How to Prevent and Repair Cavities

Cavities:

Cavities or tooth decay form when bacteria in your mouth make acids that attack the enamel. If tooth decay is not treated, it can cause pain, infections and even tooth loss. Below are several simple steps to prevent tooth decay and or regenerate teeth.

Thing you will need:

- Trisodium Phosphate (**Must be food grade**)
- Baking Soda (Purchase locally)
- Distiller or Filtered Water (Purchase locally)
- Bottle (24oz.)



How to make Trisodium Phosphate and Baking Soda Solution:

1. Add 2 teaspoons of Trisodium Phosphate to your bottle
2. Add 6 tablespoons of Baking Soda to your bottle
3. Fill your bottle with 24oz. of distilled or filter water
4. Shake bottle to mix

How to use:

1. Brush teeth with toothpaste not containing glycerin
   - ***Note:*** *Glycerin will block teeth from absorbing minerals that regenerate teeth*
2. Use MMS1 or CDS as a mouth wash to disinfect mouth for 2 to 3 minutes and rinse
   - ***Note****: 3 drops of MMS1 or 3ml of CDS (3,000 ppm) in 4oz. of water*
3. Swish with 1oz. of Trisodium Phosphate and Baking Soda Solution for 2 to 3 minutes and spit out
   - ***Note:*** *Do not drink or swallow Trisodium Phosphate and Baking Soda Solution*