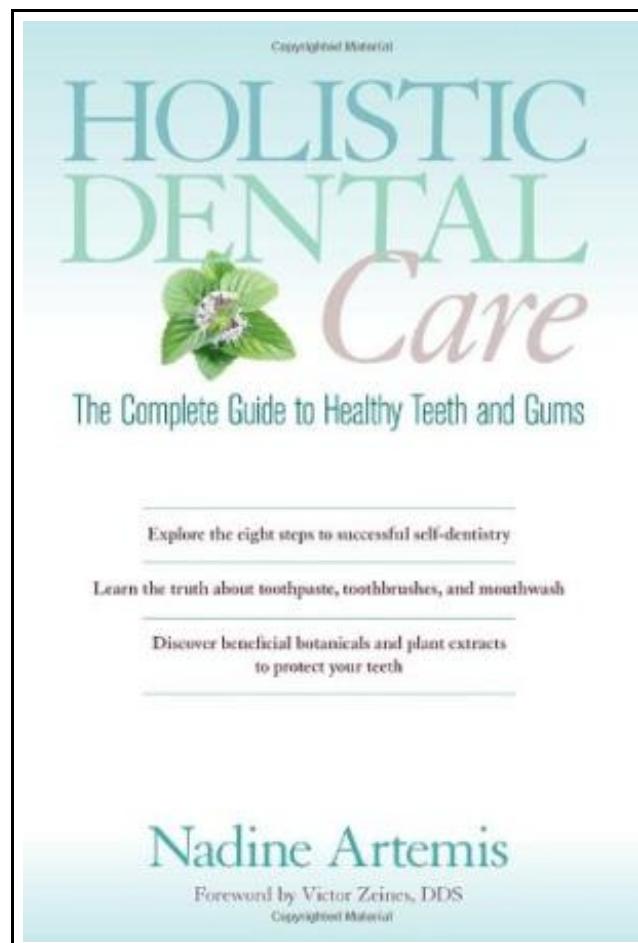


## Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums



Filesize: 1.04 MB

### Reviews

*Unquestionably, this is actually the very best job by any publisher. It really is basic but unexpected situations within the 50 % from the book. I discovered this book from my dad and i advised this publication to discover.*

*(Dr. Willis Walter)*

## HOLISTIC DENTAL CARE: THE COMPLETE GUIDE TO HEALTHY TEETH AND GUMS

[DOWNLOAD PDF](#)

North Atlantic Books, U.S., United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. 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.

[Read Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums Online](#)[Download PDF Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums](#)

## Relevant Kindle Books

---



### Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Read ePUB »](#)

---



### The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

[Read ePUB »](#)

---



### The Three Little Pigs - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own...

[Read ePUB »](#)

---



### The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2, This is a gentle adaptation of the classic tale by Beatrix Potter. Jemima...

[Read ePUB »](#)

---



### Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner...

[Read ePUB »](#)