



Mouth Matters; Healthy Mouth, Healthy Body: How Your Mouth Ages Your Body and What YOU Can do About It

By Carol Vander Stoep RDH BSDH

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Is anxiety-free, drill-free dentistry based on whole body wellness too much to ask for?

Many dental professionals do not think so. They have abandoned their drills and the traditional drill, fill, and bill business as usual. They know cavities and gum disease are the first and most obvious symptoms of a body in trouble. They can help you restore optimal health following the principles in these pages. Here, too, you can learn how to:

- Help your child grow the most attractive face possible and avoid future serious breathing problems that threaten health and longevity.
- Keep your mental and physical flags flying from the boardroom to the bedroom.
- Reverse much of the oral and general health damage wrought by lifestyle.
- When prevention fails, find dentists who will fix it right the first time and do it with biologically compatible techniques and materials.

Chapters 1– 9. Do you or a loved one suffer a degenerative disease like heart disease, diabetes, osteoporosis, arthritis, or a respiratory problem? These chapters illustrate how gum disease influences and reflects even silent early stages of these diseases. Stories illustrate how clients altered outcomes by switching tactics.

Beyond the Death Spiral: Modern Dentistry. Have you ever had a tooth crack away from a filling and been told you need a crown or another, larger filling? Is your child slated for sealants or stainless steel crowns? This chapter and appendices tell you some of what you **MUST** know. It also explains advanced ideas like how drill-free, anesthetic-free dentistry can save significant money and help avoid repetitive dental repair.

The Secret: Beauty, Brains, and Body Balance. Have you ever wondered if you have the silent beginnings of a degenerative disease? You know what I mean the fear generated by the ad suggesting you may be building plaque in your arteries while you are busy building your life. Learn surprising causes and how to screen yourself for a pre-disposition to cavities or degenerative diseases and some solutions.

The Nightly Grind. Clenching and grinding teeth can cause severe, yet unobservable tooth damage. How you choose to address it (or ignore it) can radically alter general health.

Risk Is Not Destiny: Simple Solutions. Have you been told you need fluoride to prevent cavities or to help rebuild or strengthen your teeth? Among many other prevention ideas, this chapter explores multiple fluoride-free methods to rebuild teeth in early phases of breakdown.

Immune System Support. Do you feel you should maximize your immune system? Do you know what challenges it and how to strengthen it? Several chapters explore simple lifestyle changes that can build your immune system and help reverse damage.

- Explore fluoride and mercury toxicity.
- Learn how to work best with your health care providers for the excellent health you deserve.

Kidney Transplants.

- Oral considerations after kidneys fail.
- Fluoride alert for diabetics and others with compromised kidneys.
- Oral consequences of suppressing the immune response.

Oral Cancer.

- Exposure to heat and chemicals accelerate cellular changes that cause oral cells to mutate.
- Gum disease and oral sex add risk.
- Screenings tools your dental professional can use that improve early diagnosis, thus outcomes.
- Cancer reduction strategies.

Mouth Matters is for general audiences and medical professionals.

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Do you have favorite book? For those who have, what is your favorite's book? Publication is very important thing for us to understand everything in the world. Each guide has different aim or perhaps goal; it means that reserve has different type. Some people really feel enjoy to spend their a chance to read a book. They can be reading whatever they get because their hobby is definitely reading a book. What about the person who don't like looking at a book? Sometime, particular person feel need book after they found difficult problem or perhaps exercise. Well, probably you should have this Mouth Matters; Healthy Mouth, Healthy Body: How Your Mouth Ages Your Body and What YOU Can do About It.

Johnnie Gonzales:

In this 21st century, people become competitive in every single way. By being competitive currently, people have do something to make them survives, being in the middle of typically the crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated this for a while is reading. That's why, by reading a publication your ability to survive improve then having chance to stand up than other is high. For yourself who want to start reading a book, we give you this kind of Mouth Matters; Healthy Mouth, Healthy Body: How Your Mouth Ages Your Body and What YOU Can do About It book as beginner and daily reading guide. Why, because this book is more than just a book.

Susan Rogers:

This Mouth Matters; Healthy Mouth, Healthy Body: How Your Mouth Ages Your Body and What YOU Can do About It is great guide for you because the content that is full of information for you who have always deal with world and get to make decision every minute. This kind of book reveal it facts accurately using great coordinate word or we can point out no rambling sentences within it. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but tricky core information with beautiful delivering sentences. Having Mouth Matters; Healthy Mouth, Healthy Body: How Your Mouth Ages Your Body and What YOU Can do About It in your hand like keeping the world in your arm, info in it is not ridiculous one. We can say that no reserve that offer you world within ten or fifteen small right but this guide already do that. So , it is good reading book. Hey Mr. and Mrs. busy do you still doubt this?

Robert Ford:

With this era which is the greater man or woman or who has ability in doing something more are more special than other. Do you want to become one of it? It is just simple method to have that. What you need to do is just spending your time very little but quite enough to get a look at some books. One of many books in the top record in your reading list is Mouth Matters; Healthy Mouth, Healthy Body: How Your Mouth Ages Your Body and What YOU Can do About It. This book which can be qualified as The Hungry Hills can get you closer in getting precious person. By looking up and review this reserve you can get many advantages.

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