

## BABY TEETH

All 20 baby teeth are usually present by the age of 3. Children will lose these teeth between the ages of 5 and 12, as the size of the growing head and mouth require larger teeth. Care and protection of these teeth is important to ensure a healthy environment for the permanent teeth, which may need to last 75 to 100 years.

\* Do not put a child to bed with a nursing bottle of fruit juice or formula. This is the most common cause of dissolved baby teeth and the need for capping. As soon as the baby teeth appear, brush with *Koala Pals Sparkling Tooth Gel* or *Classic Tooth Polish*, after every meal. Give your child *Vita-Bears* to insure strong healthy teeth. Children should start seeing their dentist regularly by the age of four unless there are obvious cavities prior to that age.

## BACK PAIN

More than one half of the adult American population suffers with back pain. Our sedentary lifestyles, motorized transportation, and poor diets cause a large portion of our discomfort. Stretching and strengthening exercises, eating a healthy diet, maintaining a healthy weight, supplementing calcium, magnesium, and micro-nutrients, and correcting spinal injuries before they become chronic can go a long way toward reducing back pain.

\*Apply *Pain-A-Trate* to over-worked muscles. Apply moderate heat (use cold immediately after injury or acute pain 5 to 10 minutes each hour for the first 6 to 24 hours before using heat). Massage *T36-C5* over spastic back muscles to promote the relaxation reflex. Take *Replenex*. Drink 2 to 4 cups of *Melaleuca Herbal Tea* each day.

Take *ProVex* and/or *ProVex-Plus*, in addition to the *Vitality Pack* and *CellWise*, to help heal collagen structures in your back.

## BAD BREATH

Bacteria that live inside the mouth create most bad breath. Sometimes it is caused by foods such as onions and garlic. Some find a coffee drinker's breath offensive, especially after several cups have been swallowed and digested. Alcohol and especially beer breath can be very offensive. Smokers generally have bad breath. The residues of digestion caused by sulfur compounds such as certain cheeses, cabbage, beans, some other milk products, and sausages may create bad breath. Another culprit can be medications such as tranquilizers, cough and congestion medicines, and other pharmaceuticals used to control angina and hypertension.

\**Breath-Away Mouth Rinse* is an excellent start in improving one's bad breath regardless of the reason. Another way to improve is to change to *Melaleuca's Dental Care* products. This will include adopting the regular use of products such as the *Classic Tooth Polish*, the *Classic Dental Floss*, *Hot/Cool Shot Sugarless Gum*, and *Hot/Cool*

\*The information presented in this book is in no way intended as a substitute for medical counseling. Always consult your physician before starting any course of supplementation or treatment, particularly if you are pregnant or currently under medical care. Always read and follow product packaging directions and warnings.