



7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series)

(Volume 3)

Max Haroon

Download now

[Click here](#) if your download doesn't start automatically

7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3)

Max Haroon

7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) Max Haroon

This book is more than a dental health guide. It is a prevention program for your TOTAL HEALTH, so that you can save on expensive medical costs and live a healthy life. Ask yourself, “Why have you had some tooth and gum issues requiring treatment, in spite of the fact that you brush and floss your teeth regularly, and visit the dentist/hygienist regularly”? This book will provide you with some answers and various pragmatic guidelines. 7 Steps to Dental Health is a result of three years of research and collaboration among many professionals in medicine, dentistry, dental hygiene, nutrition and others. It is not an easy job to clean and maintain healthy teeth, considering the shape, accessibility of the teeth or teeth surfaces. We are lead to believe that brushing and flossing will do the job! Based on the author's life long learning of discovery and his approach to life, this book describes a seven-step process to clean teeth, tongue and mouth so that you can achieve optimal oral health. If you follow the process after every meal then you will learn, how to protect your teeth from decay, gums from infection, and escape-dreaded visits under the dentist's drill. In this book, you will find:

- How to assess your oral health and conduct self-examination of your mouth using 100+ point plan
- An insightful discussion about dental infections and their connection to the body
- A seven-step process to clean your teeth and mouth to achieve optimal oral health
- Extensive information about harmful chemicals commonly used in toothpastes and mouthwashes
- The truth about mercury amalgam fillings, protocols to remove these fillings and metal-free replacement alternatives
- Various tooth conditions and their treatments
- Understanding the practices of holistic hygienists & dentists
- Seven Essential Principles of nutrition for your body and teeth
- Nutritional supplements for your oral health
- A dozen appendices of useful information and resources

Various individuals have contributed to this book. Dr. Oksana Sawiak, now a retired dentist has provided an insightful discussion of dental infections and their connection to the body. Klaus Ferlow, a master herbalist, has provided excellent information about harmful chemicals used in toothpastes and mouthwashes, truth about mercury fillings and various tooth conditions and its treatments. Lori Nichols Davies, Holistic Nutritionist and a Chef has outlined some excellent principles of nourishments and nutritious foods. The concluding chapter is frequently asked questions about dental conditions. This chapter serves as summary of practical information presented through out the book. In conjunction with its website, this book is a multimedia resource providing extensive links and videos for further research. Additional materials are available exclusively for readers on the book's website at <http://7stepsdentalhealth.com>. You will also find Insightful Videos on our Book's YouTube Channel. “All of the contributors of this book have invested their heart, souls, and minds into this literary contribution so that you can more readily understand your oral health and the deep connections that this has to the fostering of better overall health”. From the Foreword by Dr. Brain Clement, Hippocrates Institute This book is third in the seven-books series “Life Learning” published by the Life Transformation Institute



[Download 7 Steps to Dental Health: A Holistic Guide to a He ...pdf](#)



[Read Online 7 Steps to Dental Health: A Holistic Guide to a ...pdf](#)

Download and Read Free Online 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) Max Haroon

From reader reviews:

Don Gonzales:

Do you have favorite book? If you have, what is your favorite's book? Publication is very important thing for us to be aware of everything in the world. Each book has different aim or even goal; it means that publication has different type. Some people truly feel enjoy to spend their the perfect time to read a book. They are reading whatever they acquire because their hobby is reading a book. Think about the person who don't like looking at a book? Sometime, man feel need book if they found difficult problem or perhaps exercise. Well, probably you will want this 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3).

Jennifer Crowe:

In this 21st one hundred year, people become competitive in every way. By being competitive now, people have do something to make these individuals survives, being in the middle of the actual crowded place and notice by simply surrounding. One thing that oftentimes many people have underestimated the idea for a while is reading. Yep, by reading a reserve your ability to survive boost then having chance to remain than other is high. For you who want to start reading a new book, we give you this specific 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) book as beginner and daily reading reserve. Why, because this book is more than just a book.

Carmela Williams:

A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that is look different you can read any book. It is really fun for you personally. If you enjoy the book you read you can spent the entire day to reading a e-book. The book 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) it doesn't matter what good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore easily to read this book through your smart phone. The price is not to cover but this book has high quality.

Alex Estepp:

Beside this kind of 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) in your phone, it could give you a way to get closer to the new knowledge or data. The information and the knowledge you can got here is fresh from oven so don't possibly be worry if you feel like an previous people live in narrow town. It is good thing to have 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) because this book offers to your account readable information. Do you occasionally have book but you don't get what it's interesting features

of. Oh come on, that would not happen if you have this within your hand. The Enjoyable set up here cannot be questionable, including treasuring beautiful island. Techniques you still want to miss that? Find this book along with read it from currently!

Download and Read Online 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) Max Haroon #EK18G4DC0YW

Read 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) by Max Haroon for online ebook

7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) by Max Haroon Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) by Max Haroon books to read online.

Online 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) by Max Haroon ebook PDF download

7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) by Max Haroon Doc

7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) by Max Haroon Mobipocket

7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body (Life Learning Series) (Volume 3) by Max Haroon EPub