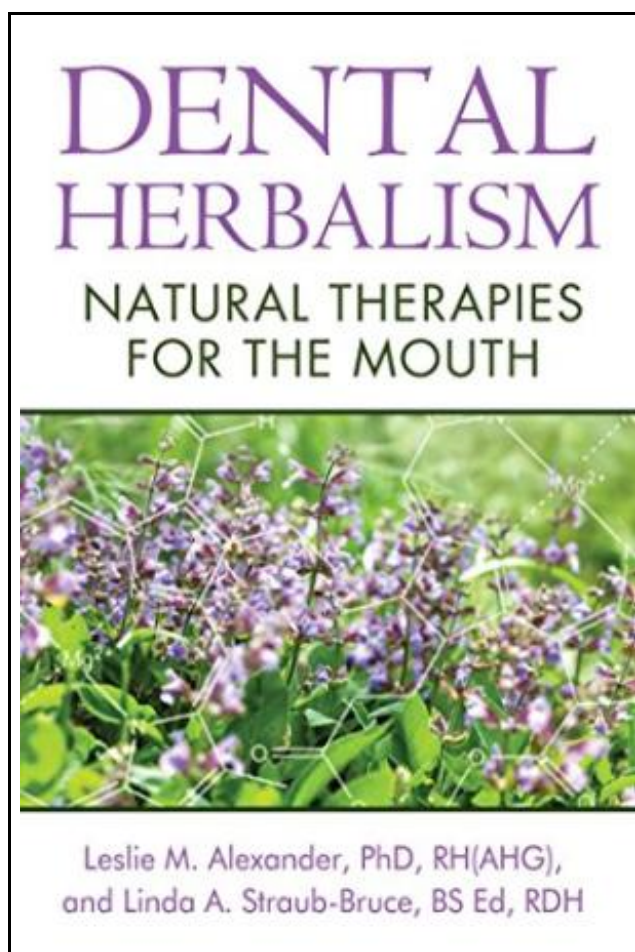


## Dental Herbalism



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)***

## DENTAL HERBALISM



To download **Dental Herbalism** eBook, remember to follow the web link below and download the file or gain access to other information which are have conjunction with DENTAL HERBALISM ebook.

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Dental Herbalism, Leslie M. Alexander, Linda A. Straub-Bruce, Our oral health is intimately linked with our overall health and well-being. In this practical guide to herbal dental care, medical herbalist Leslie Alexander and registered dental hygienist Linda Straub-Bruce detail how to use 41 safe and effective herbs for the mouth for optimum oral health, prevention of decay and inflammation, and relief from pain and discomfort. The authors provide recipes for herbal toothpastes and rinses, poultices for pain and inflammation, and teas and tinctures for intervention, prevention, and daily care. They explain how recent research confirms the link between poor oral health and many diseases, such as diabetes, stroke, and heart disease. They examine the risk factors, symptoms, causes, and herbal preventives and remedies for 47 common conditions that affect the mouth, such as gingivitis, periodontitis, bruxism, acid reflux/GERD, and tooth loss. They explore the complete anatomy of the mouth and explain proper brushing, flossing, and tongue-cleaning techniques to prevent tooth decay and gum disease and maintain bridges, implants, and braces. The authors address the importance of diet and nutrition in oral health as well as controversial topics including flouride. They provide an in-depth chapter on pregnancy, infant, and childhood oral care, including herbal remedies for teething and thrush. Ideal for those looking to improve their own oral health, herbalists looking to address the root cause of systemic inflammation, or dental professionals searching for natural alternatives, this authoritative yet practical guide empowers each of us to reclaim the health of our mouths and sustain a full, strong set of teeth for a lifetime.



[Read Dental Herbalism Online](#)



[Download PDF Dental Herbalism](#)

## See Also



[PDF] **Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)**

Follow the web link beneath to download "Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)" document.

[Download eBook »](#)



[PDF] **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

Follow the web link beneath to download "TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)" document.

[Download eBook »](#)



[PDF] **Diabetes Diet Plan: The Secret Tips to Diabetes and Heart Healthy Meals**

Follow the web link beneath to download "Diabetes Diet Plan: The Secret Tips to Diabetes and Heart Healthy Meals" document.

[Download eBook »](#)



[PDF] **The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback**

Follow the web link beneath to download "The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback" document.

[Download eBook »](#)



[PDF] **The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)**

Follow the web link beneath to download "The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)" document.

[Download eBook »](#)



[PDF] **Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .**

Follow the web link beneath to download "Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications ." document.

[Download eBook »](#)