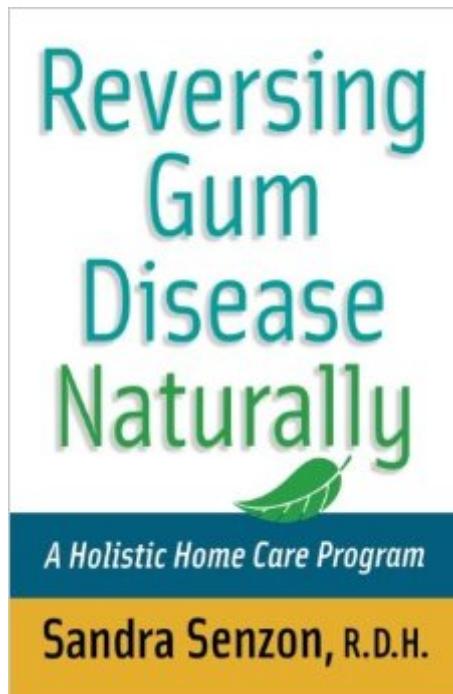


The book was found

Reversing Gum Disease Naturally: A Holistic Home Care Program



Synopsis

"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.

Book Information

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Customer Reviews

I read The Oral Health Bible before reading this book, so already knew quite a bit about gum disease, its causes, and its potential negative impacts to the entire body. The author of this book starts off by discussing, at length, how gum disease begins and progresses, why most oral health care products on the market can make the problem worse, and how taking a holistic and natural approach to oral hygiene can help save your teeth and gums. She even suggests finding a dentist or hygienist who will take the time to use natural products during your teeth cleanings. Not unlike The Oral Health Bible, the author recommends natural products and supplements to help us care for our teeth and body. I take many of the recommended supplements now, and started using all-natural toothpaste and mouthwash and have noticed a dramatic improvement in every aspect of my own oral health. The take-aways for me after reading this book: how to improve my flossing technique (I had no idea there was a "wrong" way before reading this book), and how to really enjoy the oral care process. The author touts a home care spa concept which, when put to practice, is really quite a lovely experience. As suggested by the author, morning and night I lay out all of the tools I will use to care for my mouth, and then I turn my bathroom radio on NPR, the classical station or plug my iPod into the stereo. Although my oral care regimen takes longer now than it did before I started reading books on oral care, the process is enjoyable because I see it as a time to do something good for myself at the start and end of every day, and I can listen to the day's events or some good tunes while I do so. ;) The book is a soft touch to a scary subject.

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