

REVISED & UPDATED

QUICK START GUIDE

**QUICKLY GET STARTED WITH THIS
STEP-BY-STEP OVERVIEW**

So, you've decided to take the leap to naturally manage your oral or dental health condition! We couldn't be more thrilled for you!

To get started on your journey toward a life with perfect health, we've provided some fundamentals as you embark on this new chapter.

Instructions:



Start By Reading “The Truth About Dental Health” Book

This helpful guide will provide you with some background and context that you may find helpful:

- Part 1: The Problem
- Part 2: The Solution
- Part 3: Step-By-Step Program

If you are trying to get started today and don't have the time to read whole book, skip ahead and READ: Part 3: The Step-By-Step Program.

2 Book An Appointment With Your Dentist

Before you start any new protocol, you should consult your doctor or primary health care or dental care provider.

IMPORTANT: If you are on any medication, do not stop taking it or attempt to make any changes without your doctor's approval. Work with your doctor to adjust dosages with medical supervision.