



Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums

Nadine Artemis

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A comprehensive guide to natural, do-it-yourself oral care, *Holistic Dental Care* introduces simple, at-home dental procedures that anyone can do. Highlighted with fifty-three full-color photos and illustrations, this book offers dental self-care strategies and practices that get to the core of the problems in our mouths--preventing issues from taking root and gently restoring dental health. Based on a "whole body approach" to oral care, *Holistic Dental Care* addresses the limits of the traditional approach that treats only the symptoms and not the source of body imbalances.

Taking readers on a tour of the ecology of the mouth, dental health expert and author Nadine Artemis describes the physiology of the teeth and the sources of bacteria and decay. Revealing the truth about the artificial chemicals in many toothpastes and mouthwashes, Artemis also discusses the harmful effects of mercury fillings and the much safer ceramic filling options that are available. Covering topics that include healthy nutrition, oral care for children, and the benefits of botanical substances and plant extracts for maintaining oral health, Artemis introduces a comprehensive eight-step self-dentistry protocol that offers an effective way to prevent decay, illness, acidic saliva, plaque build-up, gum bleeding, inflammation, and more.

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Conrad Degregorio:

Spent a free time for you to be fun activity to complete! A lot of people spent their leisure time with their family, or their friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book could be option to fill your free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to test look for book, may be the e-book untitled Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums can be great book to read. May be it is usually best activity to you.

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On this era which is the greater man or woman or who has ability in doing something more are more important than other. Do you want to become among it? It is just simple solution to have that. What you must do is just spending your time very little but quite enough to get a look at some books. One of the books in the top checklist in your reading list is definitely Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums. This book that is certainly qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking right up and review this guide you can get many advantages.

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