



**Michael Cheikin MD**  
**Holistic Medicine & Physiatry**  
 832 Germantown Pike, Suite 3  
 Plymouth Meeting, PA 19462  
 610-239-9901 [cohlife.org](http://cohlife.org)

**Oral Care**  
**Instructions**  
 6/25/2019

	Purpose	Acute	Maintenance
Brushing	Removes particles on teeth and under gums	2-4x/day	2x/day minimum
Flossing or Interdental brush	Removes particles between teeth and under gums	a few times per week	a few times per week
Tongue Scraping	Removes particles from within tongue	2x/day	1-2x/day
Oil Pulling	Pulls oil-based toxins out of gums, teeth, tongue	1-2x/day, 20 minutes minimum	TuThSa, 15 minutes minimum
Mouthwash	Provides iodine, oxygen and anti-microbial and healing essential oils and xylitol.	1-2x/day, up to 5 min. Can add: 1-2 sprays chloroseptic; 1-2 tsp 3% hydrogen peroxide to 4-8 oz	MWF, 1-5 min in shower

## Oil Pulling (with raw organic sesame oil)

**4 oz bottle has 12 doses = 3x/wk x 4 wks**

1. Pour 2 tsp of Enhanced Oil into cup
2. Swish for 20 minutes total to allow "contact" with circulation
  - a. 2a) First 10-15 minutes, swish through teeth, etc.
  - b. 2b) Last 5-10 minutes, chew a bit to move teeth/ligaments
3. Can be done in shower but do NOT spit down drain.
4. Discard in trash or baggie, NOT sink or toilet
5. Start at three times/week, can increase to daily if needed.

## Mouthwash (with food grade H2O2)

**8 oz bottle has 24 doses = 6x/wk for 4 wks**

1. Start with 2 tsp of mouthwash, 1x/day, 6 days/wk
2. Swish for 1-5 minutes, including gargling.
3. Can be done while in shower and spit down drain.
4. Can increase to twice a day if needed
5. Can dilute if needed
6. When "activated with H2O2, some oxygen is released. Can leave valve open a bit if the bottle expands

## Brushing with Baking Soda

Before bed, alkalinizes mouth  
 Can swallow a bit to alkalinize body

## Tongue Scraping

After brushing teeth in am and pm.