

Wild Medicine

HOW TO

STRENGTHEN YOUR

ORAL MICROBIOME

HEAL YOUR TEETH AND GUMS
AND IMPROVE YOUR GUT
HEALTH!

8 STEP GUIDE

By Kristie Agnew



WELCOME

You're about to discover natural, science-backed ways to support your teeth and gums—without chemicals, fluoride, or expensive dental procedures.

As a Naturopath and mum, I've seen firsthand how powerful the body's natural healing mechanisms can be—with the right support. This guide will give you eight surprising but simple steps to begin transforming your oral health.

This is just the beginning—you'll get even more tools, remedies, and protocols inside the full [Heal Your Cavities Naturally](#) book.

Lets Begin!

How to Strengthen Your Oral Microbiome

A healthy oral microbiome is your first line of defence—balancing bacteria, preventing decay, reducing inflammation, and even supporting your gut and immune system. Here's how to nourish it naturally.

You will notice that I have links throughout the book to my [Wild Medicine store products](#) - I research the absolute best companies for purity, ethics and absorption. There are so many 'crappy' supplements out there and I'm passionate about using and supporting the best.

If you are looking for products That I don't have, feel free to contact me and I can find the best versions with those ingredients for you.

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Ditch Antibacterial Mouthwash



Most commercial mouthwashes kill both bad and good bacteria. This is an absolute killer for a healthy mouth! I know this goes against what we have been told for a very long time but the research is clear. Mouthwash does more harm than good. If you want to have fresh minty breath, do all of the things here and buy some healthy Xylitol gum to chew after meals. (More info on page 8).

If you have lots of mouthwash in the bathroom cupboard then it makes good toilet cleaner so it won't go to waste ;)

Avoid harsh chemicals and use natural rinses like Aloe Vera and green tea, to support microbial balance.





. Use a Microbiome-Friendly Toothpaste



Choose fluoride-free toothpastes with hydroxyapatite, herbal extracts, prebiotics. I like to choose one with xylitol as it inhibits bad bacteria and creates a good pH in the mouth.

Avoid ingredients like triclosan, sodium lauryl sulphate (SLS), and artificial sweeteners. There are a lot on the market now. I use GEM here in NZ. There is also [this one](#) which has amazing ingredients in my Wild Medicine shop but it is pricey. There are plenty that are mid range with good ingredients. Just make sure it has the Hydroxyapatite and not flouride. This is what our tooth enamel is made of. Flouride does harden teeth but also our joints and it comes in a form that is not good for us. I have a full list of recommendations in my [Heal Your Cavities Naturally](#) ebook.



Take Oral Probiotics

Supplement with oral-specific strains such as *Streptococcus salivarius* K12 and M18. These can help crowd out harmful bacteria, reduce bad breath, and support healthy gums.

This is the beginning of gut healing as well! I use this one [here](#).

This is a great boost to help restore the balance between good and bad bacteria. Much more effective and more healthy than mouth wash.





Eat Microbiome Nourishing Foods



Include plenty of fibre-rich and fermented foods in your diet. Raw vegetables, sauerkraut, yoghurt, kefir, garlic, and leeks all support a healthy oral and gut microbiome.

If you focus on getting as much fruit and vegetables in each meal as you can then this is a fantastic start. If you find this challenging then a healthy green smoothie is a great way to boost your nutrient intake and flood your cells with goodness.

Try my favourite one:

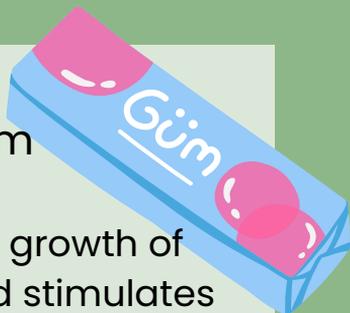
Frozen bananas and blueberries, spinach, green powder (like barley grass, spirulina etc) Milk of choice or water then blend until smooth.

I also teach easy fermentation! Join a [workshop](#) in person or get my Fermenting Made Easy book [here](#).





Chew Xylitol Gum



Xylitol helps to reduce the growth of cavity-causing bacteria and stimulates saliva, which is essential for microbial balance and enamel protection.

The simple act of chewing stimulates saliva which increases the health of the teeth and gums and strengthens the jaw.

Make sure the gum you choose is not full of artificial ingredients and sweeteners, the xylitol is sweet enough! I use Spry but there are many others I have a full list available in my [Healing Cavities guide](#)

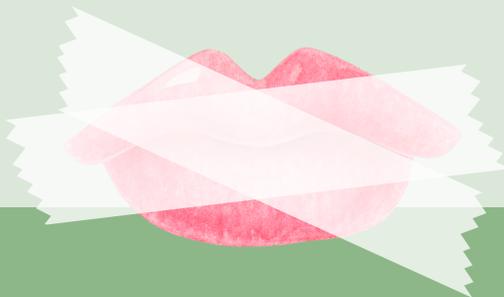
I chew it when I can't brush after food when I'm out or after eating something acidic or sweet.



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Stop Mouth Breathing

Mouth breathing dries out the mouth and disrupts bacterial balance. Use nasal breathing during the day, address allergies or congestion, and consider mouth taping at night. If you haven't heard of this practice, it sounds rather creepy, but if you use a soft papery medical tape it actually works really well. You know you need it if you wake with drool on your pillow. Snoring can really affect a lot of healthy processes not just your mouth health. Try taping and watch how refreshed you are from your sleep! You will have to keep the nasal passages clear to help with this so eating well can help and [this spray](#) or one like it with the Xylitol is very effective for clearing sinuses. It also helps stop recurring infections if that's your thing.





Stay Well Hydrated

Saliva is one of the most important defenders of your oral microbiome. Drink water regularly throughout the day to keep your mouth moist and your bacteria in balance. Being well hydrated helps with all of the processes in your whole body. It even freshens your breath.

Drink approx 2 litres a day of pure water or herbal teas for an adult. I get a load in first thing in the morning when I'm most dehydrated, this also helps flush the toxins out that your body has been working on overnight for you. Add a squeeze of lemon to taste if you are not used to it. Also don't drink freezing cold water, your body has to use energy to warm it up and this can hinder digestion.

Add in electrolytes if you are exercising, This electrolyte is an excellent option from my store [here](#).





Avoid Sugar and Refined Foods



Sugar feeds the harmful bacteria that cause decay and gum disease. Reduce sugary snacks and processed foods, and allow time between meals to give your mouth a rest.

Yes I know this is no surprise but if actually knew how harmful refined sugar and processed foods were to your whole body, you may really think about reducing them or cutting them out.

Sugar has now been linked to cognitive decline, as have ultra processed foods.

These are the biggest reason for Many very preventable diseases we now have.

Try it for 6 weeks and see how you feel, notice your sleep, your weight your mouth health even how clear your thoughts are!

Don't cut out whole foods with 'sugar' in them like fruit and veges, they have a whole ton of nutrients that help metabolise the sugar so they remain super healthy choices.

Want the Full Protocol to Heal Your Teeth Naturally?

BUY NOW



You've just scratched the surface... Did you know you can heal cavities? There's so much more to healing your mouth at home. In my full guide — Heal Your Cavities Naturally — I walk you step by step through exactly what your body and teeth need to regenerate and thrive.

Inside the full book, you'll discover:

- The essential minerals that rebuild enamel – it's not what you think!
- What your dentist won't tell you (but you need to know)
- Real, affordable ways to heal cavities at home

VISIT WWW.WILDMEDICINE.NZ TO GRAB YOUR COPY TODAY — FOR THE PRICE OF A GOOD TOOTHBRUSH FOR A COMPLETE HEALING PROTOCOL THAT COULD SAVE YOU HUNDREDS IN DENTAL BILLS!