



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

By Nadine Artemis

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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.

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Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums By Nadine Artemis Bibliography

- Sales Rank: #37894 in Books
- Brand: Brand: North Atlantic Books
- Published on: 2013-10-08
- Released on: 2013-10-08
- Original language: English
- Number of items: 1
- Dimensions: 9.01" h x .34" w x 5.96" l, .57 pounds
- Binding: Paperback
- 152 pages

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Editorial Review

Review

"Nadine Artemis's well-balanced, well-researched book credibly encourages readers to take control of their own dental health. Plenty to chew on in this stimulating dental compendium."

—Kirkus Reviews

"Achieving optimal oral health cannot be done exclusively in the dental office; oral hygiene and nutrition are key to preventing major dental work and the consequences it can have on the body. I have helped people at a professional level for thirty years and it is clear that we must give people tools to help themselves at home, for their everyday care. This book helps the dental profession and makes dental care more accessible."

—Lina Garcia, DDS, DMD

"Nadine Artemis brings great clarity and insight to the mouth-body connection. *Holistic Dental Care* is filled with pearls of wisdom that make a difference."

—Stuart M. Nunnally, DDS

From the Author

Nadine Artemis is the creator of Living Libations, an exquisite line of serums, elixirs and essential oils for those seeking the purest of the pure botanical health and beauty products on the planet. She is a frequent commentator on health and beauty for media outlets and her products have received rave reviews in *The New York Times*, *The National Post* and *The Hollywood Reporter*. Described by Alanis Morissette as "a true-sense visionary", Nadine has formulated a stunning collection of rare and special botanical compounds. An innovative aromacologist, Nadine develops immune enhancing formulas and medicinal blends for health and wellness: her potent dental serums are used worldwide and provide the purest oral care available. Her healing creations, along with her concept of "Renegade Beauty", encourage effortlessness, eschew regimes and inspire people to rethink conventional notions of beauty and wellness. Nadine's fresh paradigm for beauty and her natural approach to health presents a revolutionary vision: it allows the life-force of flowers, dewdrops, plants, sun, and water to be the ingredients of healthy living and lets everything unessential, contrived, and artificial fall away.

From the Inside Flap

Every once in a while, a book comes along that's fun to read and can make a difference. This is such a book. As a holistic dentist practicing for over twenty-five years, I thought I had read or seen just about everything written about dentistry. I was very pleased when Nadine asked me to write a forward for her book. Knowing her products, I felt that this could be a good thing. Being somewhat tired of reading books about teeth, I put this off for a few weeks. Finally on a rainy day I picked it up. What a surprise! I found myself transported into a tour of the mouth in a way that hasn't happened in a long time. ... It was great. I felt like I was on a small boat sailing through the oral cavity for the tour of my life. The writing and the accuracy of her work will make you appreciate your mouth all the more.

The discussion of the meridians involving teeth is important material that most books don't mention, yet it is significant because knowing this can help you with many problems in the rest of your system. For instance, if you go to the dentist with a pain in your lower first molar, your dentist could tell you that there is nothing wrong with the tooth. You'll find out that this is a digestive problem, and once it is corrected, the tooth pain will be gone. You'll learn about the mouth as an ecosystem that is part of the larger system of the body.

Nadine's knowledge of healing methods is truly inspiring. There are many natural ways to keep your mouth healthy that also spill over into general good health. The techniques and materials that Nadine talks about are the best for making sure your mouth stays healthy. Her comments regarding regeneration are some of the best I've seen.

There is one problem with this book: by following Nadine's advice, I won't get the chance to do lots of restorative therapy for your mouth, since you won't need it.

Yours in health
Victor Zeines, DDS, MS, FAGD

Users Review

From reader reviews:

Michael Brown:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a reserve. Beside you can solve your condition; you can add your knowledge by the publication entitled Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums. Try to the actual book Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums as your close friend. It means that it can be your friend when you truly feel alone and beside that of course make you smarter than before. Yeah, it is very fortunated for yourself. The book makes you much more confidence because you can know every little thing by the book. So , we need to make new experience and knowledge with this book.

Douglas Whatley:

Reading a publication tends to be new life style with this era globalization. With reading through you can get a lot of information which will give you benefit in your life. With book everyone in this world may share their idea. Books can also inspire a lot of people. A lot of author can inspire their reader with their story or their experience. Not only the storyline that share in the books. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors on earth always try to improve their proficiency in writing, they also doing some analysis before they write with their book. One of them is this Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums.

Charlotte Ramsey:

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Edward Vogler:

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