

How to perform the **Breath Appeal™** home treatment

Results You Should Expect

The degree of offensive odor released by people varies from mild to very bad. The average case of bad breath should be controlled immediately after the first treatment and up to three days for severe conditions.

Don't try and judge results by the way your mouth feels -- dry mouth or bad taste. These conditions may have a variety of causes. For example, not drinking enough water, talking for long periods of time, mouth breathing, snoring, post nasal drip, sinusitis, various kinds of medication, among others. **If you follow our treatment directions faithfully, your breath will be fresh and clean, even though you may be experiencing one of the foregoing conditions.**

The only way to objectively measure treatment results is to have your spouse, family member, close friend, or dentist actually smell your breath. It is a scientific fact that people cannot smell their own breath. Try breathing into your cupped hands, a handkerchief, or even licking the back of your hand and smelling it, you will detect no odor.

To Begin — Dilute Solutions

1. Pour small bottle of red **Synergizer Concentrate** into empty large bottle labeled **Synergizer Solution** and fill to black line with cold tap water.
2. Pour small bottle of **Activator Concentrate** into empty large bottle labeled **Activator Solution**, and fill to blue line with cold tap water.
3. The diluted solutions in the larger bottles represent a half-month supply. When used up, rinse bottles once with cold tap water and repeat procedures 1 and 2 above.

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4. **IMPORTANT: Do not discard mixing bottles. Save them for diluting future reorders of Synergizer and Activator concentrates.**

Directions For The Breath Appeal Treatment

The following procedures should be done twice a day. Do not use breath fresheners at any time. They are totally unnecessary.

1. When ready to pour both solutions into the enclosed **mixing cup**, raise the **turret** on the bottle cap of both **mixing bottles** to a vertical position. Squeeze the bottle and fill the **red** solution to the **first** line on the **mixing cup**. Fill the **clear** solution to the **second line**. **Important: Always pour the red solution first into the mixing cup.**
2. Take **approximately** half of the combined solutions in your mouth and swish 2 times. With the rinse still in your mouth, insert toothbrush and gently work it into your gum line on both sides of your teeth. Then firmly brush your teeth and spit out. **This procedure should take about 5 seconds. Important:** Keep your lips sealed around the toothbrush handle to avoid losing rinse.
3. Extend your tongue and use the enclosed tongue cleaner to gently, but firmly, scrape off any white coating. If you experience pain, you are scraping too hard. Scrape as far back on your tongue as you can without gagging. A clean tongue has a slightly white and rosy pink color. **This procedure should take about 10 seconds or less**, depending on how heavily your tongue is coated.
4. After tongue cleaning, take the remaining solution into your mouth, swish vigorously, gargle twice and spit out. **This procedure should take about 15 seconds.**

Be patient: The above procedures may seem complicated at first. But within two days you will perform them automatically and routinely.

Recommendations

1. **Flossing:** For best results, you should floss your teeth after each meal. If you cannot maintain this schedule, you should at least floss after your last meal of the day, or before your evening treatment.

2. **Toothpaste Unnecessary:** You don't have to use toothpaste to prevent plaque buildup and tartar formation on your teeth. Brushing your teeth without toothpaste is just as effective. The brushing you do in the Breath Appeal Treatment serves this purpose just fine. Don't worry, your mouth will still feel fresh and clean after treatment. Toothpaste that contains alcohol dries out the mouth. This encourages the growth of bacteria that cause bad breath. The ultimate protection against plaque buildup and tartar formation on your teeth is to visit your dentist at least twice a year for a cleaning.
3. **Water:** Try and drink 6 glasses of water a day. It is not only good for your health, but it also keeps your mouth from drying out. A dry mouth encourages growth of anaerobic bacteria which cause bad breath.

Maintaining Your Fresh Breath

If you want to maintain fresh, clean, kissing sweet breath, you will need to continue treatment on a daily basis, so you will need to reorder a monthly supply of Breath Appeal Synergizer and Activator Solutions.

The solutions will be shipped to you in concentrated form in four 1-ounce bottles. **It is important therefore, that you save the large Synergizer and Activator bottles included in this kit, for future use for diluting the concentrated solutions.**