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Gums Serum & Solution Instructions

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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 SERUM/SOLUTION IS GOOD FOR 14 DAYS FROM MANUFACTURE.

Required items

- 1) Vial of gums serum/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 rinse with mouthwash for 1-2 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 serum/solution.
 - b. Apply to a small area of your gums/lips to check for any negative response.
 - c. There may be some tingling in the area.
3. If tolerated, fill another clean q-tip with water, then the gums serum/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 serum/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 2x/day.
9. Can use without the water for a stronger effect starting 3rd day.

Gums Serum ingredients: DMSO, niacin, niacinamide, Lugols solution (a mixture of molecular iodine and potassium iodide), hyaluronic acid, oils of cinnamon, clove, eucalyptus, frankincense, peppermint, rosemary, spearmint, tea tree, thyme and wintergreen, boric acid, borax, and xylitol. Minimal grain alcohol added as a dispersant.

Gums Solution ingredients: DMSO, niacin, niacinamide, Lugols solution (a mixture of molecular iodine and potassium iodide)