

The Complete

Oral Care Tool Kit

Consumer Buyer's Guide



Dr. WINSLOW

Integrative Oral Health

Table of Contents

1. Introduction.....	1
2. General Oral Care.....	3
3. Kids Oral Care.....	5
4. Natural and Eco-Friendly Oral Care.....	6
5. Tooth Decay (Remineralization).....	7
6. Gum Disease.....	8
7. Teeth Whitening.....	9
8. Bad Breath.....	10
9. Sensitive Teeth.....	11
10. First Aid & Pain Relief.....	12
11. Dry Mouth.....	13
12. Implant & Bridge Care.....	14
13. Braces & Clear Aligner Care.....	15
14. Denture Care.....	16
15. Teeth Grinding (Bruxism).....	17
16. Extra Care & Maintenance.....	18



Welcome

Thank you for your interest in my Oral Care Tool Kit. My name is Dr. Jeron Winslow and I am a practicing general dentist in California.

I thoroughly enjoy witnessing first-hand the oral health transformations I can provide as a dentist, not only with hands-on care, but also seeing how a simple dental product suggestion can provide great benefit to one's oral health.

I designed this resource guide with a condition and problem-based focus to make it easier to discover essential products to help on your way to better oral health.

As a dental professional, I'm always being asked. . . "What toothpaste, toothbrush, floss, etc. do you recommend?"

That burning question eventually led me to do some research and reflection over my many years in practice and provide a comprehensive answer to that common question. After gathering research from many resources and other prominent members in the dental community, I developed my own personally recommended dental care resource guide called the "Oral Care Tool Kit."



Whether you're seeking pain relief, looking for the best oral hygiene products for your kids, want whiter teeth, or just want to maintain that healthy smile, this guide is an excellent starting point for fulfilling your desires.

This resource guide is part of my True Smile System, which is a comprehensive step-by-step oral hygiene guide. In the system, you will learn an efficient, standardized approach on how to develop a cavity-free and healthy mouth for a lifetime. Being more mindful and aware of your oral hygiene habits, good and bad, is the first step to a healthier mouth.

Lastly, I want to be clear that I have no affiliation nor do I receive any compensation for my product recommendations. I simply want to cut through the noise you hear on television or the misinformation you read on the internet and give you some honest, real-life recommendations from a dental care professional.

Please connect with me online through my blog (www.drjwinslow.com) and Facebook pages so you can explore all the existing and upcoming resources I have designed for the savvy, health conscious consumer like you.

I truly hope you find this guide useful on your journey to optimal oral health and wellness.

- Dr. Jeron Winslow



General Oral Care: Toothbrush & Toothpaste

Electric/Powered Toothbrush

Oral-B Pro 1000

Oral-B Genius Pro 8000

Sonicare 2 Series Plaque Control

Sonicare FlexCare Platinum Connected

Manual Toothbrush

Oral-B Pro-Health Clinical Pro-Flex (soft bristles)

Colgate Extra Clean (soft bristles)

Toothpaste (fluoride)

Crest Pro-Health Advanced Deep Clean

Colgate Cavity Protection

Tom's of Maine Whole Care

CloSYS



Toothpaste (fluoride-free)

Tom's of Maine Antiplaque and Whitening

Kiss My Face Triple Action

Redmond Earthpaste

Desert Essence Natural Tea Tree Oil

CloSYS

JASON Healthy Mouth

Dr. Bronner's All-One

Nature's Gate



General Oral Care:

Flossing & Mouthwash

String Floss

Oral-B Glide Pro-Health
Listerine Ultraclean



Water Flosser

Waterpik Aquarius Professional Water Flosser
Sonicare AirFloss Ultra

Interdental Brushes

DenTek Easy Brush
GUM Go-Betweens Proxabrush

Floss Picks

Plackers MicroMint Flossers
DenTek Triple Clean



Mouthwash (alcohol-free)

CloSYS Original Unflavored
TheraBreath Fresh Breath Mild Mint
Listerine Zero
Colgate Total Advanced Pro-Shield
Crest Pro-Health Multi-Protection



Mouthwash (natural-based)

Desert Essence Tea Tree Oil Mouthwash
Oral Essentials Original Formula
JASON Healthy Mouth
The Natural Dentist
Dental Herb Company Tooth and Gums Tonic



Kids Oral Care

Manual Toothbrush

Oral-B Pro-Health

Radius Totz

Colgate My First Toothbrush

Electric/Powered Toothbrush

Sonicare Kids

Oral-B Pro-Health Stages



Toothpaste (fluoride)

Kids Crest Cavity Protection

Colgate Kids Cavity Protection

Toothpaste (fluoride-free)

Colgate My First

Hello Oral Care

Spry Kid's Xylitol Tooth Gel

Jack N' Jill Natural Toothpaste



Floss

Plackers Flossers

Waterpik Water Flosser for Kids

Mouthwash (6yrs+)

ACT Kids Anticavity Fluoride Rinse

Listerine Smart Rinse Anticavity Fluoride Rinse



Natural and Eco-Friendly Oral Care

Toothbrush

Preserve (soft or ultra-soft bristles)
Bamboo Toothbrush



Toothpaste (fluoride-free)

DIY Homemade Toothpaste
Redmond Earthpaste
Himalaya Neem and Pomegranate
JASON Healthy Mouth
Nature's Gate
Oral Essentials Original Formula
Desert Essence Natural Tea Tree Oil

Floss

Radius Mint Floss with Xylitol
Waterpik Aquarius Professional Water Flosser

Mouthwash

Coconut Oil Pulling
Desert Essence Tea Tree Oil
Oral Essentials Original Formula
JASON Healthy Mouth
Dental Herb Company Tooth and Gums Tonic



Tooth Decay (Remineralization)

Toothbrush

Electric: Sonicare FlexCare Platinum Connected (soft bristles)

Manual: Oral-B Pro-Health Clinical Pro-Flex (soft bristles)

Toothpaste

Crest Pro-Health Advanced
Colgate Cavity Protection
CloSYS (fluoride formula)



Floss

Waterpik Aquarius Professional Water Flosser

Mouthwash

ACT Anticavity (alcohol-free)

Daily Maintenance

Spry Xylitol Mints



Gum Disease

Toothbrush

Electric: Sonicare FlexCare Platinum Connected (ultra-soft sensitive bristles)

Manual: Dr. Collins Perio Toothbrush

Toothpaste

Crest Pro-Health Advanced Gum Protection

Nature's Answer PerioBrite (fluoride-free)

Floss

Waterpik Aquarius Professional Water Flosser

DenTek Easy Brush Interdental Cleaners

Mouthwash

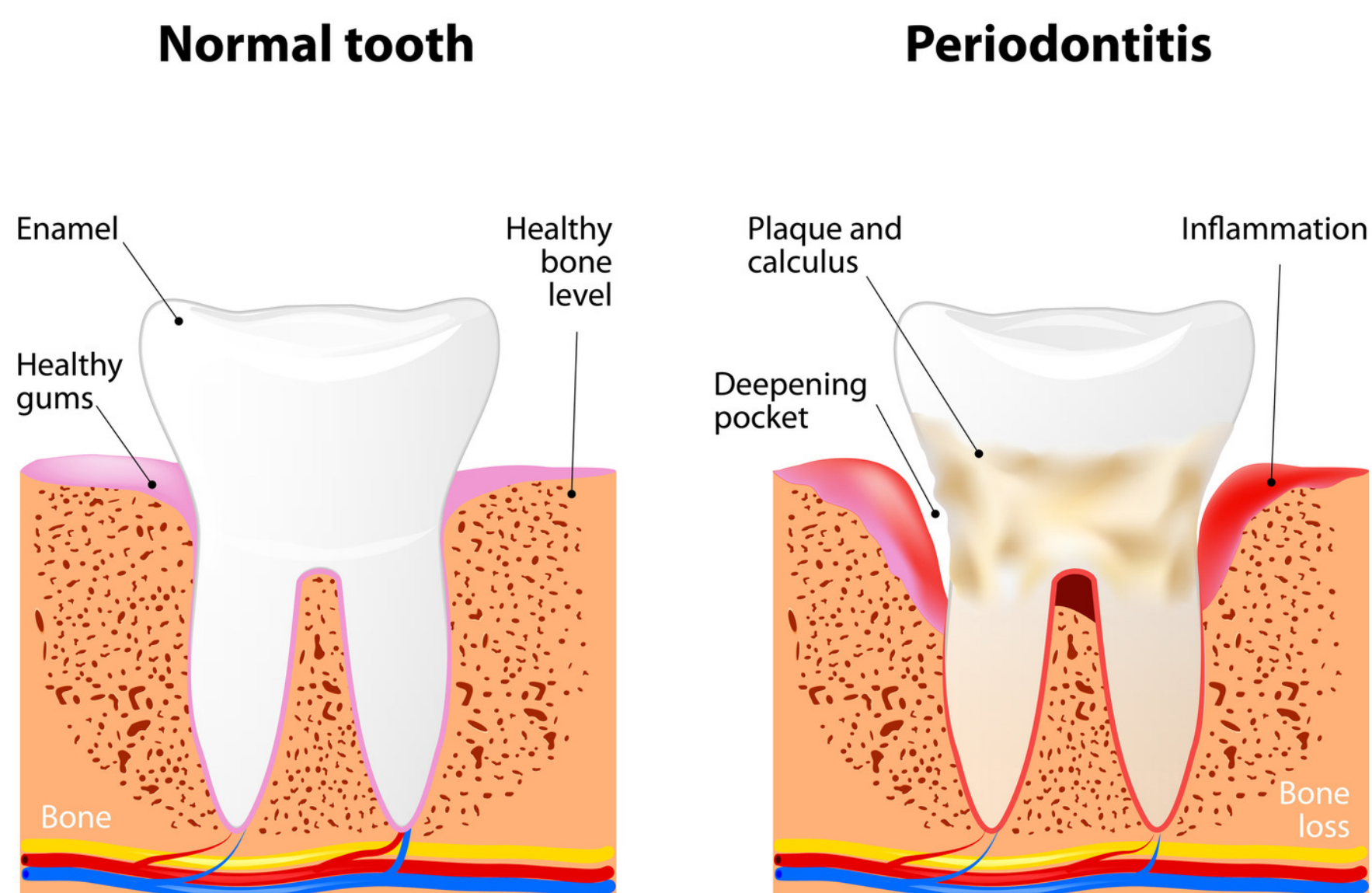
Nature's Answer PerioBrite

The Natural Dentist Healthy Gums

TheraBreath PerioTherapy Healthy Gums

Colgate Peroxyl

Essential Oxygen Brushing Rinse



Teeth Whitening

Toothbrush

Electric: Sonicare FlexCare Platinum Connected (soft bristles)

Manual: Oral-B Pro-Health Clinical Pro-Flex (soft bristles)

Toothpaste

Crest 3D White Brilliance 2 Step Toothpaste

Colgate Optic White

Tom's of Maine Antiplaque and Whitening (fluoride-free)

Floss

Listerine Healthy White Floss



Mouthwash

Crest 3D White Luxe Glamorous White Multi-Care
Supersmile Whitening Pre-Rinse

Gel (home-based system)

Go Smile Double Action 6-Day Whitening Kit

Rembrandt Deeply White 2-Hour Whitening Kit

Strips

Crest 3D White Luxe Professional Effects Whitestrips

Natural

Baking Soda, Coconut Oil Pulling, Apple Cider
Vinegar, Activated Charcoal, Turmeric



Bad Breath

Toothbrush

Electric: Sonicare FlexCare Platinum Connected (soft bristles)

Manual: Oral-B Pro-Health Clinical Pro-Flex (soft bristles)

Toothpaste

CloSYS (fluoride or fluoride-free)

TheraBreath Fresh Breath

Floss

Waterpik Aquarius Professional Water Flosser

Mouthwash

CloSYS Original Unflavored

TheraBreath Fresh Breath

Tongue Brush

Dr. Tung's Stainless Steel Tongue Cleaner

Orabrush Tongue Cleaner



Sensitive Teeth

Toothbrush

Electric: Sonicare FlexCare Platinum Connected (ultra-soft bristles)

Manual: Oral-B Pro-Health Sensi-Soft

Toothpaste

Sensodyne Original

Crest Sensi-Repair and Prevent

Colgate Sensitive

Tom's of Maine Rapid Relief (fluoride-free)

JASON Oral Comfort Soothing Gel (fluoride-free)

Tom's of Maine Rapid Relief (fluoride-free)

Floss

Waterpik Aquarius Professional Water Flosser

Mouthwash

Crest Sensi-Care Anticavity

ACT Total Care Sensitive Formula

Oral Essentials Sensitivity Formula (fluoride-free)



First Aid & Pain Relief

Gel

Orajel
Anbesol
Nature's Answer PerioRub
Colgate Orabase



Strips

Crest Sensi-Stop Strips

Mouthwash (for canker/cold sores)

Colgate Peroxyl

Natural

- Saltwater Rinse: mix 2 teaspoons of Himalayan or Dead Sea salt in a cup of warm water and swish 2 – 4 times per day
- Clove or Peppermint Essential Oil: apply with cotton swab and place directly on painful area
- Cold Compress: apply ice bag or frozen bag of peas

Lost Crown or Filling Temporary Replacement

Fixodent
Refilit Filling Material
Dentek Temparin Max

Knocked Out Tooth (Avulsed Tooth)

Save-A-Tooth Kit



Dry Mouth

Toothbrush

Electric: Sonicare FlexCare Platinum Connected (soft bristles)

Manual: Oral-B Pro-Health Clinical Pro-Flex (soft bristles)

Toothpaste and Gel

Act Dry Mouth Anticavity

Biotene OralBalance Moisturizing Gel

Floss

Waterpik Aquarius Professional Water Flosser

Mouthwash

Biotene Dry Mouth

ACT Total Care Dry Mouth

Oral Essentials Dry Mouth Formula

Lozenges

Orahealth XyliMelts

ACT Total Care Dry Mouth

TheraBreath Dry Mouth



Spray

Biotene Moisturizing Spray

Spry Dental Defense Xylitol Moisturizing Mouth Spray



Implant & Bridge Care

Toothbrush

Electric: Oral-B Genius Pro 8000 (soft bristles)

Manual: Oral-B Pro-Health Clinical Pro-Flex (soft bristles)

Toothpaste

Crest Pro-Health Advanced (fluoride)

Tom's of Maine Antiplaque and Whitening (fluoride-free)

Floss

Waterpik Aquarius Professional Water Flosser

GUM Go Betweens Proxabrush

DenTek Easy Brush Interdental Cleaners

Mouthwash

CloSYS Mouthrinse



Braces & Clear Aligner Care

Toothbrush

Electric: Oral-B Genius Pro 8000 (soft bristles)

Manual: Oral-B Pro-Health Clinical Pro-Flex (soft bristles)

Toothpaste

Crest Pro-Health Advanced (fluoride)

Desert Essence Natural Tea Tree Oil (fluoride-free)

Floss

Waterpik Aquarius Professional Water Flosser

Platypus Orthodontic Flosser

Mouthwash

ACT Braces Care

Colgate Phos-Flur Anti-Cavity

Aligner Cleaning Solution

Retainer Brite Tablets



Denture Care

Mouthwash

Colgate Peroxyl

Denture Brush

Butler GUM Denture Brush

Denture Adhesive

Super Poligrip

Sea Bond

Denture Cleaning Solution

Polident Denture Tablets



Teeth Grinding (Bruxism)

Mouth Guards

ProDental Mouth Guard



DentalCare Labs Mouth Guard

Plackers Grind No More Dental Night Protector

Mouth Guard Cleanser

Retainer Brite Tablets



Extra Care & Maintenance

Tongue Care

Peak Essentials TUNG Brush & Gel

Dr. Tung's Tongue Cleaner, Stainless Steel

Orabrush Tongue Cleaner

Supplements

Oral Probiotics

Vitamins A,C,D

Calcium

Magnesium

Coenzyme Q-10

Omega 3 Fatty Acids



Gum, Mints, Candies (sugar-free with xylitol)

Spry (gum/mints)

Epic (gum/mints)

BasicBites (gum)

Dr. John's Xylitol Candies and Lollipops

