

3-Step Guide to a Calmer Oral Microbiome

Principles: moderate hygiene • protect the peacekeepers • feed oral probiotics ([AllerPaste / AllerPops](#))

General Principle: feed where they live

- **Where they live:** Key oral probiotics are **anaerobic** and thrive **out of the air**—mainly in the **gum–tooth pockets (sulcus/crevice)** and within the **deep layers of the tongue microbiome**. They **don't** grow well on exposed mouth surfaces.
 - **What they eat:** Their **natural food** is the **leftover traces of what you eat**. **Cleaning removes these food residues**, so plan to **feed after hygiene**, especially at night when saliva flow drops.
 - **Less is more:** Gentle care preserves the “peacekeeper” communities; over-sanitizing wipes them out.
-

1) Moderate oral hygiene (less/fewer, but better)

- **Brush:** 1–2×/day, soft manual brush, small circles at the **gumline**; 2–3 min total.
 - **Paste choice:** **low-foaming, mild** (SLS-free preferred).
 - **Floss:** 0–1×/day (or a few times/week), focus on **tender/bleeding sites**; be gentle.
 - **Tongue:** **light sweep** (1–2 gentle passes). Avoid aggressive scraping—deep layers shelter helpful anaerobes.
 - **Rinse:** a quick **water swish** is usually enough.
 - **Avoid daily** use of strong antiseptics (chlorhexidine, high-alcohol/essential-oil rinses) or **peroxide** unless specifically short-term and directed by your clinician.
-

2) Remove harsh stressors (protect the peacekeepers)

- **Skip or reduce:** daily chlorhexidine/strong essential-oil rinses, **peroxide**, and SLS foaming agents.
- **Acid hits:** limit **frequent sipping** of acidic drinks (sodas, lemon water, energy drinks); enjoy with meals and follow with **plain water**.
- **Breathing & moisture:** aim for **nasal breathing** and a comfortably **humid** sleep environment. If you notice **dry mouth or habitual mouth breathing**, be extra consistent about feeding at night.
- **Appliances:** clean retainers/dentures with **non-antibacterial** cleansers; rinse well.
- **Chewing gum:** **not friendly** to oral probiotics—avoid frequent gum use (even sugar-free). Prefer water swish instead.

3) Feed oral probiotics ([AllerPaste / AllerPops](#))

- **When:** After gentle hygiene and before sleep (most important).
- **How (target the habitats):**
 - **AllerPaste (daily care):**
“A gentle toothpaste designed for **regular use to support a balanced oral microbiome**. Use 1–2× daily. After brushing, **rinse lightly** so a thin film remains.”
 - **AllerPops (periodic boost):**
“A **periodic booster** you can use **occasionally to support oral probiotic levels** when you want **extra microbiome support**. Let one pop dissolve slowly; **avoid food/drink for 20–30 minutes** afterward.”
 - **When to consider a booster:**
“Many people choose a booster phase when they notice **dry mouth, strong morning breath**, or after periods of **frequent antiseptic rinses, travel, or illness-related mouth dryness**.”
- **Placement:** make sure product contacts the **gum margins** and the **dorsum of the tongue**, not just teeth.
- **If mouth feels dry or you tend to mouth-breathe:** keep the **evening feed** every night for the next **1–2 weeks**.
- **Consistency:** allow **2–3 weeks** to notice steadier morning breath and calmer gums.
- **Safety:** avoid if you have **open oral wounds**, active **oral infections**, or known sensitivities; consult your dentist/clinician.

Quick Start (7-day plan)

- **Days 1–3:**
 - Brush **1–2×/day**, gentle floss where needed, light tongue sweep.
 - **Evening feed:** AllerPaste (leave thin film) + slow-dissolve AllerPops; **no food/drink 20–30 min** after.
 - Replace strong mouthwash with a **water swish**. **Skip gum**.
- **Days 4–7:**
 - Keep schedule; move acidic drinks to **mealtimes** only, water rinse after.
 - Track **morning breath** and **gum comfort** (simple markers).

If you drink coffee/tea or work out

- **Coffee/tea:** enjoy with meals; follow with **plain water**; keep the **night feed**.
- **Workouts/dry mouth:** hydrate; stay consistent with the **evening feed**.

Troubleshooting

- **Still “cotton mouth”?** Hydrate, humidify sleep, maintain **night feed**; review any drying meds with your clinician.
- **Transient taste change?** Usually settles in a few days—use a **smaller amount**, keep a thin film.
- **Sensitive gums?** Ease floss pressure, use ultra-soft brush, keep feeding daily.
- **Whitening goals?** Prefer gentle methods; avoid daily peroxide.

Safety & when to pause

- **Acute pain, swelling, fever, or non-healing ulcers:** see your dentist/clinician and **pause** new products until evaluated.
- **Recent procedures:** follow your dentist’s instructions; resume feeding **after** the acute healing window.