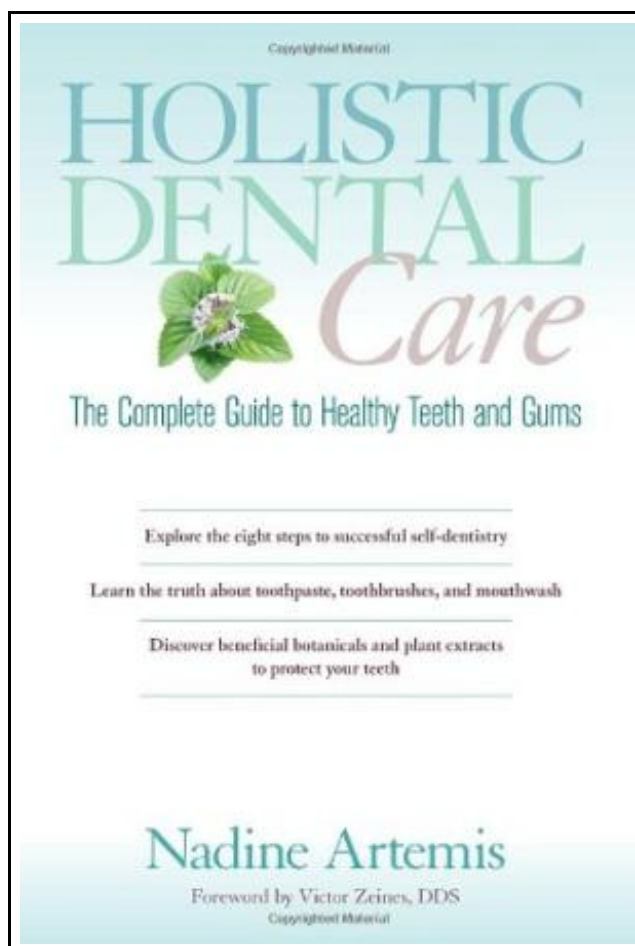


## Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums



Filesize: 8.62 MB

### ***Reviews***

*These types of book is the greatest ebook readily available. I was able to comprehend every little thing using this published e pdf. I realized this pdf from my dad and i encouraged this publication to discover.*

***(Dr. Porter Mitchell)***

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



To download **Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums** eBook, remember to follow the web link below and download the file or gain access to other information which are have conjunction with **HOLISTIC DENTAL CARE: THE COMPLETE GUIDE TO HEALTHY TEETH AND GUMS** ebook.

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](#)**



**[Download ePUB Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums](#)**

## Other Books



---

### [PDF] Chicken Licken - Read it Yourself with Ladybird: Level 2

Follow the hyperlink beneath to get "Chicken Licken - Read it Yourself with Ladybird: Level 2" file.

[Read Document »](#)



---

### [PDF] From Kristallnacht to Israel: A Holocaust Survivor s Journey

Follow the hyperlink beneath to get "From Kristallnacht to Israel: A Holocaust Survivor s Journey" file.

[Read Document »](#)



---

### [PDF] Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Follow the hyperlink beneath to get "Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)" file.

[Read Document »](#)



---

### [PDF] Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children

Follow the hyperlink beneath to get "Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children" file.

[Read Document »](#)



---

### [PDF] The Village Watch-Tower (Dodo Press)

Follow the hyperlink beneath to get "The Village Watch-Tower (Dodo Press)" file.

[Read Document »](#)



---

### [PDF] Polly Oliver s Problem: A Story for Girls

Follow the hyperlink beneath to get "Polly Oliver s Problem: A Story for Girls" file.

[Read Document »](#)



**[PDF] Penelope s English Experiences (Dodo Press)**

Click the web link under to get "Penelope s English Experiences (Dodo Press)" PDF document.

[Save ePub »](#)



**[PDF] A Cathedral Courtship (Dodo Press)**

Click the web link under to get "A Cathedral Courtship (Dodo Press)" PDF document.

[Save ePub »](#)



**[PDF] The Right Kind of Pride: A Chronicle of Character, Caregiving and Community**

Click the web link under to get "The Right Kind of Pride: A Chronicle of Character, Caregiving and Community" PDF document.

[Save ePub »](#)



**[PDF] Dracula Investigates the Mummy s Purse**

Click the web link under to get "Dracula Investigates the Mummy s Purse" PDF document.

[Save ePub »](#)



**[PDF] Valley Forge: The History and Legacy of the Most Famous Military Camp of the Revolutionary War**

Click the web link under to get "Valley Forge: The History and Legacy of the Most Famous Military Camp of the Revolutionary War" PDF document.

[Save ePub »](#)



**[PDF] Penelope s Postscripts (Dodo Press)**

Click the web link under to get "Penelope s Postscripts (Dodo Press)" PDF document.

[Save ePub »](#)