

# Dr. Piana's Oral Inflammation Protocol



Oral/ Gum inflammation is epidemic and easily identified on thermal imaging. DO NOT use this program unless you have been evaluated and you have been diagnosed with Oral Dysbiosis. If you would like to work with prevention follow from day 30 on. DO NOT do Phase One.



## Phase One: 30 Days

1. See your dentist for a deep scaling and cleaning
2. Use [Hydrofloss Water Pick](#) to clean between all teeth (2x daily)
3. Use a mixture of 25% hydrogen peroxide and 75% water to swish between your teeth for 2minutes after step 2
4. [Perform oil pulling daily \(Video\)](#) immediately after step 3

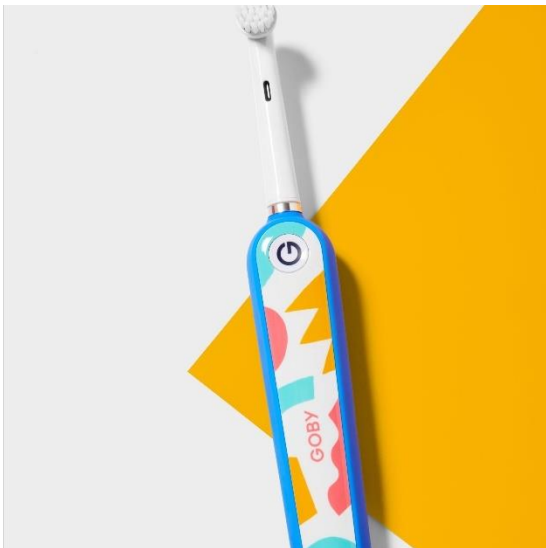
5. Take Spanish Black Radish Daily (5-10 Capsules) [Order from [PATIENT DIRECT](#) Provider Code **5ETAQT** ]

6. Rinse with and take internally daily with *Echinacea Premium* [Order from [PATIENT DIRECT](#)]



### Phase Two: 30-60 Days

1. Continue proxabrush, flossing, oil pulling, and water pick daily
2. Continue to use Probiotics, Spanish Black Radish, and Echinacea
3. Discontinue use of hydrogen peroxide

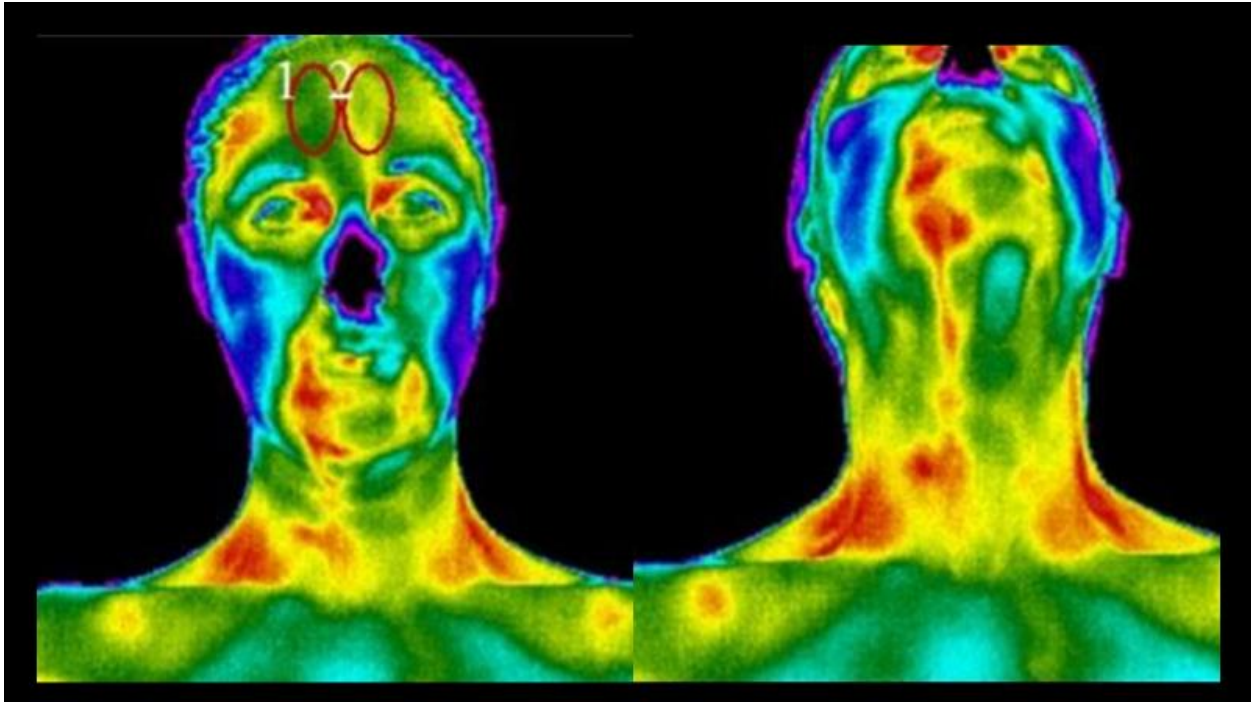


### Phase 3: Maintenance

1. Continue proxabrush, floss, and water pick daily
2. Take Probiotics daily

3. Oil Pull weekly

4. Have annual thermography tests to see your improvement.



**Oral Dysbiosis:** Oral inflammation may be a sign of dysbiosis of the oral cavity. This is very similar to dysbiosis of the intestines where there is an imbalance of resident flora.

**Dr. Anthony Piana, DC, FPACT**

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