



1-MONTH STARTER KIT with 5-Day Detox

Lifestyle Tips from Dr. Speiser

Stop eating all dairy products.

Replace with soy, oat or rice based food alternatives.

Floss teeth every day.

Be sure gums do not bleed and floss does not smell. And if they do, see a dentist promptly.

Eat three regularly scheduled meals a day.

Avoid binge eating and fad diets. Drink water after eating.

Stay hydrated and avoid dry mouth.

Drink water after meals and when thirsty, not all day long.

After eating refresh breath with Xylitol.

Chew a piece of Recaldent gum or enjoy a KForce BOOSTERS lozenge after meals or snacks to neutralize mouth pH and promote fresh breath.

FOR MORE INFORMATION, CALL OR VISIT OUR WEBSITE:

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UK 020 8133 6899 www.breezecare.co.uk

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- KForce Balance Detox
- KForce Balance Rinse
- KForce Toothpaste
- KForce Tongue Gel
- Nasal Flush
- Tongue Cleaner





5-day Detox Intensive Cleaning

GET STARTED: Morning and Night for 5 Days†

1. Prepare Balance Rinse mixture.

Shake bottles and mix one capful each of #1 and #2.

2. Brush and floss teeth with mixture.

Gently clean teeth and gums.

3. Brush tongue with mixture.

Gently clean tongue back to gag reflex.

4. Rinse with mixture for 30 to 60 seconds.

DO NOT GARGLE. SPIT OUT. RINSE WITH WATER.

5. Clean teeth with KForce Toothpaste.

Gently clean teeth and gums. Spit out excess paste.

6. Clean tongue with KForce Tongue Gel.

Gently brush tongue with gel back to gag reflex.

7. Scrape tongue with Tongue Cleaner.

Rinse mouth. Avoid food for 30 minutes.

†HYPERTONIC NASAL FLUSH: Use Morning and Night to remove excess mucous.

KForce™ Oral Cleaning Program

CONTINUE: Morning and Night for Rest of Month*†

***USE BALANCE RINSE (STEPS 1–4) ONLY TWICE A WEEK IN MORNING.**

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Gently clean tongue back to gag reflex.

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DO NOT GARGLE. SPIT OUT. RINSE WITH WATER.

5. Clean teeth with KForce Toothpaste.

Gently clean teeth and gums. Spit out excess paste.

6. Clean tongue with KForce Tongue Gel.

Gently brush tongue with gel back to gag reflex.

7. Scrape tongue with Tongue Cleaner.

Rinse mouth. Avoid food for 30 minutes.

†HYPERTONIC NASAL FLUSH: Use as needed (Morning and/or Night) to remove excess mucous.

Stay Balanced with KForce™ Probiotics

MAINTAIN: Use KForce™ Plus with Probiotic Every Day to Help Promote Fresh Breath

Why Use KForce Probiotics?

At the Australian Breath Clinic we have found that our KForce Oral Cleaning Program, combined with probiotics and lifestyle changes, is the best way to achieve fresh breath and taste. **Visit our website to learn about the scientific basis for success!**