals. Call or Text 786-577-4180

Keep Smiling,
Dr. Pinto