

## HOW TO USE KFORCE



Morning



### 1. Use Sinoclear on Waking - Optional but Recommended

Have Breakfast - Rice or Oat Milk with Cereal, Plain Toast, Tea or Water.  
Avoid all milk and cheese. Limit eggs and yoghurt, jams etc. Avoid coffee.



### 2. Use Balance Rinse - Clean Teeth, Floss, Tongue, Rinse

Note: Only use two times a week- Examples would be on Monday morning and Thursday morning. Or Sunday night and Wednesday morning.



### 3a. Use KForce BreathGuard Gel for Tongue 3b. Use KForce Balance Toothpaste for Teeth

Wash Mouth with Water after using Gel and again after Paste



### 4. Rinse with KForce BreathGuard Powder Wash

Rinse & Gargle - Do this for at least 1minute. If you can hold the solution for 5minutes you get better uptake of the KForce K12 Probiotics.



At Sleep



### 1. Use Sinoclear before Bed - Optional but Recommended



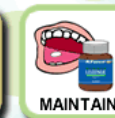
### 2a. Use KForce BreathGuard Gel for Tongue 2b. Use KForce Balance Toothpaste for Teeth

Wash Mouth with Water after using Gel and again after Paste



### 3. Rinse with KForce BreathGuard Powder Wash

Only Twice a Week - Do this step on days you use the Balance Rinse. It gives you extra KForce K12. However you can do this every night if you wish.



DR. SPEISER'S  
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## Cleaning Your Tongue & Teeth with KForce



**Clean 3 times a day.**

**After breakfast, at night before sleep, & After lunch.  
KForce Tongue Gel for Tongue, & KForce Paste for Teeth**

**1. CLEAN THE TONGUE.** Using a toothbrush & gel, brush the tongue with a gentle rapid action. Apply the Tongue Gel right back to the bumps on the back of the tongue. This is where most of the bacteria collect. Be gentle when brushing the tongue. Do this for 60 seconds.

**2. USE A TONGUE CLEANER.** Place the tongue cleaner at the back of the tongue (just in front of the taste buds), and gently wipe forward till you fall off the front tip. Do this a few times to remove all tongue debris. Clean the tongue cleaner under running water after each stroke. This will avoid you accidentally placing bacteria back onto the tongue surface.

Some tongues have a deep groove running through the center of the tongue. If this is you, make sure that you apply the tongue gel deep into the central groove and allow it to sit for up to 60 seconds, so that the active ingredients in the KForce gel have more time to work. Use the tongue cleaner to clean sideways from the central groove first. Then wipe forward from the back of the tongue to the front of the tongue (as described above).

**3. CLEAN THE TEETH.** Now apply the KForce Toothpaste to the tongue with the toothbrush for a further 10 seconds. Do not remove it yet. Continue to clean your teeth, gums, cheeks, and rest of mouth as you would normally with the KForce BalanceToothpaste. The toothpaste contains fluoride to stop decay, and pyrophosphates to stop tartar buildup. After use, rinse with water to remove all the toothpaste. Balance Paste also contains NXT02, which helps whiten teeth with consistent use.

Floss all teeth thoroughly by placing some toothpaste onto the floss and allowing the floss to take the ingredients between the teeth. Finally tongue clean any residue remaining on the tongue surface after rinsing.

**KFORCE GEL for the tongue and KFORCE PASTE for the teeth**

**WARNING: Never make the tongue bleed by brushing or cleaning too hard. You can permanently damage the tongue surface.**

**9. Avoid meat and cheese in your lunch.** Plain salads are healthier and will not add protein that will break down to smelly breath. Keep the meat for at home when you can adequately clean your mouth. Generally protein rich foods cause issues. Therefore consume a carbohydrate rich diet for the first 4 weeks of the program to encourage the correct bacteria in your mouth. After that experiment to find the right balance of proteins in your diet. But try to have proteins mainly at dinner and not in your lunch.

**10. How much water should I drink?** Most people with bad breath tend to over drink water in the belief it will wash away bad breath smells. This is in fact untrue. Dr Speiser's Breath Clinic recommends that you drink one to two glasses of water immediately after each meal and then chew a piece of Xylitol flavored gum to increase your saliva volume. It is the new saliva you generate from chewing Xylitol Gum that will buffer away the nasty acids and bad breath bacteria.

**11. What can I eat at lunch to avoid bad breath?** All proteins will break down to smelly sulphur compounds within a few hours of ingestion. It is just that some proteins cause more smells than others. So a simple rule of thumb is to only have carbohydrates at lunch time such as plain rice, pasta, whole meal bread, or garden salads. Avoid sandwiches with butter, ham, cheese, chicken etc, or salads with creamy dressings and mayonnaise. Lastly try to abstain from coffee, alcohol and soft drinks at lunch time, as these will all promote bad breath bacteria.

**12. Do I need to stop certain foods?** The worst offender for bad breath is Cheese. All cheese will break down to Methyl Mercaptan (fecal smell) within hours of consumption and this smell can last for a few days. As well as cheese avoid all other dairy products such as milk and ice cream. These products will increase hydrogen Sulphide (rotten egg smell). After dairy you should avoid the acid attacks coming from coffee and soft drinks, as the acid will promote bad breath bacteria. Finally stay away from alcohol in drinks and commercial mouthwash. The drying affects from alcohol can affect your healthy mouth bacteria for many hours after consumption.

**13. How often should I floss or clean my teeth and tongue?** Our research at Dr Speiser's Breath Clinic shows that biofilm constantly builds up on teeth, gums, tongue and throat. However it is only if the coating is not cleaned away every 12 to 24 hours that bad breath bacteria can invade the biofilm and start to break down the proteins to smelly bad breath. So cleaning should be done at least twice a day. Flossing is essential to remove the coatings from between the teeth and gums and tongue cleaning is essential to remove the coating from the tongue surface. If you feel it necessary you can clean your tongue and teeth after breakfast lunch and before sleep. Always do your cleaning regime after you have finished your meals

**14. What are the actual smells of bad breath?** Contrary to popular belief, bad breath comes solely from the mouth and throat. It does not come from the stomach or lower down. It is just that all bacteria use similar metabolic pathways to break down proteins, and therefore similar smells can be made from any part of the body, if you have the correct mix of bacteria and protein. Below is a table that shows the common smells of bad breath.

## Lifestyle Tips and Secrets

**1. Dairy products cause bad breath.** Therefore avoid milk and cheese. It makes no difference if the milk is low fat or full cream, as it is the protein content of the dairy product that breaks down to sulphur smells.

**2. Rice milk is your dairy substitute.** Rice milk or Oat Milk can be bought from the supermarket, and in Australia is manufactured by VitaSoy. Soy milk is not as bad as Cows milk, however it is still a protein so will break down to bad breath smells. Once you feel your breath problem has stabilised you can experiment if Soy milk will be an OK alternative for you. The issue of Soy or Rice milk will vary with each person.

**3. Nasal mucous smells of cabbage and gasoline.** Mucous is a biofilm that collects at the back of the throat and often releases the volatile sulphur compound Dimethyl Sulphide. Also it should be noted that dairy products will thicken nasal mucous making it harder to clean this biofilm away. Daily flushing of the back of the throat with our recommended Saline Nasal Sprays is the only way to hygienically clean away this biofilm.

**4. Bleeding gums smell of faeces.** Both gingivitis (swollen gums) or periodontitis (gum and bone disease) will allow the tooth and gum area to become colonised with destructive opportunistic bacteria that release the Volatile Sulphur Compound called Methyl Mercaptan. Also Methyl Mercaptan is actually toxic to gum tissue and will in turn speed up your bone loss. No bleeding is acceptable, and should be treated immediately by your dentist or hygienist.

**5. Do not diet during the day.** Doing so will cause the body to break down body fat and release a smelly compound called ketones. It is common knowledge that people who use the Atkins diet have bad breath for this particular reason. As well as eating breakfast, lunch and dinner, you may find that you benefit from having a mid morning and mid afternoon snack. Dr Speiser's Breath Clinic recommends rice crackers with sparkling mineral water for these snacks.

**6. Avoid acids during the day.** All foods cause acid attack to the mouth. But in particular, soft drinks, diet drinks, sports drinks, coffee, and commercial mouthwash all are high in acid. To avoid acid attack do not graze on foods all day, rather have only your set meals. After eating any food always drink one glass of water to wash away any food debris and then chew a piece of Xylitol Chewing Gum for 5 to 10 minutes to raise the pH of your mouth saliva back to neutral.

**7. Avoid dry mouth.** Most cases of bad breath occur later in the day due to the stresses of work and dehydration. Therefore always stay hydrated during the day. Avoid alcohol, commercial mouthwash with alcohol, smoking and stress, as these are all factors of bad breath.

**8. Maintain adequate saliva levels.** Chew one piece of Xylitol gum after meals to increase saliva flow and remove food debris. Recaldent chewing gum is excellent for this purpose.

## How to Use Balance Rinse Set



### **Balance Rinse Strength**

**Full** - 1 Cap Balance1 & Balance2. Shake contents

**Mild** - 1 Cap Balance1 & Balance2 & 1 Cap water. Shake contents

**Weak** - 1 Cap Balance1 & Balance2 & 2 Cap water. Shake contents

**Balance Rinse is alkaline so it is extremely tooth friendly.** Therefore it is most effective when you dip your brush into the vial and clean your teeth with the Mixed Balance Rinse, floss, brush your tongue, and finally rinse with the Mixed Balance Rinse. So instructions are:

### **Mixing Instructions for Balance Rinse**

1. Shake both Balance Rinse Bottles
2. Make mix according to the strength above desired
3. Seal lid tightly and shake mixing vial well
4. Brush Teeth with Balance Rinse. Pay attention to the join between gum and teeth
5. Floss Teeth with Balance Rinse
6. Brush Tongue with Balance Rinse
7. Rinse with Balance Rinse for 30 to 60 seconds
8. Tongue Clean using the Tongue Cleaner
9. Rinse mouth thoroughly with water

Never use either bottle by itself. A 5mL measure is equal to the top thread in the bottle cap of the Balance Rinse. Avoid spillage on clothes and eyes.

## When to Use Balance Rinse Set



**Starting our Treatment.** We recommend using one full set of the Balance Rinse morning and night for the first 5 days, followed by our gel and tooth-paste cleaning procedure. There are 10 doses in each set.

**Continuing our Treatment.** Use the Balance Rinse Set twice a week. Try to equally space it out so that you may do Monday Morning and then Thursday Morning. Or Sunday Night and Wednesday Morning.

## Benefits of KForce Balance Rinse

Does NOT contain any acid or alcohol

Balance is alkaline so it is tooth friendly

Helps to keep bad breath bacteria out of the mouth

Leaves an amazingly clean fresh taste in the mouth

The only mouthwash you can use to clean your teeth

## How to Use KForce BreathGuard Probiotics



Your kit includes either a Probiotic Powder Mouthwash or Probiotic Lozenges to dissolve on the tongue. It does not contain both unless you ordered the Full Day & Night Kit

**Both Powder and Lozenge contain the same amount of BLIS K12.** We find that the powder is better for home use as you are able to rinse and gargle with the mixture. The lozenge is better for day use, especially after cleaning at lunchtime.

### **Powder Use**

Mix 1 scoop of powder with a small amount of water in a mixing vial. Shake the mix and then rinse with this mix for 1 full minute. Try to wash the mix gently over the tongue surface so that the powder can settle on the tongue and colonise. You can also gargle with the mix. For a better Colonisation try and keep the mix in your mouth for up to 5 minutes. Spit out the mix once you have finished rinsing.

### **Lozenge Use**

Place a lozenge on your tongue surface and allow it to dissolve as slowly as possible. Do not bite or break the lozenge into pieces but rather allow it to fully dissolve on the tongue surface.

**After using the KForce Probiotics do not eat or drink for 30 minutes.**

## Benefits of KForce BreathGuard Probiotics

**The world's first & only mouth Probiotic.** Everyone has heard of the benefits of acidophilus and bifidus. But these good bacteria live in the stomach and cannot benefit the mouth. *KForce S.salivarius K12* is the only probiotic to live on the tongue surface, exactly where bad breath bacteria like to live.

**Fights bad breath bacteria.** KForce K12 releases BLIS K12 which is a defence mechanism used to help control bad breath bacteria. These K12 probiotics were discovered after many years of extensive research by Professor Tagg and Otago University.

**Helps maintain good mouth balance.** Studies at Harvard University have shown that *S.salivarius* can occupy up to 40% of the mouth bacteria in healthy subjects. This bacteria however is lacking in subjects with Bad breath. Continued use of the KForce Plus System allows our *KForce S.salivarius K12* to occupy the tongue surface and crowd out bad breath bacteria.

## How to Use Sinoclear Nasal Flush



This is a Hypertonic (more salt) solution to clean mucous away from the back of the throat. This mucous is a major source of protein for bad breath bacteria. Throat mucous is the major reason for Bad Breath in chronic sufferers.

**If using the Large Bottle spray three times in each nostril. If using the small bottle then increase the amount to five or six sprays in each nostril**

### **Sinoclear Use**

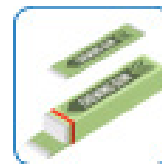
Place the nozzle of the spray bottle into one nostril. Use your other hand to block the other nostril.

Spray once and then stop and breath in deep to pull the spray mixture to the back of the throat. You will know if you did this correctly as you will taste salt water at the back of the throat. You can swallow this or spit out if you wish.

If you find that a lot of spray is coming back out of the nostril, look in the mirror and make sure you have the spray angled up the nostril path.

Always spray, then suck the solution back and then continue on and spray again. Do not do multiple sprays without trying to suck the solution to the back of the throat after each spray.

## How to Use Recaldent Chewing Gum



Recaldent is a Dental Gum that contains CPP-ACP, the building blocks of tooth. It also contains Xylitol. The combination of these two ingredients is extremely tooth friendly. This gum will increase and improve saliva quality.

**After every meal chew one piece of Recaldent Gum, for five or ten minutes to increase saliva and to buffer away food acids that happen with eating.**

There is no need to chew the gum all day, and in fact this is contra indicated. Chewing for a time after meals is sufficient to help control the bad breath bacteria and improve saliva.