Gum Healing Tracking Chart

Date	Day of Week	"Garfield" Brush		"The Secret" Solution	Gum Massaging	Floss		WaterPik	Healthy Mouth Blend (HMB)	Coconut Oil Pull	Water Pull	Water Pull with HMB	Mouth Probiotics (Swish & Swallow)	Orawellness Shine	Orawellness Pocket Application	Regular Toothbrush		Regular Toothpaste	100mg Ubinquinol	Vitamin K2	L-Lysine	Cod Liver Oil			
		AM	PM			AM	PM									AM	PM								

Starlene D. Stewart
http://www.gapsdietjourney.com/gumhealingchart