

True Smile System

Complete Oral Care



A Step-By-Step Guide to
Optimal Oral Health

Jeron Winslow DDS, MBA

Table of Contents

- 1. True Smile System Summary.....1
- 2. Welcome To A Better Smile.....2
- 3. Step 1: Pre-Rinse.....6
- 4. Step 2: Brush.....7
- 5. Step 3: Floss.....11
- 6. Step 4: Fluoride Rinse.....13
- 7. Step 5: Prevent & Protect.....14
- 8. Thanks.....17



The True Smile System

Brush & Rinse

Step 1: **Pre-Rinse** (30 seconds)

Closys Mouthwash (Original, Unflavored)

Step 2: **Brush** (2 minutes)

Sonicare ProtectiveClean (toothbrush)

Crest Pro-Health Advanced Deep Clean (toothpaste)

Floss & Rinse

Step 3: **Floss** (2 minutes)

Oral-B Glide Pro-Health

Waterpik Aquarius Professional Water Flosser

Step 4: **Fluoride Rinse** (1 minute)

ACT Anticavity (alcohol-free)

Prevent & Protect

Step 5: **Supplement** (daily)

Oral Probiotic (mint or gum)

Xylitol (mint, gum, drink mix, sweetener)



Welcome To A Better Smile

Welcome to my step-by-step smile care system guaranteed to transform your oral health. Fighting tooth decay and gum disease can sometimes be as simple as improving or adjusting your oral hygiene routine.

I have developed a comprehensive system that creates consistent oral health promoting habits that can be easily adopted for every lifestyle and "life-smile."

It is important to practice daily what I call "conscious oral care and awareness." "Conscious oral care and awareness" involves the attentive practice of regularly scheduled brushing and flossing as well as effective application of the techniques involved.

The objective of oral hygiene is to become more focused and actively aware of what you are using, why you are using particular products, and how to use oral care products most effectively to extract the maximum benefits.

I have discovered many people practice what they believe to be positive oral hygiene routines, but upon a deeper assessment, many realize the bad habits that have actually been contributing to their oral disease.

When we stop to make an accurate evaluation of our current habits, whether good or bad, we can then make an honest effort to eliminate the bad habits and add new health-promoting positive habits.



In my dental practice, I regularly observe patients needing advice and adjustments to improve their oral health, whether it be mechanical or dietary. Observing and responding to the needs, questions, and concerns of my patients has inspired me to create the True Smile System.

You are about to discover an easy to follow, systemized program you can apply every day with minimal effort to make effective, sustainable improvement with your oral care.

I personally use and recommend the “True Smile System” to my patients and have achieved amazing results. This guide has helped many of my patients achieve a state of excellent oral health free from tooth decay and gum disease.

It is extremely important to understand this guide compromises only a portion of my comprehensive oral health and wellness plan, the “Fit Mouth Method.”

The “Fit Mouth Method” is founded upon my dietary nutritional guide: the “Dental Diet System,” my oral hygiene guide: the “True Smile System,” and my at-the-dentist care guide: the “DDS System.”

I highly recommend that you refer to my “Dental Diet System” as your diet is an essential part of your oral health and wellness. The “DDS System” will reveal the secrets to getting the best care at the dentist while lowering or eliminating the stress, pain, and costs associated with dental care.



Again, this guide is only part of the solution to oral health excellence. It is important that you follow a healthy nutritional lifestyle and consult with your dentist to truly benefit from this guide or you may not receive the results that you are expecting.

Within the True Smile System, I will recommend specific brands and products that I have personally tested, researched, and recommended to my patients, family and friends.

With a little help and guidance evaluating the overwhelming amount of choices for dental care on the market, you too can achieve a state of sustained oral health and wellness from the True Smile System.

It is highly recommended you closely follow the process and products I recommended and do your best to not substitute or alter the system as you may not achieve beneficial results.

If you feel the need to explore alternative products to use, you can refer to my “Oral Care Tool Kit.” The Oral Care Tool Kit will provide a comprehensive list of product recommendations for many types of oral conditions.

Although I do recommend specific brands within this guide, I do not receive any compensation for my recommendations. I recommend specific brands based on my research, personal experience, feedback from my patients, and the ease of access to the products online or by retail.



It is my desire to also develop a “natural-based” guide to accompany the more traditional guide. The “natural-based” guide enables me to provide a more comprehensive and all-inclusive roadmap for those that may be sensitive to particular ingredients or just seeking an alternative approach to their dental care.

Within the natural-based system, I have included some of my easy and effective homemade natural recipes for toothpaste and mouthrinse that I know you will love.

It is my ultimate hope and desire that you will use this guide as a means to achieve what I like to call true “dental fitness.”

Just as you need to exercise regularly and have a proper nutritional plan to achieve physical fitness, you must follow this oral hygiene on a daily basis to develop your optimal “dental fitness” and become "MouthFit."

I sincerely hope this guide serves you well on your journey to optimal oral health.



Step 1: Pre-Rinse

You will begin with a pre-rinse to balance the pH of your mouth. This is especially important if you have just eaten or drank something, especially if it was acidic.

When we eat, the pH in plaque can fall rapidly to below pH 5.0. This lowered pH encourages the growth of cavity-causing bacteria and demineralizes the teeth. Rebalancing the oral pH to a more alkaline state before brushing will promote a more effective and beneficial process.

It is essential that you do not regularly use an “antibacterial” mouthrinse. Doing so not only kills the bad bacteria but also kills the good, beneficial bacteria that you need for a healthy mouth.

Since we cannot selectively remove harmful bacteria in our mouths with mouthrinse, we will instead use oral probiotics at the end to “crowd-out” the bad bacteria with beneficial bacteria.

I also recommend avoiding all alcohol-based mouthrinses as they will dry out your mouth, which is especially damaging to those already suffering from dry mouth.

Product Recommendation:
[CloSYS Original Unflavored](#)

Directions:

Swish for 30 seconds. Spit and do not rinse.



Step 2: Brush

Next you will brush with either a soft-bristled manual toothbrush or a rechargeable powered/electric toothbrush. I must emphasize that you must ONLY use a soft bristle toothbrush.

Never use a medium or hard bristle toothbrush or you will risk causing irreversible damage to your gums and/or teeth with the excessive abrasion the harder bristles cause. If you are using a manual toothbrush, then most basic soft bristle toothbrushes will do as you can't really go wrong.

Do not worry about all the fancy types of bristles and the various angulations manufactures have added to manual toothbrushes. Just choose a toothbrush you feel most comfortable with and I guarantee it will do the job to effectively clean your teeth.

Remember, when it comes to effectiveness of your toothbrush, the power comes from the “brusher” not the brush itself.

It is more important to be mindful of your brushing habits and practice conscious awareness of how you brush your teeth, while taking into account the time and techniques you use more than the tools that are being used to do the brushing.



There are four standard brushing methods described below. The two most recommended techniques for the majority of the population are described below:

Stillman's Brushing Method

- Best for removing plaque ABOVE the gum line
- Best for people with gingivitis and/or gum recession
- Technique: Hold bristles at a 45-degree angle toward the gum line with half of the bristles covering the gums and the other half covering the tooth. While brushing only a few teeth at a time, make short and light pressured vibratory movements. Sweep bristles away from the gum line to perform a “modified” version of this technique.

Bass (Sulcular) Brushing Method (preferred method)

- Best for removing plaque BELOW the gum line
- Best for people with periodontitis (advanced gum disease)
- Technique: Hold bristles at a 45-degree angle toward the gum line. While brushing only a few teeth at a time, make light pressured vibratory movements placing the bristles gently beneath the gum line. Sweep bristles away from the gum line to perform a “modified” version of this technique.



Product Recommendation:

Toothbrush: [Sonicare ProtectiveClean](#) or [Oral-B Pro 1000](#)

Toothpaste: [Crest Pro-Health Advanced Deep Clean](#)

If you choose to use a manual toothbrush, the brand I recommend is the “Oral-B Complete Deep Clean.” I highly recommend using an electric/powered toothbrush rather than a manual toothbrush. I have personally and professionally observed on my patients and from published research that electric toothbrushes are significantly superior to manual toothbrushes.

Electric toothbrushes are more efficient at removing plaque, strengthen the gums, ensure that you don't brush too hard with their built in pressure sensors, and ensure that you brush for the recommend time with their built-in timers. The brands I recommend are “Oral-B” by Procter and Gamble or “Sonicare” by Philips.

If you are choosing “Oral-B,” then I recommend the “Oral-B Pro 1000” model or better. If you prefer the “Sonicare” brand, then I recommend the “ProtectiveClean” model or better.

The toothpaste brands I recommend for overall effective oral health are “Crest Pro-Health Advanced Deep Clean” or “Colgate Cavity Protection.”



Directions:

Place a “pea” sized amount of toothpaste onto the toothbrush. Brush for 2 minutes usually following the preferred Bass brushing technique as previously described.

To make this a more efficient process, you can envision your mouth as having 4 separate equal quadrants.

Then brush each quadrant for 30 seconds each while brushing 10 seconds on the top surfaces of your teeth, 10 seconds on the “cheek” side, and 10 seconds on the “tongue” side.

You may choose to rinse with water at end of this step or not. Not rinsing will enable the protective effects of fluoride to last longer on the teeth.



Step 3: Floss

It has been and will always be recommended by dental professionals to floss. Despite the controversies you may have heard, flossing is and will always be an essential component of excellent oral health.

At a minimum, flossing removes large food debris that gets stuck in between your teeth. Flossing also serves to stimulate the gums and therefore reduce gum inflammation. As a dental professional, it is very apparent to distinguish patients who floss and those who do not, as bleeding and tooth decay between the teeth are frequently present with patients who choose not to floss on a regular basis.

As I regularly recommend to use string floss, I even more highly recommend to use a powered water flosser. A water flosser is a powered oral appliance that delivers a stream of pressurized, pulsating water between your teeth and under your gums.

Research has shown that powered water flossers are actually superior in effectiveness of reducing gum disease and removing plaque and food debris from between teeth. Powered water flossers remove plaque and food debris by directing bursts of water between your teeth and around your gums.



If you want to optimize and simplify your flossing routine, I highly suggest using a water flosser. Water flossers are extremely effective at removing plaque, food debris, and bacteria from the places your toothbrush and even floss cannot reach.

I suggest you use string floss first and then follow up with a powered water flosser to flush out any of the debris you make have loosened after flossing.

Product Recommendation:

String Floss: [Oral-B Glide Pro-Health](#)



Water Flosser: [Waterpik Aquarius Professional Water Flosser](#)

Directions:

Gather about 12 inches of floss between your index finger on both hands and gently push the floss in between your teeth, making sure you reach under the “contact” point where your teeth touch.

Then create “C” curvature with the floss and move in a up and down motion making sure you do not press down and “saw” at the gums.

Floss between all teeth, and don’t forget to floss against the backs of the last teeth in the mouth.

Flossing should take you about 1 - 2 minutes.



Step 4: Fluoride Rinse

A fluoride rinse is an effective way to get fluoride on and in between the hard to reach areas around teeth to help strengthen and remineralize the teeth.

Often the hardest placed to remineralize tooth decay is between the teeth at their contact points due to the inability of the toothbrush to reach those spaces.

Fluoride rinsing enables the anti-cavity and remineralizing effects of fluoride to effectively reach the in-between spaces of the teeth.

If you have fillings, crowns, bridges, or braces it is especially important to use a fluoride rinse. Dental work can sometimes create perfect hiding spots over time for bacteria to accumulate and damage the teeth.

Children **UNDER SIX** years old should **NOT** use a fluoride rinse due to the chance of ingestion.

Recommendation:

ACT Anticavity (alcohol-free)



Directions:

Swish for 1 minute. Spit and DO NOT RINSE. Not rinsing will keep the protective properties of the fluoride on the teeth to deliver sustained protection for many hours.



Step 5: Supplement (Oral Probiotics)

Oral Probiotics are relatively new to the oral health routine. Growing scientific evidence supports the use of oral probiotics to combat tooth decay, gum disease, bad breath, and whiten teeth through plaque reduction.

Other beneficial applications of oral probiotics have the ability to target sore throats, ear infections, sinus problems, and upper respiratory infections.

Probiotics, in general, are living microorganisms (bacteria) that are either the same as or similar to organisms found naturally in all throughout the human body. Most people are familiar with types of probiotics that work to promote a healthy gut, but there are also billions of bacteria that live in the mouth.

Some of these oral bacteria support a healthy oral environment while others contribute to oral disease. There are now supplements available containing specific strains of oral probiotics whose purpose is to promote oral health and wellness.

Since the gut and digestion actually begins in the mouth, it makes sense to address the mouth as an essential component to gut health in the same way current methods target gut health with probiotics.



Current research has shown the balance between beneficial (good) and pathogenic (bad) bacteria is essential in order to maintain oral health.

I highly recommend, especially to those who struggle with tooth decay and gum disease, to take an oral probiotic every day. Benefits can be seen in as little as 7 days.

You may notice a reduction in plaque build-up on your teeth, a reduction or elimination of bleeding gums, elimination of bad breath, or even relief from sinus or throat issues.

Directions:

Take one oral probiotic, preferably in mint form, in the evening before bedtime after you have completed steps 1 - 4 in the True Smile System.



Step 5: Supplement (Xylitol)

Xylitol is a naturally occurring sugar alcohol primarily used as a sweetener. Xylitol has been shown to have beneficial effects on oral health as research has shown to xylitol to cause a reduction in plaque build-up on teeth.

Xylitol works by essentially starving the bad bacteria in our mouths until they can no longer survive. The bad bacteria cannot metabolize the sugar alcohol in the same process they do with processed sugar, which eventually produces the lactic acid as a byproduct of the bacteria that contributes to tooth decay.

Less plaque means a reduction or elimination of tooth decay, gum disease, bad breath, and painful visits to the dentist.

Directions:

I recommend a daily dosage of 6-8 grams of a 100% xylitol gum, mint, or powder drink mix taken daily at least 3 times spaced throughout the day.

The most ideal times to use xylitol are the times when we are at greatest risk, which is within 15 minutes after meals or snacks.



Thank You

I would like to say thank you for trusting me with caring for your oral health. I sincerely hope you gain a better perspective and foundation regarding how to properly care for your oral health with this guide.

Please remember it is essential to also follow a whole-food, nutrient-dense, plant-based meal plan in order to create the most effective oral and general healthy lifestyle that you deserve.

If you desire to become a patient at my office or would simply like to get further information, please go to my practice website or connect through my social media channels like Facebook and Instagram.

Wishing you health and wellness,
- Dr. Jeron Winslow

