

THE

FIT MOUTH METHOD

A Whole-Body Dental Fitness Plan



True Smile System



Dental Diet System



DDS System



Sleep & Smile System

True Smile System



What is It?

The True Smile System is a comprehensive step-by-step oral hygiene guide. It is a detailed explanation of the best daily practices for brushing, flossing, and many other traditional to non-traditional oral hygiene methods. Some essential companions to the True Smile System are the Oral Care Tool Kit and the Mouth Mapping Journal. The Oral Care Tool Kit will help you choose the best over-the-counter products to care for your individual oral health needs. The Mouth Mapping Journal will assist you in understanding the present condition of your oral health and discover unknown problems that may need extra attention.



Why Do I Need It?

The True Smile System will give you the tools, resources, and best practices to combat the daily battle that is going on in our mouths every day. Consistent and effective daily oral hygiene is the easiest way to achieving dental fitness. Here are some of the benefits you may see from daily practice of the True Smile System. . .

- Prevent and Heal Cavities
- Fight Plaque Build-up
- Whiten Your Teeth
- Manage Dry Mouth
- Stop Bleeding Gums
- Stop Teeth Sensitivity

Dental Diet System



What is It?

The Dental Diet System is your healthy eating guide designed with practical strategies to help you eat for a healthier mouth. The system teaches some essential healthy eating practices such as how the frequency and "speed" at which you eat your food can have a significant impact on whether you develop tooth decay or not.

Some of the guides included in the Dental Diet System are the "Healthy Eating, Smarter Snacking Guide" and the "Dental Diet Shopping Guide." These guides will help you make smarter decisions in the grocery store and at home to choose foods that are proven to build healthy and stronger teeth and gums.



Why Do I Need It?

When you eat for a healthy mouth, you are eating for a healthy body. These are some of the benefits you may see when applying the Dental Diet System on a daily basis. . .

- Prevent and heal cavities
- Fight plaque build-up
- Naturally whiten your teeth
- Enjoy your food again without the pain or sensitivity
- Quit your sugar and carb addiction
- Build resistance to tooth decay from the inside-out

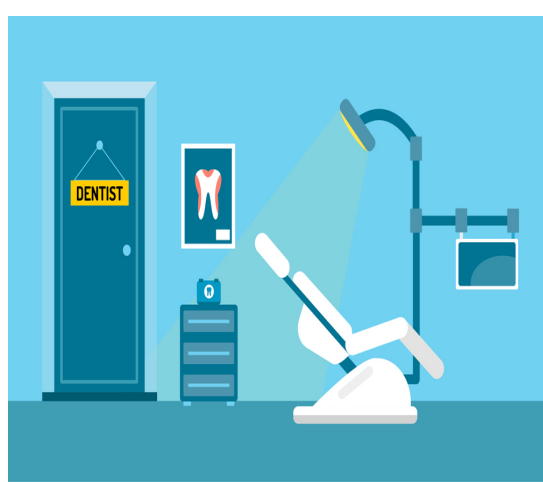
DDS System



What is It?

The DDS System is your guide to getting the best care at your dentist. Learn how to first find the right dentist that best fulfills your desires and needs for a healthy mouth. Then become confident with knowing exactly what will happen at the dentist. Be prepared with the right questions and knowledge that will save you time, money, and frustration.

Going to the dentist can be a nerve-wracking experience for many people. With the DDS System, you will learn strategies to conquer your fears and become more knowledgeable of how to find the best care for you and your family.



Why Do I Need It?

Simple, but often overlooked strategies can be used to find the best dentist that fits your needs. When you feel more confident in choosing the right dentist, it will create a more engaging and enjoyable experience for you and your family.

Some of the benefits you will take away from using the DDS System. . .

- Eliminate your dental fear
- Get out of pain fast and forever
- Effective teeth whitening
- Find a true partner in caring for your oral health
- Prevent tooth decay and gum disease
- Choose your dentist with confidence

Sleep & Smile System



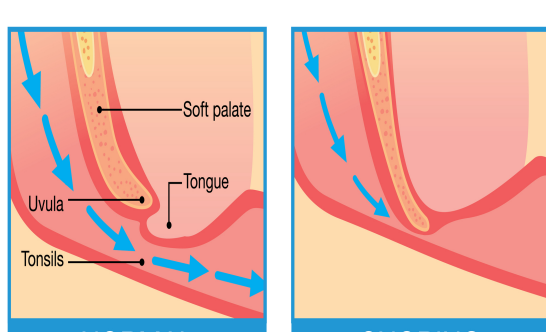
What is It?

The Sleep and Smile System is your guide to living a holistic oral healthy lifestyle. Sleep is an often overlooked essential aspect of an overall healthy lifestyle and a healthy mouth.

The Sleep and Smile System teaches effective strategies for becoming aware of the symptoms of poor sleep and the effects on your oral health.

Unlock the secrets to conquering destructive conditions such as sleep apnea, snoring, teeth grinding (bruxism), and TMD (temporomandibular joint disorder).

Upper Airway Anatomy



Why Do I Need It?

The Sleep and Smile System will teach you strategies to elevate your oral health through proper sleeping practices and treatments. You will become familiar with common and some not well-known treatments that you can get from your dentist that will eliminate deadly conditions such as sleep apnea.

Some of the benefits you may see from using the Sleep and Smile System are. . .

- Eliminate destructive sleep habits
- Control stress
- Stop teeth pain and sensitivity
- Prevent cracking/chipping teeth
- Enjoy sleeping next to your partner again
- Have more energy throughout the day