



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

*Max Haroon*

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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. Brian Clement, Hippocrates Institute This book is third in the seven-books series “Life Learning” published by the Life Transformation Institute

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