

GUM PROTOCOL – 45 days

Folic Acid Liquid: 1 teaspoon in 2 ounces of warm water used as a gargle 2 times daily

Myrrh Tincture: mix 10 drops of tincture with  $\frac{1}{2}$  teaspoon of liquid folic acid and brush and rub into affected area 1 time daily

Co-Enzyme Q10: 100 mg 3 times daily away from food

Change toothbrush every week