



Holistic Dental Care (Paperback)

By Nadine Artemis

North Atlantic Books, U.S., United States, 2013. Paperback. Condition: New. 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...



READ ONLINE
[7.86 MB]

Reviews

Completely among the finest publication I have got possibly read through. It really is rally exciting through reading through period. You are going to like how the writer compose this publication.

-- **Modesta Stamm PhD**

The book is fantastic and great. I have got read through and i am confident that i will planning to read yet again once again in the foreseeable future. I found out this book from my dad and i recommended this publication to discover.

-- **Prof. Nicole Zieme**

Other eBooks



Baby Friendly San Francisco Bay Area New Parent Survival Guide to Shopping Activities Restaurants and More by Elysa Marco 2005 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



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

Book Condition: Brand New. Book Condition: Brand New.



Baby Must Haves The Essential Guide to Everything from Cribs to Bibs 2007 Paperback

Book Condition: Brand New. Book Condition: Brand New.



A Parent s Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...