
Holistic Dental Care Your Mind Body And Spirit Gu

Kiss Your Dentist Goodbye
Healthy Mouth, Healthy Body
Successful Self-Dentistry
Holistic Dental Care
Dental Floss for the Mind
Food Is Your Best Medicine
Something to Chew On
Cure Tooth Decay
Healthy Mouth, Healthy You!
The Tapping Solution
The Right Words at the Right Time Volume 2
The Dental Diet
It's All in Your Head
Dental Herbalism
Root Canal Cover-up
The 8-Hour Sleep Paradox
Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets
and Their Effects
Holistic Dental Care
Holistic Dental Care
The Natural Remedy for Tooth Decay
Heal Up!
Heal Your Oral Microbiome
Heal Your Body, Cure Your Mind
Communities in Action
Medical and Dental Expenses
Live with Your Pet in Mind
Holistic Pet Care
Six-Foot Tiger, Three-Foot Cage
The Natural History of the Human Teeth
Cure Tooth Decay
Pain Management and the Opioid Epidemic
It's All in Your Mouth
Mirror of the Body
Golden Rules for Vibrant Health in Body, Mind, and Spirit
How I Healed My Teeth Eating Sugar
Reversing Gum Disease Naturally
Renegade Beauty
The Wisdom of Teeth
Age with Style

The Mouth-Body Connection

*Holistic Dental Care
Your Mind Body And
Spirit Gu*

Downloaded from
intra.itu.edu by guest

JAZMIN JIMMY

Kiss Your Dentist Goodbye Createspace Independent Publishing Platform
Rethink conventional notions of beauty and wellness, abandon established regimes and commercial products, and embrace your “renegade” beauty In this essential full-color guide, Nadine Artemis introduces readers to the concept of “renegade” beauty—a practice of doing less and allowing the elements and the life force of nature to revive the body, skin, and soul so our natural radiance can shine through. Anyone stuck in perpetual loops of new products, facials, and dermatologist appointments will find answers as Artemis illuminates the energizing elements of sun, fresh air, water, the earth, and plants. This book is a comprehensive resource for anyone who wants to simplify their self-care routine, take their health into their own hands, and discover their own radiant beauty.

Healthy Mouth, Healthy Body

CreateSpace

Forget about drilling, filling, and the inevitable billing. Your teeth can heal naturally because they were never designed to decay in the first place! They were designed to remain strong and healthy for your entire life. But the false promises of conventional dentistry have led us down the wrong path, leading to invasive surgical treatments that include fillings, crowns, root canals and dental implants. Now there is a natural way to take control of your dental health by changing the food that you eat. Cure Tooth Decay is based upon

the pioneering nutritional program of dentist Weston Price, former head of research at the National Dental Association. Dr. Price's program proved to be 90-95% or more effective in remineralizing tooth cavities utilizing only nutritional improvements in the diet. Cure Tooth Decay is the result of five years of research and trial and error that started as one father's journey to cure his daughter's rapidly progressing tooth decay. With Cure Tooth Decay you will join the thousands of people who have learned how to remineralize teeth, eliminate tooth pain or sensitivity, avoid root canals, stop cavities -- sometimes instantaneously, regrow secondary dentin, form new tooth enamel, avoid or minimize gum loss, heal and repair tooth infections, only use dental treatments when medically necessary, save your mouth (and your pocketbook) from thousands of dollars of unneeded dental procedures, and increase your overall health and vitality.

Successful Self-Dentistry Forbesbooks
FINALLY: Addressing Dental Concerns Can Be Done On Your Own Terms And In The Comfort Of Your Own Home Is the modern day dentist the way of the future? OR is the common dental checkup just a stepping stone in the evolution of our understanding of tooth decay and what can be done about it? The truth is, relying on modern dentistry techniques is a very old, outdated strategy to tackle this universally felt problem. Thankfully, our information age has enabled relatively hidden knowledge to be spread across the globe in an instant. The Natural Remedy For Tooth Decay acts as a vehicle for this precious knowledge. Complicated surgical treatments and incredibly expensive

procedures can now become a thing of the past. The NEW way is the natural way. By addressing what we eat and by using other holistic aids, we can now remineralize our teeth from the comfort of our own home. There's no longer any justifiable reason to fear the dentist, YOU have the power and ability to take control of your dental health and realize that such an important facet of your life is treatable by you when armed with the right knowledge. Inside *The Natural Remedy For Tooth Decay, You'll Find: In depth research on what causes cavities and how we get them The right diet for healing tooth decay The truth about whole grains Homeopathy for healthy teeth Herbal aids for healthy teeth How to avoid orthodontics And much more Take control of your dental care, scroll up to the top and grab your copy now About The Author* Kate Evans Scott is the author of the Amazon Bestselling cookbooks *The Paleo Kid, Paleo Kid Snacks, The Paleo Kid Lunchbox, and Infused: 26 Spa-Inspired Vitamin Waters*. After her son was diagnosed with several food intolerances and after having struggled with her own Autoimmune Disease, Kate made the commitment to remove all grains and processed foods from her family's diet. Her passion and love for good food blossomed after training with a retreat chef in Belgium in her early 20's. Since then, she has wanted to bring her love of food and health into the kitchens of other families struggling with health and dietary challenges.

Holistic Dental Care North Atlantic Books

The answers for perfect teeth, unblemished skin, and pristine hair are in this book. Dr. Price was 75 years ahead of his time. In this book, he demonstrates that isolated groups of

people living in accordance with Nature have the best overall physical and mental health. Diseases inflicting "modern" humans are unheard of in most of these study groups. Dr. Weston Andrew Price, DDS, was called the "Isaac Newton of Nutrition" and the "Darwin of Nutrition." This edition of Dr. Price's classic is modernized with the epub format. It is easier to read on smartphones and tablets. It also includes updated statistics and additional images. Dr. Price shows that illness, disease, behavior, criminality, anemia, voice, and even cheek-line, are all within the domain of Nutrition. "If civilized man is to survive, he must incorporate the fundamentals of primitive nutritional wisdom into his modern lifestyle." —Dr. Weston A. Price, DDS

[Dental Floss for the Mind](#) Crescendo Publishing LLC

Do you, or someone you know, live with snoring, teeth grinding, poor sleep, aches and pains, chronic fatigue, moodiness, and other seemingly inexplicable symptoms? Your whole body suffers oxygen deficiency from a clogged airway and poor sleep when your mouth is structurally impaired. *Six-Foot Tiger, Three-Foot Cage* is the first book EVER to connect the dots between your mouth structure and total health. "Six-foot tiger" is the vicious medical, dental, mood, and financial consequences of a "three-foot cage" - a mouth that's too small for the tongue. Dr. Liao shows you if Impaired Mouth is the start of a domino effect of your (or your patients') persistent, escalating, and costly symptoms. Actual cases illustrate how Holistic Mouth Solutions(TM) can effectively redevelop "three-foot cages" by combining innovative Whole Health approaches with stem-cell-activating oral appliances to produce unexpected and

even life-changing improvements. "An Impaired Mouth is the start of a domino effect leading to medical, dental, mental, and financial troubles. Pay attention." - Sally Fallon Morell, President, The Weston A. Price Foundation "Dr. Liao's 6FT3FC shows ingenious ways to solve snoring, sleep apnea, teeth grinding, chronic pain, and fatigue with his novel-yet-sensible Holistic Mouth Solutions." - Steven Y. Park, MD, Author of *Sleep Interrupted* "A must read for all dentists, medical doctors, and patients." - Simon Yu, MD, Author of *Accidental Cure Food Is Your Best Medicine* EnCognitive.com

A second collection of more than one hundred inspiring stories features essays by Americans from all walks of life and includes the story of a Gulf War veteran whose perspective was changed by a chance encounter at a fast-food restaurant.

Something to Chew On Hay House, Inc "Something To Chew On" is a Health Manual first and foremost, but it is a Health Manual with a difference. The difference is a new way of seeing, a new and deeper understanding, a new perspective. There are another seven new perspectives: The First New Perspective, - The Person As Partner This approach is quite different from the usual approaches to dental disease. Traditionally the focus is on the teeth and what can be done to them. The Second New Perspective, The Person As A Whole - Holistic Dentistry - Understanding The Whole Person. This approach recognises the complex nature of a human being and the many factors that may be at play in problems manifesting in the mouth. The Third New Perspective, - the Mouth in all its glory. The mouth is often seen as nothing more than a chewing device!! This book

provides a very different way of looking. This new perspective allows a completely new understanding of the mouth and all its functions. We go beyond a purely mechanical view of the mouth as a 'food chewing system' The Fourth New Perspective, - Understanding the Nature of Habit. The negative spiral and how to so bring a positive upward spiral. The Fifth New Perspective, - Understanding why we have failed in the past and how we can achieve success We move from trying to change an Effect without reference to the Cause which is, of course impossible to concentration of our effort on the shifting of Cause which must produce a shift in effect. The Sixth New Perspective, - Dealing with Stress as a Priority Once stress is understood as the source of the problem, our treatment becomes the dissolution of stress in all its various disguises, - anxiety, worry, fear, resentment, upset, regret etc. The Seventh New Perspective, - The Gentle Approach is a Requirement not an Optional Extra. To be gentle may sound like an option, something which can be used or not. Gentleness and patience are essential to healing because they dissolve stress and tension which produce disease in the first place. Cure Tooth Decay North Atlantic Books Voted as one of the Top 43 therapists in the world, 5-times bestselling author, naturopath and psychotherapist Dr. Ameet easily helps you with gut health, mental health, liver cleanse & detox, adrenal fatigue, depression, anxiety, skin, hormones, inflammation, health and sexual issues using holistic healing, supplements, nutrition, healthy foods, natural remedies, holistic therapies & mental health trauma healing. Your gut, liver, adrenal and mental health are the most valuable gifts you have. Reading this holistic healing and mental health

book will quickly improve your gut health, liver health, adrenal fatigue, trauma and mental health by helping you treat the root causes of dis-eases in your mind and body, which are: Leaky gut health, Inflammation & LIVER HEALTH Adrenal Fatigue, Thyroid & hormonal imbalance Mental Health Trauma, Negative Beliefs & Family Trauma With the top herbs, homeopathic remedies, foods, acupuncture points, Bach flower remedies and mental health trauma healing exercises that most successful holistic therapists use. Get this book to quickly feel amazingly well with clear instructions on powerful holistic therapies from world renowned naturopathic doctor, psychotherapist & teacher. Know: What the best low inflammatory foods, probiotics and supplements for digestive problems, leaky gut health, IBS and inflammation are Why your thyroid, hormones, mental health and brain heal when you improve your liver health with the best gallbladder and liver cleanses Which herbs, amino acids, homeopathic remedies and supplements to use for stress, burnout, anxiety, depression, gut health, mental health, gallbladder and liver cleanses The most helpful nutrients for holistic and mental health and what foods they're found in. Powerful exercise to heal mental health trauma, change negative beliefs and feel confident. Highly effective meditation, breathing, journaling, gratitude and positive psychology techniques for mental health. Energy medicine therapy to increase happiness, clarity, emotional resilience and mental health. Acupuncture points for mental health issues like anxiety and depression and liver health And so much more - Read all the topics for free by clicking "Look Inside" at the top of this page Doctors,

therapists and nurses around the world are using this book to help people quickly recover from difficult chronic health and mental health trauma issues. Here's what they say: "Dr. Ameet gives simple steps to help you recover from mental health issues, anxiety, depression, stress, trauma and burnout, and with long-lasting results" - Dr. Hyla Cass MD, Bestselling Author and Holistic Psychiatrist. "There's amazing details on holistic therapies, foods and specific exercises to release emotional stress and trauma to optimize your emotions and health." - Geeta K, Master Reiki Healer "I learnt how to fix inflammation, my mood and detox my liver with the most effective herbs, foods and supplements." R.K. "I love the list of homeopathic and Bach flower remedies that go into very specific emotions. Not everyone has the same type of anxiety or depression, and that's clear with Dr. Ameet's book." - Sandra, Anxiety Survivor "What I love about this book is that I feel more in control of my life and my health, especially after releasing emotions and fixing inflammation..." Jacqueline R, Therapist Volume 1 in my series *Heal Your Body Cure Your Mind Healthy Mouth, Healthy You!* National Academies Press

The future of medicine—and the key to a healthier life—starts in your mouth American dentists are beginning to discover what some of their European counterparts have long understood: Many common chronic conditions—obesity, inflammation, stroke, diabetes, Alzheimer's, heart disease, and cancer, among others—often have their origins in the mouth. In a groundbreaking new work, German dentist Dr. Dominik Nischwitz presents the principles of biological dentistry along with emerging scientific

research on the mouth's vital role in the body's microbiome—a key to whole body wellness. Challenging conventional dental wisdom that views the teeth as separate from the rest of the body, and conventional dental practices that often cause more harm than good, *It's All in Your Mouth* delivers: The latest research on the microbiome and the mouth Critical information on the dangers of root canals and amalgam fillings The important role of nutrition in oral health and hygiene A clarion call for a new approach to dentistry Sensible, holistic, and humane, *It's All in Your Mouth* offers a necessary new approach to natural immunity to chronic disease and integrating dental hygiene into whole body health.

The Tapping Solution Chelsea Green Publishing

Stephen A. Lawrence introduces readers to holistic dental care and its role in overall health. Most people America would like to maintain healthy teeth and gums during their lifetime. While conventional dental care still relies on outdated treatment methods, including the use of toxic elements such as mercury and fluoride, this is not the way dentistry must be practiced, and more and more patients are beginning to realize that there are safer, more effective ways to care for their teeth and gums. *Holistic Dental Care: Your Mind, Body, and Spirit Guide to Optimal Health and a Beautiful Smile* presents a positive, detailed, and easy-to-read argument for the benefits of a more open-minded, progressive, and integrative approach to dental care and overall health. Scientific studies suggest that our mind/body relationship, psychological function, physical activity, and the food we eat all affect us at biological levels, where our habits can

alter our immune system and affect our physical, emotional, and spiritual health. When we get sick on any level, from an ordinary cold to a cavity or gum disease, it's usually because of some imbalance in our immune system, often triggered by chronic inflammation, oxidative stress, and toxins. Holistic dentistry addresses these issues by supporting a patient's comprehensive health. Holistic dentist Stephen A. Lawrence's new work introduces readers to safer, gentler, and more efficient way of treating their mouths and bodies, along with addressing their overall wellness. He offers a reader-friendly tour through how our body works, and approaches dental health through the lens of comprehensive wellness and summarizes current holistic dental healthcare ideas and products—to stop cavities and gum disease, rebuild teeth at home, and positively affect patients and those around them—as we strive to spread wellness worldwide. Considering the current explosion of green living all over America, the increased awareness of how toxins affect our health, and a rising interest in bettering our general quality of life through wellness and mindfulness, this work fills a gap in understanding how holistic dental health care can be part of an overall approach to healthier living now.

The Right Words at the Right Time

Volume 2 Temple Lodge Publishing

A dynamic program for improving memory and sharpening focus Each year, Americans spend hundreds of millions of dollars on gym memberships, exercise equipment, and workout videos, all in the name of physical fitness. But what are they doing for their minds? In *Dental Floss for the Mind*, a leading cognitive scientist and a neurologist team up to offer you a complete

program for improving memory and stimulating your mind. This interactive guide features: More than 100 creative and engaging exercises of increasing difficulty to stimulate cognitive skills Targeted exercises for improving the five key cognitive areas: memory, attention, language skills, visual and spatial recognition, and reasoning ability A scoring system for assessing current status, along with prescriptive tips for improving each cognitive area

The Dental Diet Hay House, Inc

Explains how people can achieve and maintain a healthy mouth, preventing cavities, gum disease, bad breath, and other dental problems using simple steps to improve enamel strength, tooth sensitivity, and overall oral health.

It's All in Your Head National Academies Press

An honest and open-minded guide to whole-body-health written by a dentist that has been where you are. Dr. Michelle Jorgensen, DDS, nearly lost her health and career due to problems in modern conventional dentistry. This sent her on a quest to find the materials and procedures in dentistry that are dangerous to health, and how to prevent problems as well as heal from disease. After years of in-the-trenches work, she has created a simple to read, easy to understand guide to Whole Body Wellness. You will learn that whole body wellness begins in the mouth. She shares new research that shows dental health is the cause or a contributor to 60-80% of all chronic disease. She also teaches how to never have a cavity again, how to eat for dental and overall health, and how to care for your teeth once a day, the right way. If you have been frustrated with conventional dentistry and the drill and fill...and bill method of treatment, this book will be a

breath of fresh air for you. Dr. Jorgensen also shares openly about the problems in dentistry today, how they are impacting your health, and what you can do to get out of the mess you are in. Avoiding internet hype about dental health, she gives straight forward advice, backed by the latest research, in a simple to use format. Healthy Mouth, Healthy YOU highlights: -Understanding what causes cavities and how to avoid them-How to clean your mouth, Once a Day, the Right way-Which cavities can be healed and how to do it-What dangers lurk beneath root canals and mercury fillings-A clear picture of the devastating affects of unchecked gum disease-How to eat for better mouth and overall health-Why teenagers and pregnant women get more cavities and what to do about it- And more...

Dental Herbalism Center Street

You Can Heal Your Teeth With Sugar!

Does this sound crazy to you? Do you think you need to give up all the foods you love in order to have healthy teeth or gums? Does it really have to be one or the other? Joey Lott, the author of How I Healed My Teeth By Eating Sugar, doesn't think so. In this book, he reveals how he reversed a number of tooth and gum problems (cavities, loose teeth, and receding gums, to name a few) with a few dietary tricks (sugar included!) and inexpensive supplements. The regimen is simple, backed by science, and easy on your wallet. There's More to Dental Health Than Fluoride and Flossing There are natural ways to heal your teeth and gums that don't involve twice daily brushings and flossings. In fact, these standard methods of tooth care may not be doing as much for your dental health as you've been led to believe. Discover a new formula for repairing cavities, tightening up loose teeth, and healing

receding gums that is natural and inexpensive. Find out which supplements really work and which may be over-priced and over-hyped. Learn about the vital role metabolism and hormonal health plays in your ability to regrow and remineralize your teeth. If you've been on the path of natural dental health for a while, you might be surprised by what you read! Save Serious Cash on Dentist Visits What would it be like to walk into the dentist's office year after year and have a clean bill of health every time? Fillings and other expensive procedures often feel inevitable; it's easy to feel powerless over our dental health, especially since we've been led to believe it's impossible to regrow teeth. How I Healed My Teeth By Eating Sugar takes the reader on a journey through tooth structure and anatomy that reveals the truth of the situation: that our teeth are as much alive as every other part of our body. Because of this, they have the ability to grow and change and respond to different treatments. This means that there is hope, after all. Read this book now and begin your natural healing journey in dental health. Your teeth and gums will thank you!

Root Canal Cover-up Ballantine Books In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence,

and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

The 8-Hour Sleep Paradox Dr. Ameet Aggarwal ND

Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the

FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

Nutrition and Physical

Degeneration: A Comparison of Primitive and Modern Diets and Their Effects McGraw Hill Professional
 Acclaimed oral health expert and wellness pioneer, Dr. Gerry Curatola, explores the bi-directional relationship between the health of your mouth and your body, and provides a groundbreaking program for creating a healthy mouth that will help maintain a healthy body. The mouth acts as mirror and a gateway and reflects what is happening in the rest of your body and the health of your mouth appears to have a profound impact on the rest of your body. Chronic, low-grade oral disease is a major source of inflammation throughout your body, which can sometimes result in serious systemic problems, including cardiovascular disease, type 2 diabetes, obesity, and premature birth. The Mouth-Body Connection educates the reader on the natural ecology of the mouth. The oral microbiome consists of communities of 20 billion microorganisms of more than six hundred types-keeping these communities balanced is the key to well-being. Dr. Curatola's program, thirty years in the making, helps to restore microbiome balance and reduce health-destroying inflammation. The Curatola Care Program fosters a healthy oral microbiome by means of diet, supplements, exercise, and stress reduction. Four weeks of meal plans and fifty delicious recipes will convince you that eating for balance can be a treat.

There are supplement schedules for each stage, two high-intensity band workouts that take only 15 minutes twice a week, relaxation techniques, and yoga postures to fight inflammation. In just four weeks, you will reboot your body and begin to take control of your health. Best of all, your brilliant smile will prove that you have never felt better.

Holistic Dental Care John Wiley & Sons
 The essential guide to integrative dental health—safe, effective, and toxin-free steps to all-natural oral care and a vibrant, healthy smile
 Bestselling author Nadine Artemis reveals the 8 steps to successful self-dentistry
Holistic Dental Care introduces simple, at-home dental techniques that anyone can do. With more than 50 full-color photos and illustrations, this book offers oral self-care strategies to address every dental concern—from everyday maintenance to bite and alignment, gum health to heavy metal detox.
 Bestselling author Nadine Artemis also shares the 8 Steps to Successful Self-Dentistry, 8 holistic oral care guidelines. You'll also learn: The truth about toothpaste, toothbrushes, and mouthwash
 All-natural techniques for keeping your teeth healthy, clean, and strong
 Proper flossing for healthy gums
 What questions to ask your dentist—and when it's time to find a new one
 Pure, organic ways to prevent plaque, decay, inflammation, and bleeding gums
 The connection between tooth health and alkaline diets
 Offering an integrative approach to treat the real cause of your dental concerns—not just the symptoms—*Holistic Dental Care* helps bring your entire being back into balance and whole-body health, starting with all-natural biological dentistry and chemical-free oral care.

Holistic Dental Care SERGIO RIJO
 Drugs may not be the only cure for

disease . . . What do Gloria Swanson and Greta Garbo have in common? They owe their good health to Dr. Henry Bieler's sane, simple, and utterly profound philosophy that food is your best medicine! You are what you eat, and Dr. Bieler contends, based on over fifty years of practice, that proper diet plays a key role in warding off and curing disease. *Food Is Your Best Medicine* features a fascinating interpretation of how the body functions to maintain good health and addresses all kinds of ailments with specific nutritional approaches. Zucchini and other vegetables, simple broths, nourishing whole grains—all so much better for you than drugs, and they really work!

The Natural Remedy for Tooth Decay
Trafford Publishing

"Reversing Gum Disease Naturally presents techniques and information so that you can reverse already unhealthy states in your mouth or prevent the onset of gum disease. Sandra Senzon enhances patients' oral health through traditional as well as holistic methods." -- Barry Musikant, D.M.D. "This book allows the patient to be an active participant along with healthcare professionals." -- Jay P. Goldsmith, D.M.D. "There is a ray of hope at the end of the tunnel for all

those who suffer from gum disease. We ultimately don't have to lose our natural teeth. Sandra Senzon shows us the many ways in which the mouth is connected to the body, and how, with the use of natural herbal products and proper mechanic techniques, you can reverse gum disease naturally." --Joseph P. Green, D.O.S. Gum disease is the #1 oral health issue for Americans today—and simply brushing and flossing are not enough to avoid it. In this unique book, registered dental hygienist Sandra Senzon reveals how you can prevent and reverse gum disease through natural treatments. You'll get a new and broader understanding of your mouth as Senzon explains the causes of gum disease, along with the roles that stress, diet, and certain conditions such as diabetes can play in the onset of the disease. She shows you how to work with holistic products, set up an at-home hygiene center, and find the right professional to guide you in the natural reversal of gum disease. There's even a section for parents on how to help children practice good oral hygiene. Packed with expert tips and motivational strategies, *Reversing Gum Disease Naturally* will enable you to keep your gums and your teeth healthy and strong.

Best Sellers - Books :

- [Feel-good Productivity: How To Do More Of What Matters To You By Ali Abdaal](#)
- [Mad Honey: A Novel](#)
- [We'll Always Have Summer \(the Summer I Turned Pretty\) By Jenny Han](#)
- [The Seven Husbands Of Evelyn Hugo: A Novel By Taylor Jenkins Reid](#)
- [The Inmate: A Gripping Psychological Thriller](#)
- [My First Learn-to-write Workbook: Practice For Kids With Pen Control, Line Tracing, Letters, And More!](#)
- [The Psychology Of Money: Timeless Lessons On Wealth, Greed, And Happiness By Morgan Housel](#)
- [I Will Teach You To Be Rich: No Guilt. No Excuses. Just A 6-week Program That Works \(second Edition\) By Ramit Sethi](#)
- [Atomic Habits: An Easy & Proven Way To Build Good Habits & Break Bad Ones By](#)

James Clear

• A Letter From Your Teacher: On The First Day Of School