

Gum Healing Protocol

This simple, holistic protocol combines daily oral care habits with anti-inflammatory, gum-healing foods to help reduce gingivitis and improve overall oral health.

Daily Oral Care Routine

- **Brush twice daily** with a nano-hydroxyapatite toothpaste such as [RiseWell](https://get.aspr.app/SHvenRiseWell).
- **Floss once daily** using a gentle floss coated in hydroxyapatite such as <https://get.aspr.app/SHvenRiseWell>.
- **Scrape your tongue** daily to remove bacteria buildup.
- **Floss and flush gums with water pik at nights.**
- **Oil pulling (optional):** 1 tsp coconut oil swished for 5–10 minutes in the morning, then spit into trash.
- Avoid harsh commercial mouthwashes that can dry gums or alter oral microbiome.

Foods to Eat (Gum-Healing & Anti-inflammatory)

- **Collagen & Gelatin:** Homemade bone broth, grass-fed gelatin in recipes, collagen powder in smoothies.
- **Marshmallow root tea:** Soothes gums and reduces inflammation.
- **Protein with each meal:** Examples include mackerel, chicken breast, tuna, beef, turkey, eggs.
- **Low-sugar fruits:** Grapefruit, berries, kiwi, lemon, lime.
- **Vegetables:** Leafy greens, bell peppers, zucchini, cucumber, broccoli, cauliflower, carrots.
- **Healthy fats:** Olive oil, avocado, ghee, coconut oil, grass-fed butter.
- **Sheep dairy:** Sheep cheese and yogurt (recipes below).
- **Herbs & spices:** Parsley, cilantro, turmeric, ginger, cinnamon, clove.

Foods to Avoid (Feed Bad Bacteria & Increase Inflammation and plaque)

- **All sugars:** White sugar, brown sugar, honey, maple syrup, agave, coconut sugar, dates, etc.
- **Coffee**
- **Alcohol**

- **Processed foods**
- **Gluten-containing grains**
- **Seed oils:** Canola, soybean, sunflower, safflower, corn oil.

Supplements

- **Genestra HMF Intensive Probiotics** – 1 capsule daily
- **Genestra Cod Liver Oil Capsules** – follow bottle dosage
- **Vitamin D3 + K2 Mulsion (Genestra)** – follow bottle dosage
- **Magnesium Glycinate** – 400–500 mg in the evening
- **Cell Salts for Remineralization** – Silicea, Calc Phos, Calc Fluor 6X
- **Lifestyle Support** – Manage stress, stay hydrated

3-Day Meal Plan

Day 1

- **Breakfast:** Quinoa flakes cooked in coconut milk, topped with blueberries, ground flax, cinnamon, and [Equip vanilla collagen powder](#).
- **Lunch:** Grilled mackerel salad with mixed greens, avocado, cucumber, and olive oil dressing with seasonings
- **Dinner:** Grass-fed beef stir-fry with zucchini, broccoli, and cauliflower rice.

Day 2

- **Breakfast:** Sheep yogurt parfait with chia seeds, grapefruit segments, and a sprinkle of cinnamon.
- **Lunch:** Chicken breast with roasted carrots and steamed green beans and grapefruit
- **Dinner:** Baked salmon with lemon, asparagus, and mashed cauliflower.

Day 3

- **Breakfast:** Scrambled eggs with spinach and sheep cheese.
- **Lunch:** Tuna salad with olive oil mayo, celery, and cucumber slices and seasonings
- **Dinner:** Turkey meatballs with zucchini noodles and marinara sauce (no sugar).

Sheep Dairy Recipes (helps increase saliva production)

Sheep Yogurt Breakfast Bowl

- 1 cup sheep yogurt
- 1 tbsp chia seeds
- ½ apple, sliced
- 1 tsp collagen powder
- Sprinkle of cinnamon

Baked Sheep Cheese with Herbs

- 100g sheep cheese block
- 1 tbsp olive oil
- 1 tsp fresh rosemary or thyme
- Bake at 375°F for 10 minutes until soft and golden. Serve with cucumber slices, Simple mills crackers or steamed vegetables.

Extra Daily Tips

- Drink at least 2L water daily to maintain saliva production.
- End meals with a small piece of raw cheese or rinse with water to neutralize mouth pH.
- Avoid constant snacking — give your mouth time to rest between meals.