

Dr. Ellie's System: *Other Countries*

Dr. Ellie recommends a system for adults with ONLY the following:

- 1) **Closys Rinse** (No flavoring. Available currently only at Walgreens and online)
- 2) **Crest Original Regular Cavity Protection Toothpaste**
- 3) **Listerine, Original and Regular** Use only the ADA approved version. This can be watered-down if the taste is too strong.
- 4) **ACT Original** Cinnamon, Bubblegum and Mint flavors.
- 5) Regular doses of **xylitol** throughout the day, especially after meals. Use the "purest" xylitol available, (ideally just xylitol, i.e. not mixed with things such as sorbitol)



Dr. Ellie does not recommend any of the "new" flavors, or altering this system in any way -- UNLESS you are living outside the US and do not have access to the above. Here is some information if this applies to you:

In Canada:

There are a couple companies that carry and will ship Closys (mywellcare.ca and wellmart.ca). If you cannot find Closys, look for Retardex.

In the UK:

Retardex is available in UK and replaces the Closys product exactly. Retardex and Listerine are still both widely available.

Xylitol in granular form is sold as Perfect Sweet. Total Sweet is available in health food shops, Holland and Barrett, and Sainsbury and Waitrose. Peppersmith is available in Holland and Barrett. Spry gum and XylitolUK are sometimes available in health food shops.

You may find the Crest Cavity Protection toothpaste at the Co-Op, in the North East of England, and at Tesco.

Crest seems to put out a second version of the Crest Regular Toothpaste, which is NOT recommended. Here are the ingredients of this 'dubious' Crest decay prevention mild mint, packaged in identical boxes, made in Germany like the other one: The problem is it contains sodium bicarbonate, among other things. This seems to be the variety most regularly sold in shops now, so be careful. Do not be tempted by this or the Crest pastes that don't have the right ingredients - instead you may want to use Retardex toothpaste, or Oral B 1-2-3.

ACT is not available - but a Colgate rinse - Fluorigard will work for you. Fluorigard is available at Boots, Wilkinson, Superdrug, Home Bargains, Tesco, Asda, Morrisons, Sainsbury etc. and online, and you should choose the ALCOHOL FREE version.

In Countries Where You Cannot Find Closys, Retardex, or Crest Cavity Protection Regular Paste:

There are some corners of the world where you might not be able to purchase all of the Complete Mouth Care products. In this case, you should be able to create your own alternative routine. The best news is that xylitol is easy for you to access and is good for your health!

My suggestions in a priority list:

1. Ensure you have enough xylitol each day:

Use granular xylitol and eat a little at the end of each meal or put some in water and sip it regularly during the day.

Enjoy any 100 percent xylitol gum or candy available as a treat after meals.

2. Clean Your Toothbrush regularly in Listerine, rinse out and allow to dry between uses

3. If you cannot access stabilized chlorine dioxide use a salt rinse before you brush your teeth.

4. Find a toothpaste with silica and sodium fluoride use only a little but ensure this is the formula.

5. If you rinse with Listerine, rinse it off your teeth with a sodium fluoride solution or xylitol solution.