

# HACKING HALITOSIS

End Bad Breath in 10 Days -- The Root Cause Protocol Reset that Actually Works

**\$27**  
VALUE

BEFORE PROTOCOL



**RECOIL**

AFTER PROTOCOL

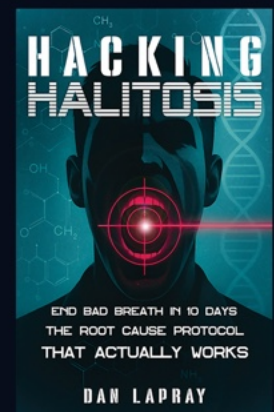


**RESPECT**

## TACTICAL FIELD KIT

// FREE COMPANION GUIDE

- |                              |                                 |
|------------------------------|---------------------------------|
| 01 Microbiome War Explainer  | 02 Breath Score Self-Assessment |
| 03 10-Day Quick Start Card   | 04 48-Hour Micro Rebuild Log    |
| 05 24-Hour Emergency Rescue  | 06 Biome Reset Shopping List    |
| 07 RMHR + Breath Quality Log | 08 Hydration Strike Protocol    |

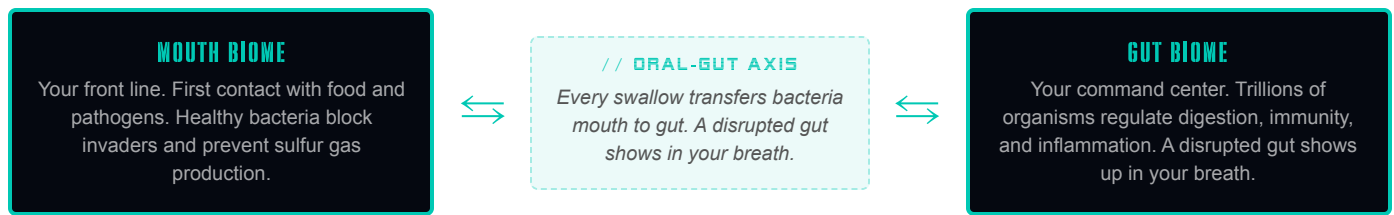


**RESET YOUR  
BREATH TODAY**

// 01 — THE SCIENCE

# MICROBIOME WAR EXPLAINER

Inside your mouth and gut, two armies are fighting for dominance. Beneficial bacteria defend your terrain, neutralize acids, and keep sulfur-producing microbes in check. When they win, your breath is clean. When they lose, you get halitosis. Bad breath is not a hygiene failure. It is a biological warning signal.



**ENEMY FORCES (VSC PRODUCERS)**

- **Fusobacterium nucleatum** — sulfur factory. Thrives in low-oxygen zones under tongue coating.
- **Porphyromonas gingivalis** — gum attacker. Triggers inflammation and compounds VSC output.
- **Treponema denticola** — biofilm builder. Creates the white coating you wake up with.
- **Solobacterium moorei** — the silent one. Odor output with no visible symptoms.

**ALLIED FORCES (VSC SUPPRESSORS)**

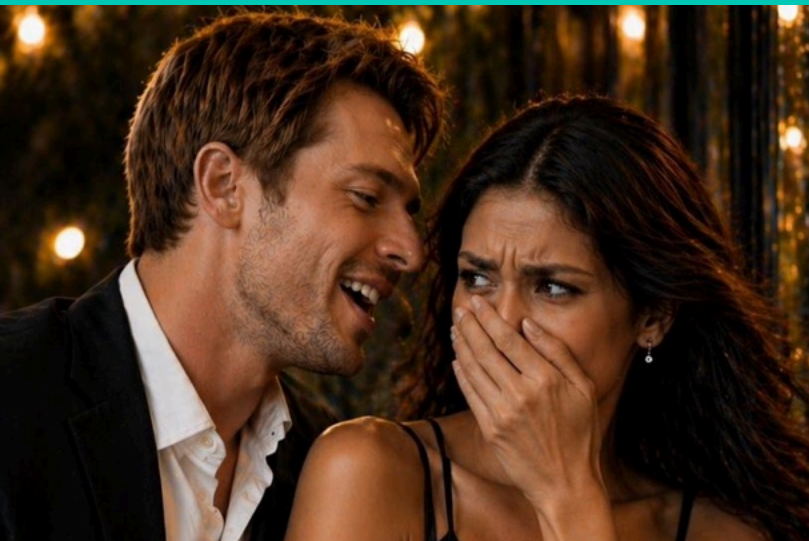
- **BLIS K12** — produces proteins that crowd out VSC producers. The protocol's primary weapon.
- **BLIS M18** — targets oral biofilm above the gumline. Reduces plaque-producing bacteria.
- **L. reuteri** — gut-oral axis reinforcement. Reduces systemic bacterial load.
- **Nitric oxide bacteria** — found in fermented vegetables. Shifts oral pH, suppressing VSC producers.

// THE 5 MICROBIOME WRECKERS

- 01 ANTIBIOTICS** — Air raids on your biome. One round can disrupt microbial balance for up to two years.
- 02 VIRAL INFECTIONS** — HSV, Epstein-Barr, and frequent colds suppress defenses and allow sulfur bacteria to overpopulate.
- 03 DIET + LIFESTYLE** — Dairy proteins, refined sugar, alcohol, and processed foods destroy microbial diversity and feed the enemy.
- 04 COMMERCIAL PRODUCTS** — Alcohol-based mouthwash kills good and bad bacteria alike. Napalm, not a solution.
- 05 STRESS + CORTISOL** — Disrupts saliva, weakens immunity, alters terrain. Chronic stress equals biome collapse.

// THE PROTOCOL PRINCIPLE

*You cannot rinse your way out of a microbial imbalance. Every mouthwash, mint, and gel strip in the billion-dollar halitosis industry treats the symptom. This protocol treats the source. The difference is permanent results versus a dependency cycle that makes things worse over time.*



RECOIL



RESPECT

// 02

## BREATH SCORE SELF-ASSESSMENT

Answer honestly. Check each item that applies. Total your score at the bottom.

### SYMPTOMS

- Strong or foul morning breath even after brushing
- White, yellow, or thick coating on your tongue
- Metallic, sulfuric, or sour taste in your mouth
- Dry mouth or sticky saliva throughout the day
- Persistent bad taste that returns within hours

### BEHAVIORS

- You keep gum, mints, or spray within reach at all times
- You angle away or cover your mouth in conversations
- You avoid kissing or close contact due to breath
- You have stopped asking doctors — no solutions found
- Significant money spent on oral care, limited results

### HISTORY

- Antibiotics taken in the past two years
- Viral infection (oral herpes, strep, mono, COVID)
- Dairy, sugar, or alcohol consumed regularly
- Alcohol-based mouthwash in current routine
- Acid reflux, IBS, or digestive discomfort

### // YOUR SCORE

1-4

**Minor Imbalance**

*Maintenance protocol and daily weapons will stabilize your terrain.*

5-9

**Moderate Breakdown**

*Run the 10-Day Tactical Reset. Follow with daily maintenance protocol.*

10+

**Full Collapse**

*Deploy the 10-Day Tactical Reset immediately. No delay. No exceptions.*

### // KEY INSIGHT

Alcohol-based mouthwash kills indiscriminately — friendly bacteria included. After each use, VSC producers repopulate faster than the allies. The result is a dependency cycle that makes breath worse over time. This is why the protocol bans alcohol mouthwash entirely.

// 03 - THE PROTOCOL

# 10-DAY QUICK START CARD

## PHASE 1 // DAYS 1-2 // HALT + RESET

- › Eliminate all dairy, sugar, alcohol, processed food, coffee
- › Drink filtered water + Celtic Sea Salt + trace minerals each morning
- › Start BLIS K12 + M18 lozenges morning and night
- › Begin digestive enzymes before every meal
- › Light oral care only: scrape, brush, biome-safe rinse
- › Optional: 16-hour overnight fast (stop eating by 7PM)

## PHASE 2 // DAYS 3-7 // REBUILD

- › Continue all Phase 1 practices
- › Add homemade Greek yogurt (14-hr fermented + inulin + green banana flour)
- › Introduce fermented vegetables: sauerkraut, carrots, beets
- › Eat clean protein, prebiotic fiber, and nutrient-rich meals
- › Wrist test every morning before brushing
- › Optional: oil pulling 5-10 minutes in the morning

## PHASE 3 // DAYS 8-10 // REINTRODUCE + TEST

- › Day 8: Test raw milk 4-6 oz on empty stomach
- › Day 9: If stable, test butter AM and cheese PM
- › Day 10: If stable, test pasteurized milk 6-8 oz
- › You pass if breath stays neutral for 3+ hours post-meal
- › Odor or coating returns = trigger identified
- › No reaction = likely safe to reintroduce gradually

## // DAILY MORNING RITUAL (EVERY DAY, NO EXCEPTIONS)

- Step 1**      **Wrist test** — lick wrist, wait 10 seconds, smell. Log result before touching anything.
- Step 2**      **Tongue check** — look in mirror before brushing. Note coating color and coverage. Log.
- Step 3**      **Saliva feel** — is it thin and watery, or thick and sticky? Log the difference.
- Step 4**      **Tongue scrape** — back to front, 3-5 strokes. Rinse. Do not brush tongue with toothbrush.
- Step 5**      **BLIS lozenge** — dissolve slowly at back of mouth. 20 min before eating or drinking.
- Step 6**      **Chlorophyll water** — 12oz filtered water, 5-10 drops liquid chlorophyll. Drink before breakfast.

## // A DAY IN THE LIFE - DAY 4

<b>7:00 AM</b>	Wake. Tongue check + wrist test before brushing.	<b>8:00 AM</b>	Yogurt bowl with green banana flour, inulin, and cinnamon.
<b>7:15 AM</b>	Drink 12 oz filtered water with Celtic Sea Salt and trace minerals.	<b>12:30 PM</b>	Lunch: grass-fed beef, roasted potatoes, sauerkraut.
<b>7:30 AM</b>	Oral care: scrape, brush, biome-safe rinse. 3 minutes grounding outside.	<b>6:00 PM</b>	Dinner: salmon, greens, fermented carrots. BLIS lozenge before bed.

**TEN DAYS. ONE PROTOCOL.**  
**YOUR BREATH. YOUR TERRAIN. YOUR CONTROL.**

// 04 – DEPLOY WHEN SIGNS OF IMBALANCE APPEAR

# 48-HOUR MICRO REBUILD LOG

Catch it early. Strike fast. Speed is everything. Do not wait to see if it resolves on its own.

## STEP 1 – IDENTIFY YOUR TRIGGER

- Dairy consumed
- Sugar / Processed Food
- Stress / Poor Sleep
- Missed BLIS 3+ days
- Alcohol consumed
- Travel / Diet Change
- Illness / Antibiotics
- Unknown — full protocol

## STEP 2 – SIGNS NOTICED

- White / Yellow Tongue
- Off Taste / Tingling
- Partner Noticed
- Thick or Sticky Saliva
- Sour Wrist Test
- Morning Breath Lingering

## MISSION STATUS – DAY 3 MORNING

- Fully Resolved — Resume Maintenance Protocol
- Partially Improved — Extend rebuild by 24 hours
- No Change — Initiate full 10-Day Tactical Reset

### // SPEED IS EVERYTHING

*The sooner you catch the signs of microbial imbalance, the less likely it is to spiral into full-blown dysbiosis. Early detection and fast deployment is what separates a 48-hour reset from a full 10-day rebuild.*

### DAY 1 — TACTICAL RESET

- 16-hour fast completed
- Chlorophyll water + salt (AM)
- Tongue scrape + oral care
- BLIS lozenge AM
- Yogurt + probiotics (break fast)
- Fermented food with meal
- Clean protein x2
- BLIS lozenge PM
- No dairy / sugar / alcohol

### DAY 2 — REINFORCE + LOCK IN

- Morning wrist test + tongue check
- Repeat yogurt protocol
- Fermented food (rotate variety)
- Clean protein x2
- BLIS lozenge AM + PM
- Mineral water hydration
- No dairy / sugar / alcohol
- Final oral care + lozenge PM
- Early bedtime — biome resets during sleep

### // TRIGGER RESPONSE GUIDE – HOW FAST EACH WRECKER HITS

TRIGGER	DISRUPTION SPEED	RECOVERY TIME	PROTOCOL RESPONSE
Antibiotics	Immediate	Up to 2 years	Full 10-Day Reset + probiotic rebuild
Alcohol	2-4 hours	48-72 hours	48-Hour Micro Rebuild immediately
Sugar / Dairy	4-8 hours	24-48 hours	24-Hour Emergency Rescue protocol
Stress / Poor Sleep	24-48 hours	5-7 days	Resume full protocol + sleep priority
Missed BLIS 3+ days	Gradual	Resume immediately	Restart BLIS lozenge AM + PM daily
Alcohol Mouthwash	Every use	Cycle repeats	Stop permanently. Switch to biome-safe rinse.

// 05 – DEPLOY AT FIRST WARNING SIGNS. SPEED IS EVERYTHING.

# 24-HOUR EMERGENCY RESCUE

**⚠️ DEPLOY IMMEDIATELY AT FIRST WARNING SIGNS — DO NOT WAIT****WARNING SIGNS – ACT NOW IF YOU NOTICE ANY OF THESE**

- Sour, metallic, or sulfuric taste on waking
- White coating creeping back on tongue
- Thickened saliva or sticky mouthfeel
- Partner notices something is off
- Subtle tingling or discomfort on tongue
- Positive wrist test (even faint odor)

**MISSION PROTOCOL – EXECUTE IN ORDER****MORNING**

- 16-hr fast from previous evening
- 12oz water + Celtic Sea Salt
- 5-10 drops liquid chlorophyll
- Gentle tongue scrape
- Floss + brush (biome-safe)
- BLIS K12 + M18 lozenge
- Wait 20 min before drinking
- No gum, no mints, no alcohol wash

**MIDDAY**

- Break fast with homemade yogurt
- Add: green banana flour + inulin
- Digestive enzyme with meal
- Fermented veg (kraut or kimchi)
- No dairy, sugar, alcohol
- Chlorophyll water if needed
- Light walk or grounding optional
- No processed food of any kind

**EVENING**

- Clean protein + dark leafy greens
- Fermented veg — add a second variety
- Activated charcoal if bloating present
- Gentle oral care (no alcohol mouthwash)
- Final BLIS lozenge before sleep
- Grounding or stretching (optional)
- Early bedtime — biome resets during sleep
- No eating after 7pm

**NEXT MORNING – MISSION STATUS CHECK****Saliva feel: thin and normal****GOOD SIGN****Wrist test: clean or significantly improved****GOOD SIGN****Tongue: visibly lighter or returning to pink****GOOD SIGN****Symptoms persist after full execution****INITIATE 48-HR REBUILD****IF NO IMPROVEMENT AFTER 48 HOURS**

Do not troubleshoot. Do not adjust. Initiate the full 10-Day Tactical Reset from Day 1 immediately. Persistent symptoms after one full execution means the disruption is systemic, not surface-level. The protocol works. Trust the process.

// 06 — THE ARSENAL

# BIOME RESET SHOPPING LIST

Everything you need for the 10-Day Tactical Reset. Buy once. Use the protocol. Track results. // [VIEW ALL PRODUCTS](#) —

## CORE PROTOCOL — NON-NEGOTIABLE

- BLIS K12 + M18 Oral Probiotic Lozenges**  
The frontline weapon. Reduces VSCs up to 85%. One box minimum.
- Digestive Enzymes**  
Broad-spectrum or papaya-based. Take before each meal throughout reset.
- Celtic Sea Salt + Trace Mineral Drops**  
Not table salt. Fine grain for morning water. Restores depleted minerals.
- Liquid Chlorophyll**  
Natural deodorizer and pH stabilizer. 5-10 drops in morning water.

## FOOD + FERMENTATION

- Whole Milk (Grass-Fed or Raw)**  
For yogurt fermentation base. Not ultra-pasteurized.
- Inulin Powder + Green Banana Flour**  
Prebiotic fiber and resistant starch. Both added post-strain to yogurt only.
- Raw Sauerkraut + Fermented Vegetables**  
Unsweetened only. Vinegar = not fermented. Rotate varieties for diversity.

## ORAL CARE — BIOME SAFE ONLY

- Biome-Friendly Mouthwash**  
TheraBreath, RiseWell, or Desert Essence. No alcohol. No chlorhexidine.
- Stainless Steel Tongue Scraper**  
Scrape before brushing every morning. Plastic does not perform as well.
- Fluoride-Free Toothpaste**  
Neem or Hydroxyapatite-based paste preferred. Avoid SLS.
- Coconut Oil**  
For optional oil pulling. 1 tbsp, 5-10 minutes, spit in trash.

## OPTIONAL UPGRADES

- Shilajit Resin + Activated Charcoal**  
Trace minerals and mitochondrial support. Charcoal for emergency bloating.
- BioGaia Gastrus (L. reuteri)**  
Add to yogurt at 110F during fermentation only. Anti-inflammatory strain.

## CUT LIST — REMOVE FOR 10 DAYS

- Alcohol-based mouthwash — kills friendly bacteria
- Sugar and sweeteners (including honey) — VSC producer fuel
- Dairy (except the yogurt protocol) — disrupts pH balance
- Alcohol — destroys oral and gut biome diversity
- Breath mints and chewing gum — disrupt biome balance

// WHY THE CUT LIST MATTERS [SHOP THE ARSENAL](#) —

The allies can only win if the enemy stops being fed. Sugar, dairy, alcohol, and commercial mouthwash are the enemy supply line. Cut them for 10 days and the allied bacteria have the space and resources to dominate. The protocol does not work around the cut list. It depends on it.

// 07 - 30-DAY BIOME COMMAND DASHBOARD

# RMHR + BREATH QUALITY LOG

Resting Morning Heart Rate (RMHR) is a proxy for systemic stress and biome health. Measure before getting out of bed, before checking your phone. Lie still, count heartbeats for 60 seconds. Baseline = average of your first 3 days.

- 1** = Foul
- 2** = Noticeable
- 3** = Neutral
- 4** = Fresh
- 5** = Confident

DAY	DATE	RMHR	WRIST TEST	BREATH (1-5)	NOTES / TRIGGERS
1	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
2	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
3	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
4	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
5	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
6	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
7	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
8	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
9	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
10	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
11	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
12	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
13	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
14	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
15	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
16	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
17	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
18	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
19	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
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27	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
28	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
29	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____
30	_____	_____	<input type="checkbox"/> CLEAN <input type="checkbox"/> OFF	1 2 3 4 5	_____

// 08

# HYDRATION STRIKE PROTOCOL

Hydration controls your oral terrain. It influences saliva quality, pH levels, microbial mobility, and how effectively your biome soldiers operate. Hydration is not just water. Demineralized or chemically treated water hydrates without supporting your biome. That is why imbalance often begins silently — with dryness, thick saliva, and loss of pH control.

## HYDRATION STRIKE RECIPE

Add to 12-16 oz filtered water each morning, or any time biome symptoms appear

### CORE – ADD EVERY TIME

#### Small pinch Celtic Sea Salt

Natural sodium + trace minerals. Activates cellular hydration.

#### 2-4 drops Trace Mineral Concentrate

Restores zinc, copper, selenium stripped by filtration.

### OPTIONAL UPGRADES

#### 1/8 tsp baking soda

Alkalizing buffer. Shifts oral pH toward beneficial range.

#### 5-10 drops liquid chlorophyll

Natural deodorizer + pH stabilizer.

#### Small bit Shilajit resin

Trace minerals + mitochondrial support. Trusted source only.

#### 1 tsp ACV + raw honey

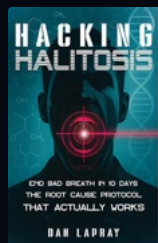
Maintenance phase only. Not during active reset.

### DEPLOY HYDRATION STRIKE WHEN YOU NOTICE:

- Mouth feels dry or sticky on waking
- Tongue appears pale or coated
- Saliva is thick, stringy, or metallic tasting
- You are starting any Reset or Rescue protocol
- You sense early biome imbalance of any kind
- Morning wrist test returns any detectable odor

**STRIKE EARLY. STRIKE SMART.**

**REBUILD HYDRATION LIKE YOUR BIOME DEPENDS ON IT. BECAUSE IT DOES.**



### READY TO GO DEEPER?

The complete root cause protocol — the science, the story, and the full 10-Day Tactical Reset — is in the book. Everything in this kit is just the beginning.

[RESET YOUR BREATH TODAY](#)