



Michael Cheikin MD
Holistic Medicine & Physiatry
832 Germantown Pike, Suite 3
Plymouth Meeting, PA 19462
610-239-9901 cohlife.org

Gums Solution Instructions

3/25/2021

It is best to begin with oil pulling, tongue scraping, mouthwash and brushing with baking soda. Since the upper teeth often enter the maxillary sinuses, using a sniffer can be an essential part of healing the skull.

THE GUMS SOLUTION IS GOOD FOR 14 DAYS FROM MANUFACTURE.

Required items

- 1) Vial of gums solution
- 2) Clean q-tips
- 3) Dish of distilled or Reverse Osmosis water to dip q-tip.

Procedure

1. Begin by oil pulling for 20 minutes and then mouthwash for up to 5 minutes.
 2. Try a small amount on one small area first:
 - a. Dip the q-tip into the water first, then a small amount of the gums solution
 - b. Apply to a small area of your gums/lips to check for any negative response.
 - c. It will taste bitter. There may be some tingling in the area.
 3. If tolerated, use a fill a clean q-tip with water, then the gums solution.
 4. Rub q-tip over gums up (or down) **to the very apex** where the gum meets the lip.
 5. **Do not** re-use a q-tip to touch to the gums solution, use the other side, then a new one if needed.
 6. **Do not** put anything in your mouth for 15-20 minutes.
 7. After 15-20 minutes, rinse your mouth with clean water.
 8. Can be repeated up to 3x/day.
 9. Can use without the water for a stronger effect starting 3rd day.
-

Gums Solution ingredients (at full strength): DMSO ~ 12%, niacin , niacinamide, diluted Lugols solution (a mixture of molecular iodine and potassium iodide)