



HALITOSIS

Nutritional Support Protocol

Lifestyle Recommendations:

1. See your Dentist regularly.
2. Floss daily (without cutting gums) and brush after each meal. Brush the tongue as well.
3. Put 1 drop of Oil of Oregano on your toothbrush at each brushing.
4. Replace sugar with the polyol sugar xylitol.
5. If not having regular bowel movements, follow the Constipation Nutritional Support Protocol.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

Xylitol:	1 teaspoon in unsweetened tea at each meal
Oil of Oregano:	1 gel cap with each meal
Probiotic Synergy Probiospheres:	1 sphere at bedtime
L-Glutamine:	3 caps or 1 tsp powder in liquid
PaleoGreens:	1 Tbsp in liquid once daily
Glutathione Power:	1 tsp in liquid daily

Halitosis is the scientific name for bad breath. Bad breath can have many causes. A build-up of bad bacteria in the mouth is a more obvious cause but bacterial overgrowth in the bowels is a common hidden cause. It can also be caused by gum disease, heavy metal toxicity, infection or liver disease. This protocol is designed to eliminate bad bacteria in the bowels and mouth, as well as build-up friendly bacteria, probiotics, in the body. PaleoGreens contain chlorophyll which cleanses the teeth, rids heavy metals, and the greens are alkalizing to help ward off acid-growing bacteria. Glutathione binds to heavy metals making them inert. Glutamine heals the gut lining to improve leaky gut. Glutamine also helps balance body pH.

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.