

ORAL MICROBIOME & ENAMEL FORTIFICATION

The 60-Second Salt & Mineral Oral Alkalizing Protocol

A Step-by-Step Bio-Mineral Dental Formulation to Neutralize Morning Acidic Saliva, Dissolve Plaque Biofilms, and Fortify Enamel

PUBLICATION	CATEGORY	RESEARCH LAB
Master Clinical Edition	Oral Health & Microbiome	DDD Labs

MODULE 1

The Oral Acid-Demineralization Cycle

Contrary to common belief, dental decay and bleeding gums are rarely caused by a lack of brushing. Commercial toothpastes packed with harsh surfactants (Sodium Lauryl Sulfate) and chemical detergents obliterate the beneficial bacterial microbiome of your mouth, leaving anaerobic bad bacteria (Streptococcus mutans) to colonize your gums.

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The Critical pH 5.5 Danger Line

Whenever oral saliva pH drops below **5.5**, hydroxyapatite minerals physically leach out of your enamel into the saliva (demineralization). Traditional mouthwashes with 20% alcohol severely dry the mouth, plunging salivary pH into acidic danger territory for hours.

Oral Rinse Compound	Household Ingredient	Biochemical Function
Electrolyte Mineral Base	Coarse Himalayan Pink Salt (1/2 tsp)	Provides 84 ionic trace minerals (magnesium, calcium, potassium) that remineralize microscopic enamel pits.
Alkaline pH Buffer	Pure Sodium Bicarbonate (1/4 tsp)	Instantly neutralizes mouth acidity, shifting saliva from pH 5.2 to an optimal healthy pH 7.4.
Biofilm Disruptor	100% Birch Xylitol Granules (1/2 tsp)	Prevents Streptococcus mutans from adhering to teeth; starves pathogenic bacteria.
Antimicrobial Essence	Pure Peppermint Essential Oil (1 drop)	Stimulates natural salivary flow and provides natural non-toxic freshness without alcohol.

MODULE 2

The 60-Second Nightly Swish Protocol

- ☐ **Step 1: Dissolve in Warm Filtered Water** — Mix the salt, baking soda, and xylitol into 4 oz of warm filtered water until fully dissolved. Add 1 drop of pure therapeutic peppermint oil.
- ☐ **Step 2: The 45-Second Swish & Pull** — Take a generous mouthful. Vigorously swish through teeth, pulling the solution back and forth through the interdental spaces to penetrate periodontal pockets.
- ☐ **Step 3: The 15-Second Gargle** — Tilt head back and gargle deeply for 15 seconds to coat the tonsillar crypts where sulfur-producing anaerobic bacteria breed.
- ☐ **Step 4: Zero Water Rinse Rule** — Spit thoroughly, but **do not rinse with plain water** afterwards. Allow the alkaline mineral film to remain on your enamel overnight to facilitate remineralization while you sleep.

TOTAL ORAL MICROBIOME RESTORATION

Mineral Rinses Protect the Surface — ProDentim Repopulates the Core

An alkaline salt rinse neutralizes surface acids, but if your mouth lacks the beneficial bacteria necessary to fight off periodontal gum recession and bad breath, decay will continually return.

ProDentim is an advanced probiotic chewable containing **3.5 billion beneficial probiotic strains** (including *Lactobacillus Paracasei* and *B.lactis BL-04*) clinically proven to repopulate your oral microbiome, rebuild healthy pink gums, and maintain fresh breath 24 hours a day.

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