



## Directive organic treatment

Directive for the use of blue<sup>®</sup>m supplements for health

### Introduction:

By an intelligent application of the immunological principles by the use of the biological treatment directive, the immune system will be activated and bone growth will be accelerated. This way the use of antibiotics and harmful medication will not be necessary. It's important to prepare the bone and the immune system on surgical treatment by stimulating the immune system and by eliminating negative factors. The directive for the biological treatment is based on the principle of strengthening, recovery and healing instead of suppressing or fighting.

In the philosophy of blue<sup>®</sup>m, active oxygen plays an important role. blue<sup>®</sup>m now goes beyond that and developed a smart way to support the process of recovery after surgery even more: blue<sup>®</sup>m teeth & bone formula -supplements for health- a unique and complete dental supplement. Prior to surgical procedures the vitamin D3 with K2 (MK7) and important bone minerals promote the bone metabolism.

### Therapy:

#### A. Use before-, during-, and after surgical treatment.

Before surgery make sure there are no metals and infections in the mouth and jaws. Thereby the immune system will function better during surgery and will be less burdened.

The advice is to avoid all adverse influences of food during 4 weeks before surgery. Which means: no coffee, alcohol, tobacco, sugar, gluten and dairy products. Water, vegetables and salads in all variations and a healthy lifestyle with a lot of sleep, physical exercise and sun on the other hand will have a positive and stimulating effect.

blue<sup>®</sup>m teeth & bone formula has to be taken daily for a minimum of 4 weeks before surgery: 3 times a day 1 capsule. Do so till a minimum of 6 weeks after surgery and also use blue<sup>®</sup>m active oxygen products like the toothpaste, mouthwash and oral gel.

The use of omega-3 fatty acids, for instance krill oil, is strongly recommended because it increases the uptake of the blue<sup>®</sup>m teeth & bone Formula.



After surgery take 2 or 3 days rest and let the wound heal. After 3 days you can carefully brush the wound with a blue<sup>®</sup>m supersoft toothbrush, unless otherwise prescribed. If desirable, a further maintenance dose can be taken six weeks after surgery, 1 capsule twice a day.

**B. Use at high risk of caries.**

Many factors can affect cariesrisk such as nutrition, eating frequency, oral hygiene, mouth breathing, dry mouth, bacterial composition, elderly, pregnant, athletes, intellectual and disabled persons, braces, etc.

In addition to the above factors, there is another very important cause of high caries prevalence, to which general dentistry paid little attention; deficiencies in minerals and vitamins . The additional use of dietary supplements is therefore, in case of a higher cariesrisk, highly recommended. For example, the cariesrisk dropped as much as 53% with a higher vitamin D level (Hujoel 2013).

Use blue ® m teeth & bone formula to reduce caries risk according to the instructions on the package.