



**Denta
Guard**

Fresh Mouth Reset

Quick and Homemade
Solutions for a Mouth
Free of Bacteria,
Inflammation and
Bitter Taste — Without
Expensive Products

I Introduction

The discomfort of having a strange taste in your mouth or noticing that your breath isn't at its best is something we all face at some point. Whether it's after a specific meal, a bad night's sleep or due to minor oral inflammation, these symptoms can impact your confidence and well-being. With this in mind, we developed Fresh Mouth Reset: a 24-hour protocol with natural, effective and affordable solutions to restore freshness and comfort to your mouth.

In just a few hours, you can eliminate bad breath, combat inflammation and dissolve that unpleasant taste, using ingredients that are already in your kitchen. Let's get straight to the point. Time to start over with a cleaner, healthier and fresher mouth!



Chapter 1: The 7 Herb and Spice Combinations That Eliminate Bacteria in 24 Hours

Bad breath is usually caused by an imbalance in oral flora — that is, when bad bacteria take over the environment in your mouth. Fortunately, nature offers powerful ingredients with antibacterial and anti-inflammatory action, capable of rebalancing this scenario quickly.

Below, you will find 7 combinations of herbs and spices that, used correctly, eliminate harmful bacteria, reduce inflammation and neutralize unpleasant odors in up to 24 hours.

The secret is to make simple infusions and use them as mouthwash throughout the day. All with ingredients that you probably already have at home.





1. Cloves + Cinnamon

A classic and powerful combination. Cloves contain eugenol, a compound with analgesic and antibacterial properties. Cinnamon, in addition to its pleasant aroma, is effective against oral fungi and bacteria.

How to use: Boil 1 teaspoon of cloves and 1 cinnamon stick in 250 ml of water for 5 minutes. Let it cool and use as a mouthwash after meals.



2. Mint + Rosemary

Refreshing and purifying in a single combo. Mint combats bad breath with its natural menthol, while rosemary acts against microorganisms that cause gum inflammation.

How to use: Make an infusion with 1 tablespoon of mint leaves and 1 teaspoon of dried rosemary in 200 ml of hot water. Strain and use twice a day.



● 3. Sage + Thyme

This combination is ideal for inflamed or bleeding gums. Sage helps with healing and thyme fights resistant bacteria.

How to use: Boil 1 teaspoon of each herb in 250 ml of water for 3 to 5 minutes. Use warm as a mouthwash before going to bed.



● 4. Ginger + Lemon

This infusion stimulates salivation (essential for maintaining the balance of oral flora) and helps neutralize odors. Ginger reduces inflammation and lemon acts as an astringent.

How to use: Slice a small piece of fresh ginger and boil it with the peel of ½ lemon for 5 minutes. Let it cool a little and gargle when you wake up.



● 5. Fennel + Star Anise

In addition to its pleasant flavor, this combination is excellent after strong or spicy meals. It has a digestive and deodorizing effect.

How to use: Boil 1 teaspoon of fennel seeds with 1 star anise in 200 ml of water. Use after meals or before social gatherings.



● 6. Green Tea + Dried Orange Peel

Green tea contains catechins that fight bacteria in the mouth, while orange peel helps to refresh and cleanse the palate.

How to use: Let 1 green tea bag infuse with 1 teaspoon of dried orange peel for 10 minutes. Use morning and night.



● 7. Basil + Cloves

This combo is excellent for nighttime use. Basil has antimicrobial and mucosal regenerating properties, while cloves relieve pain and inflammation.

How to use: Boil 1 tablespoon of fresh basil with 3 cloves in 250 ml of water. Rinse your mouth before going to bed.

● How to apply:

Use one of these infusions 2 to 3 times a day as a mouthwash, keeping the liquid in your mouth for at least 30 seconds before spitting it out. You can alternate the combos throughout the week or choose your favorite.

With consistency, you will notice your mouth feeling lighter, fresher and cleaner — and the best part: without resorting to expensive or artificial solutions.

Chapter 2: Pantry Ingredients That Will Get Rid of Canker Sores While You Sleep

Few things are as uncomfortable as a canker sore that burns when you eat, talk, or even brush your teeth. Luckily, you don't have to resort to expensive ointments or foul-tasting medications. The cure may be right in your pantry—and best of all, these ingredients work while you sleep.

Below, you'll learn four effective, natural remedies you can apply before bed and wake up with reduced pain and accelerated healing.





1. Raw Honey

Raw (unprocessed) honey is a powerful antibacterial and natural healing agent. Rich in enzymes, it creates a protective layer over the canker sore, preventing the proliferation of bacteria and promoting tissue regeneration.

How to use: Apply a small amount directly to the canker sore with a clean finger or a cotton swab, just before going to bed. Avoid eating or drinking after application.

Expected result: Reduced pain the next morning and accelerated healing in the following days.



● 2. Sodium Bicarbonate

Bicarbonate acts as a natural anti-inflammatory, helping to neutralize the acidity in the mouth and reduce irritation at the site of the canker sore. It also has a mild astringent effect, helping to clean the affected area.

How to use: Dissolve half a teaspoon of bicarbonate in half a glass of warm water. Gargle for 30 seconds before going to bed. Do not swallow.

Expected result: Feeling of relief and reduction of inflammation in a few hours.



● 4. Turmeric + Coconut Oil

Turmeric is known for its high anti-inflammatory and healing power. When combined with coconut oil, its effects are further enhanced.

How to use: Mix half a teaspoon of turmeric powder with a few drops of coconut oil until a thick paste forms. Apply directly to the canker sore with a cotton swab and leave on overnight.

Expected result: Turmeric can temporarily stain your teeth. To avoid this, apply only to the canker sore and rinse thoroughly in the morning.



Sleep Well and Wake Up Better

During sleep, the body goes into regeneration mode. These natural ingredients work precisely during this period, when the mouth is at rest and free from external interference.

By incorporating one of these methods into your nighttime routine, you speed up the healing of mouth ulcers, reduce discomfort and wake up with a feeling of relief.

Chapter 3: The Homemade Formula – Turn Water into a Powerful Mouth Spray

If you've ever spent money on commercial mouth sprays, you know that many promise instant freshness, but few actually combat the cause of bad breath. Plus, most contain alcohol, preservatives, and chemicals that dry out your mouth and, over time, can even make the problem worse.

But what if you could create your own formula, with natural, safe ingredients that you can find in your home — and that works just as well (or better) than the over-the-counter products? Welcome to your new daily ally: the Natural Fresh Mouth Reset Mouth Spray.





● Natural Mouth Spray Recipe

- 1 cup of filtered water
(preferably warm, for better dilution)
- 1 tablespoon of natural peppermint extract
(or 3 drops of peppermint essential oil, if you have it at home – it is highly concentrated, so less is more)
- 1 pinch of baking soda
(neutralizes acids and balances the pH of the mouth)
- 1 teaspoon of apple cider vinegar **(optional)**
(helps fight bacteria and balances the oral microbiome, but should be used in moderation)



● Preparation

- Boil water and let cool until lukewarm if you want more sterilization. If you are using bottled or filtered water, it is not necessary to boil.
- In a clean container with a spray bottle, add all ingredients.
- Shake well to mix.
- Store in the refrigerator for up to 5 days to keep the formula fresh.



How to Use

- Spray 2 to 3 times directly into the mouth after meals and before bed.
- Avoid eating or drinking for at least 15 minutes after use to maintain the prolonged effect.
- Can be reapplied throughout the day, whenever you feel the need for refreshment or are in important social situations.

● Why Does It Work?

- Peppermint freshens your breath instantly, but it also has powerful antibacterial properties.
- Baking soda balances the pH of your mouth, creating a hostile environment for odor-causing bacteria.
- Apple cider vinegar, even in small amounts, combats inflammation and helps eliminate toxins.
- This combination transforms something as simple as water into a functional, therapeutic and natural mouth spray, ideal for those looking for practicality and efficiency without sacrificing health.

● Extra tip

You can adapt the flavor with other refreshing herbs such as rosemary, thyme or cloves. Just make a strong infusion with hot water and use it in place of the mint, or combine them for an even more powerful effect.

● Expected result

With continuous use for just 24 hours, your mouth will feel cleaner, fresher, without a strange taste and with naturally pleasant breath — and all this without spending more than a few dollars.

Chapter 4: The “Healthy” Vegetable That Feeds Bad Bacteria and Worsens Bad Breath

Have you ever wondered why, even with a healthy diet, your breath can still be unpleasant? The answer may lie in some foods that are reputed to be beneficial — but that hide an unpleasant side effect.

One of the biggest silent villains is raw broccoli. Although it is rich in fiber, vitamins and antioxidants, broccoli (as well as other cruciferous vegetables such as cauliflower, cabbage and Brussels sprouts) contains compounds rich in sulfur. When eaten raw, these compounds are metabolized by bacteria in the mouth and intestine, releasing gases with a strong odor — like the dreaded hydrogen sulfide, the same smell as rotten eggs.





The same goes for raw garlic and onions, which release sulfur compounds that not only stay in your mouth, but also enter your bloodstream and are expelled through your lungs — keeping your breath smelling bad for hours, even after brushing your teeth.

● **So what should you do?**

You don't need to eliminate these foods from your diet — they are healthy and have important functions in the body. But some simple strategies can prevent them from damaging your breath:

- Cook cruciferous vegetables: cooking significantly reduces the sulfur compounds present in these foods.

- **Use natural neutralizers after meals, such as:**

- *Fresh parsley: rich in chlorophyll, it helps neutralize odors.*
- *Mint or green tea: contain polyphenols that fight bacteria that cause bad breath.*
- *Raw apples and carrots: in addition to cleaning your teeth mechanically, they stimulate the production of saliva, which helps “wash” unwanted compounds from your mouth.*

 Bonus tip

Avoid eating these raw foods before important meetings, gatherings, or social engagements. And if you can't avoid them, carry a natural mouth spray (like the one you learned about in Chapter 3!) for emergency use.

Chapter 5: The Specific Spice That Will Keep Your Mouth Fresh All Day

Have you ever woken up with that strange sensation in your mouth and spent the whole day trying to disguise your bad breath with expensive candies or sprays that only mask the problem? The good news is that there is a natural, ancient and powerful spice that can change that with just a small dose in the morning: **cardamom**.

Originally from South Asia and widely used in Ayurvedic medicine, cardamom is known for its antimicrobial, anti-inflammatory and digestive properties. It acts directly on the bacteria that cause bad breath, neutralizing unpleasant odors and promoting a feeling of freshness that lasts all day.

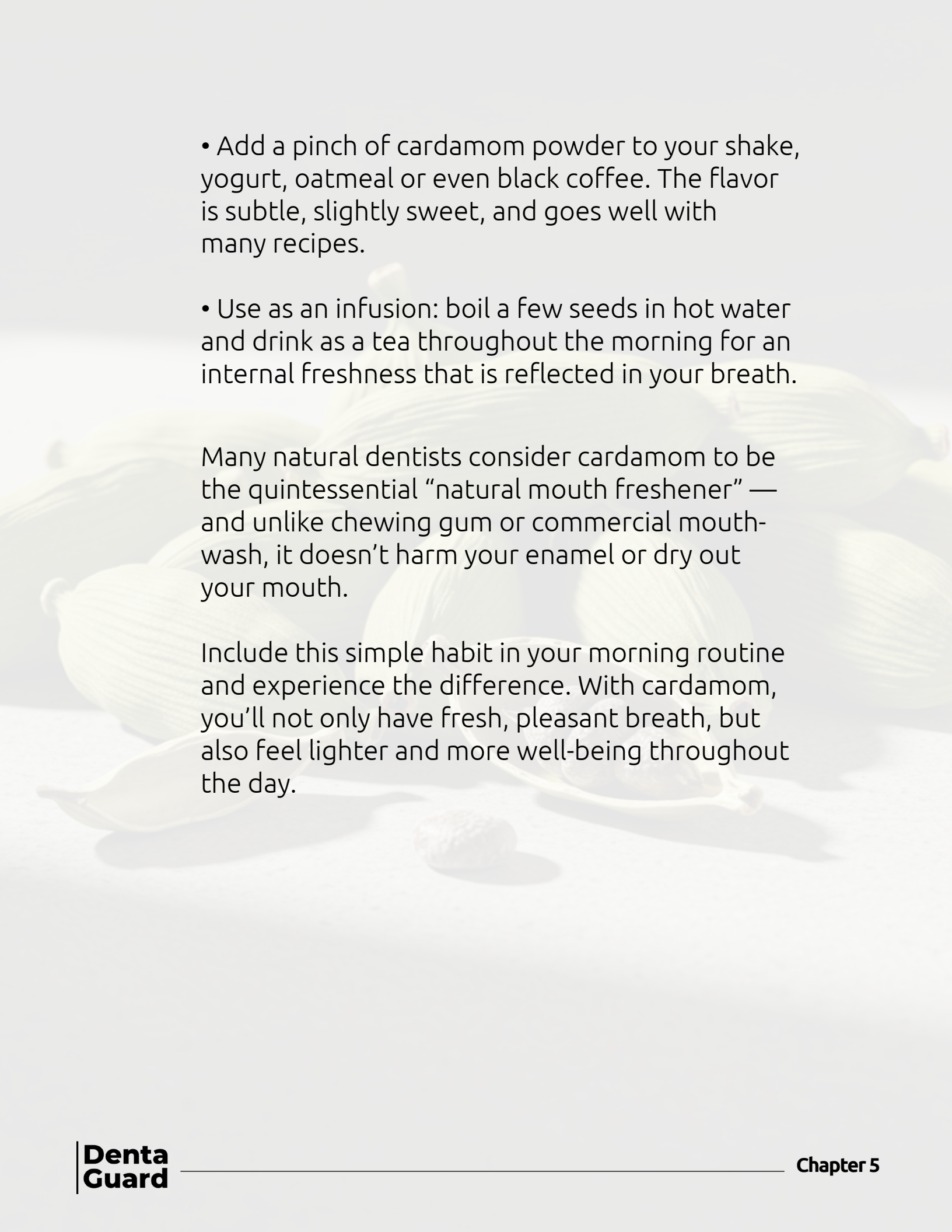




In addition to freshening your breath, cardamom aids digestion — another important factor, since digestive imbalances also contribute to unpleasant odors in the mouth. In other words, you take care of your oral and intestinal health at the same time.

How to use

- Chew 1 or 2 cardamom seeds right after breakfast. This activates its refreshing properties and releases essential oils that act in the mouth immediately.

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- Add a pinch of cardamom powder to your shake, yogurt, oatmeal or even black coffee. The flavor is subtle, slightly sweet, and goes well with many recipes.
 - Use as an infusion: boil a few seeds in hot water and drink as a tea throughout the morning for an internal freshness that is reflected in your breath.

Many natural dentists consider cardamom to be the quintessential “natural mouth freshener” — and unlike chewing gum or commercial mouthwash, it doesn’t harm your enamel or dry out your mouth.

Include this simple habit in your morning routine and experience the difference. With cardamom, you’ll not only have fresh, pleasant breath, but also feel lighter and more well-being throughout the day.

Chapter 6: The Terrain Ignition Switch – Visible Results in 24 Hours

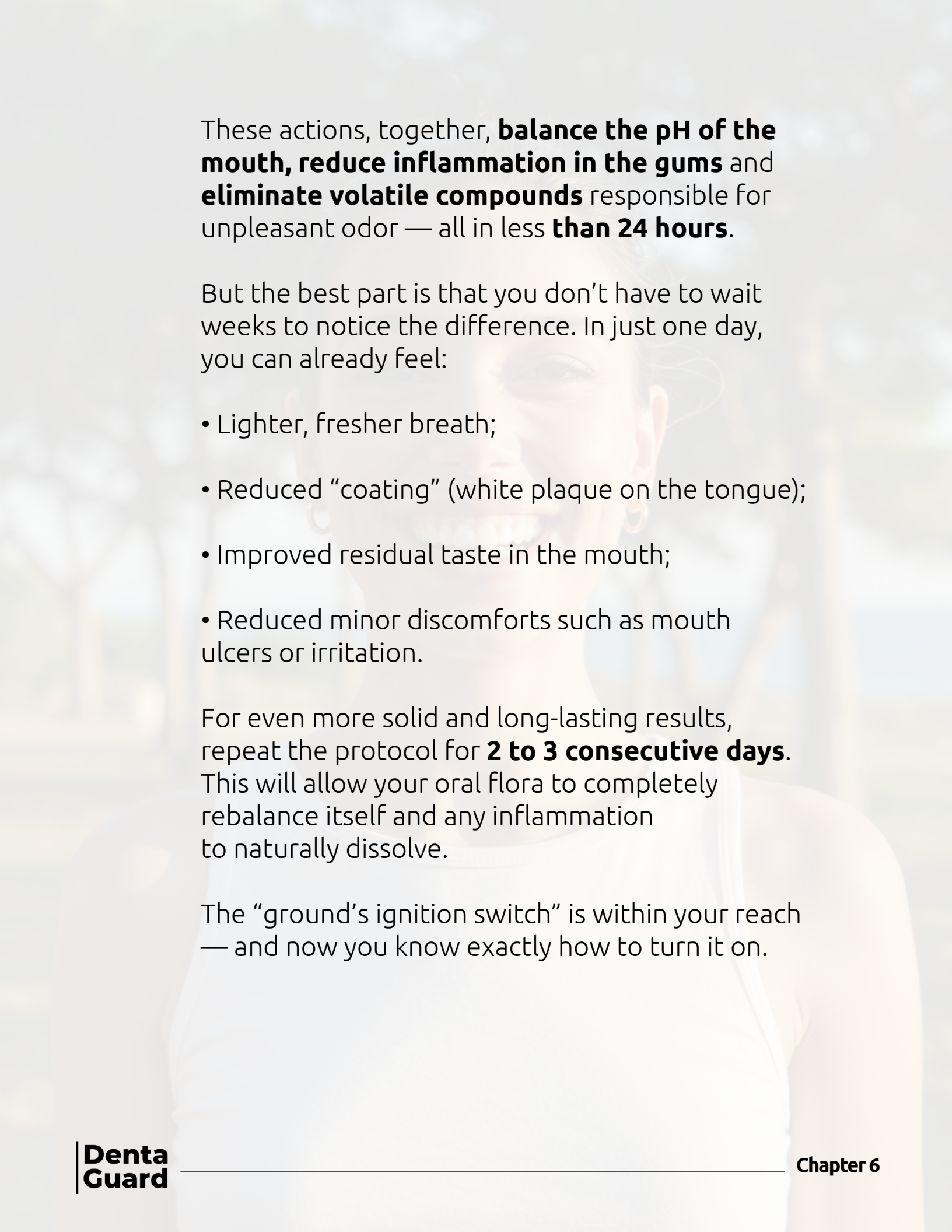
Your body is smarter than you think—and that includes how it responds to the oral environment. When you combine the right practices, you create a domino effect of healing and balancing that begins almost immediately. This is the concept of the “terrain ignition switch”: a trigger point that, when stimulated, starts a positive chain reaction in your oral health.





By following the **Fresh Mouth Reset** protocol, you flip that switch with three key actions:

- **Herbal rinses** that eliminate bad breath-causing bacteria and restore the natural balance of oral flora.
- **Homemade mouth spray** that creates a protective, disinfectant barrier that keeps your mouth fresh and clean for hours.
- **Temporarily cutting out foods high in sulfur**, which feed anaerobic bacteria and make bad breath worse.



These actions, together, **balance the pH of the mouth, reduce inflammation in the gums and eliminate volatile compounds** responsible for unpleasant odor — all in less **than 24 hours**.

But the best part is that you don't have to wait weeks to notice the difference. In just one day, you can already feel:

- Lighter, fresher breath;
- Reduced “coating” (white plaque on the tongue);
- Improved residual taste in the mouth;
- Reduced minor discomforts such as mouth ulcers or irritation.

For even more solid and long-lasting results, repeat the protocol for **2 to 3 consecutive days**. This will allow your oral flora to completely rebalance itself and any inflammation to naturally dissolve.

The “ground’s ignition switch” is within your reach — and now you know exactly how to turn it on.

| Conclusion

Problems such as halitosis, mouth ulcers, inflammation and that unpleasant taste in your mouth no longer need to be part of your routine — and much less require expensive, industrialized products or ongoing treatments. The Fresh Mouth Reset protocol offers a natural, affordable and surprisingly effective approach to transform your oral health in just 24 hours.

With simple ingredients that you probably already have at home, you can eliminate bacteria, relieve discomfort and restore the freshness of your mouth quickly and safely. More than an emergency solution, this protocol can become an ally in your daily self-care — easy to follow, without side effects and with visible results from the first day.

Apply the tips today. When you wake up tomorrow, you will feel the difference: lighter breath, a cleaner mouth, less inflammation and a general renewed feeling of well-being. All this without mystery, exaggeration or dependence on commercial formulas.

Breathe deeply. Smile with confidence. Your reset starts now — and the best part: it is within your reach.

