

## Wholeistic Dentistry Balancing Conventional Dental Care With Ancient Wisdom

The Doctor's Book of Natural Health Remedies  
Proceedings of the British Psychological Society  
Dental Pharmacology  
Kiss Your Dentist Goodbye  
Toxic Teeth: How a Biological (Holistic) Dentist Can Help You Cure Cancer, Facial Pain, Autoimmune, Heart, and Other Disease Caused By Infected Gums, Root Canals, Jawbone Cavitations, and Toxic Metals  
Holistic Dental Care  
Holistically Heal Teeth & Cure Tooth Decay & Cavities Naturally  
The Journal of the American Dental Association  
The Gale Encyclopedia of Alternative Medicine: D-Kit's All in Your Mouth  
Electro-Acupuncture for Dentistry, Paperback  
Healthy Mouth, Healthy You!  
Communities in Action  
The Dental Diet  
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How to Heal Teeth Naturally & Cure Tooth Decay  
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Whole Body Dentistry  
It's All in Your Head  
Comprehensive TMJ, Or, "Getting Back Into Joint".  
Renegade Beauty  
The Dental Connection

### The Doctor's Book of Natural Health Remedies

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

### Proceedings of the British Psychological Society

Discusses the relationship between dental procedures and problems and overall health of the body, including fillings, root

canals, cavitations, periodontal disease, headaches, facial pain, crowns and bridges, and fluoride.

### **Dental Pharmacology**

Electroacupuncture is an advanced form of traditional acupuncture which shares many similarities to its historical cousin. As with traditional acupuncture, needles are inserted on specific points along the body. These needles are then energized using small amounts of controlled electrical currents; voltage applied can be fine tuned and calibrated in order to best address a patient's specific health issues. Originally published in 1980, *Electro-Acupuncture for Dentistry* (also titled *EAV Special*) has become the classic manual for holistic health practitioners, doctors, and dentists integrating electroacupuncture into their practices to help their patients. Author Dr. John K. Char, world renowned as a pioneer in the holistic healing arts, was one of the few dentists in the State of Hawaii to fully integrate alternative and homeopathic medicine in an everyday dental practice. Whether you are an interested layperson, dentist, or holistic health practitioner, this book discusses how to use EAV techniques to help patients with dental pain, discomfort, swelling, and much more. Dr. Char is a homeopathic physician, dentist, licensed massage therapist, and doctor of natural science. He mentored in Germany with the late Dr. Reinhold Voll and has trained hundreds of integrative health practitioners from around the world. Dr. Char is the head of the Dr. John K. Char Holistic Wellness Center of Hawaii. He can be reached online at [www.drjohnchar.com](http://www.drjohnchar.com).

### **Kiss Your Dentist Goodbye**

Offering a guide to holistic dental care and an introduction to the role dental hygiene plays in overall health, Stephen A. Lawrence provides readers with a clear, accessible, and comprehensive approach to caring for your teeth through better practices, better nutrition, and better attention to the mouth, the mind, and the soul.

### **Toxic Teeth: How a Biological (Holistic) Dentist Can Help You Cure Cancer, Facial Pain, Autoimmune, Heart, and Other Disease Caused By Infected Gums, Root Canals, Jawbone Cavitations, and Toxic Metals**

"For The Person Who Wants to Wage War Against Cavities, Tooth Decay, Bad Breath, Gum Diseases etc. -- Without Going to the Dentist!" I don't know about you, but I hate dentists! I hate the painful teeth drilling, needles, and various other SCARY dental procedures. As much as possible I avoid them, whenever I can. But is it really possible? Perfect dental care without any dental visits? For the most part YES! At the very least, you'll minimize dental visits. Finally a complete holistic dental care book for the whole family. By learning the information in this book, you can be assured of the best dental health care

possible without incurring absurd dental costs and uncomfortable dental visits. Although not all conditions can be fixed yourself--you have more power than you think! So go ahead and wage that war today! You will learn how to prevent and remedy tooth and dental issues; fix bad breath, achieve whiter teeth, beat plaque buildups, stop toothaches, even restore bad teeth meant for tooth extraction, tooth fillings and even root canal! Yes, all these are possible following the recommendations in this book. You will also learn: - A powerful remineralization recipe you can easily make for CHEAPS to restore decaying teeth - Specific herbs to help with your dental goals (whitening, restoration, toothaches etc) - How to properly do Oil Pulling and the recommended oils. - The role of nutrition in dental care. - Dental care and treatment options for many dental issues -- Conventional and Holistic-- for babies, small children, men and women alike. and much, much more **DOWNLOAD NOW!** tags: dental care quex dental care, hanapole dental care, complete dental care, bora care with mold care, bora care mold care, denta care, carlsbad pediatric dental care, dental surgeon, empire care dental, aadams dental care, smile care dental, we care dental associate, dental care india tour, bora care reviews, smile dental care, family dental services, children's dental care, 24 hour dentist, masshealth dental dental care insurance, emergency dental services, gentle dental care, family dental group, the family dentist, affordable family dentistry, dental flipper care, power swabs tooth whitening kit dental care, canyon dental care, long meadow family dental care, bora care treatment, community dental care, family and cosmetic dentistry, same day dental implants, united health care insurance vision dental insuran, dental care center inc, how to get rid of bad breath permanently, affordable dentist, oral dent, the dental practice, family care dental, oral surgeon, gentle dental, cheap dental implants, dental implants problems, tooth decay treatment, tooth book, tooth infection, tooth care, how to reverse tooth decay, tooth decay book, cure tooth decay book, holistic dental care, heal teeth naturally, healing cavities, cure tooth decay, cure tooth decay book

### **Holistic Dental Care**

Forget about drilling, filling, and the inevitable billing. Your teeth can heal naturally because they were never designed to decay in the first place! They were designed to remain strong and healthy for your entire life. But the false promises of conventional dentistry have led us down the wrong path, leading to invasive surgical treatments that include fillings, crowns, root canals and dental implants. Now there is a natural way to take control of your dental health by changing the food that you eat. Cure Tooth Decay is based upon the pioneering nutritional program of dentist Weston Price, former head of research at the National Dental Association. Dr. Price's program proved to be 90-95% or more effective in remineralizing tooth cavities utilizing only nutritional improvements in the diet. Cure Tooth Decay is the result of five years of research and trial and error that started as one father's journey to cure his daughter's rapidly progressing tooth decay. With Cure Tooth Decay you will join the thousands of people who have learned how to remineralize teeth, eliminate tooth pain or sensitivity, avoid root canals, stop cavities -- sometimes instantaneously, regrow secondary dentin, form new tooth enamel, avoid or minimize gum loss, heal and repair tooth infections, only use dental treatments when medically necessary, save your

mouth (and your pocketbook) from thousands of dollars of unneeded dental procedures, and increase your overall health and vitality.

### **Holistically Heal Teeth & Cure Tooth Decay & Cavities Naturally**

An essential guide for anyone with an interest in body therapy, this book contains an exploration of the connections between Eastern and Western beliefs about health and the human body, based on the concept of energy as a fundamental force in nature. This hidden-energy theory incorporates facets of Chinese acupuncture and Hindu yoga, while establishing that Western medical knowledge validates these ancient Eastern insights. Dr. Smith explains how healthcare practitioners can access this energy through their hands, feel its existence, and see a person's response to the movements. Medical practitioners as well as patients can use this book to learn how to: -Bridge Eastern and Western belief systems -Connect Eastern Yoga and Western theories of anatomy -Bridge the physical and spiritual worlds -Diagnose illness -Communicate in the therapeutic setting -Create a healing perspective -Expanding their vision of the human body

### **The Journal of the American Dental Association**

Nadine Artemis invites us to rethink conventional notions of beauty and wellness, to abandon established regimes and commercial products, and to embrace orenegadeo beauty-a practice of doing less and allowing the elements and the life force of Nature to revive the body, skin, and soul so that the natural radiance of our own beauty can shine through. This engaging book explains how our ancestors lived deeply rooted in and reliant on nature, though now we have lost our connection with the elements that once sustained us. The author takes us on a trip to the not too distant past when our lives were integrated with nature, which furnished our health and beauty. She exposes the philosophy that caused this shift and examines why and when we withdrew from the natural world around us, and the devastating health, emotional, and cultural problems that resulted. Along the way, she reviews historical definitions of beauty from ancient Egypt to Plato, the Renaissance and Enlightenment periods, and the Golden Mean. Anyone stuck in perpetual loops of new products, facials, and dermatologist appointments will find answers as Artemis introduces the energizing elements of sun, fresh air, water, the earth, and plants. She invites readers to ditch their regimes and simplify their routines as she leads us on a joyful journey of cellular rejuvenation. Tackling common beauty complaints, she offers practical botanical, microbial, and dietary suggestions to rejuvenate the cells, reenergize health, and allow beauty to bloom. She draws on current nutrition research to advise us about which foods are health sustaining and which should be avoided. As we shift toward chemical free and environmentally safe self-care products, this book is a comprehensive guide for anyone who wants to simplify their self-care routine, discover their own radiant beauty, and take their health into their own hands.

## **The Gale Encyclopedia of Alternative Medicine: D-K**

### **It's All in Your Mouth**

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.

### **Electro-Acupuncture for Dentistry, Paperback**

Throughout the years, dental health has often been characterized as a reflection of our overall health, where bad oral health results from issues with other parts of our body. But what if we flipped the paradigm? What if we thought about dental health as the foundation for our physical health as a whole? Dr. Steven Lin, an experienced dentist and the world's first dental nutritionist, has analyzed our ancestral traditions, epigenetics, gut health, and the microbiome in order to develop food-based principles for a literal top-down holistic health approach. Merging dental and nutritional science, Dr. Lin lays out the dietary program that can help ensure you won't need dental fillings or cholesterol medications —and give you the resources to raise kids who develop naturally straight teeth. With our mouth as the gatekeeper of our gut, keeping our oral microbiome balanced will create a healthy body through a healthy mouth. Dr. Lin arms you with a 40-day meal plan, complete with the Dental Diet food pyramid, exercises for the mouth, recipes, and cooking techniques to help you easily and successfully implement his techniques into your everyday life. The tools to improve overall wellness levels and reverse disease are closer than we think —in our markets, in our pantries, and, most frequently, in our mouths —if not just a well-chosen bite or two away.

### **Healthy Mouth, Healthy You!**

## Communities in Action

The most comprehensive handbook ever written about vitamins, herbs, supplements, and holistic healing—everything you need to feel better, live longer, and look great doing it THIS BOOK MAY HELP YOU SAVE A LIFE—YOUR OWN. With health care costs rising, insurance systems in flux, doctors and hospitals overwhelmed, the only person who can really take charge of your health and the health of your family is you. This is your guide. For more than 40 years, Natural Health has been the leading authority on holistic, alternative, and natural healing. Now, for the first time ever, all that science-based, expert-driven, research-intensive information has been distilled into one must-have, authoritative guide to healing the self. In these pages, you'll find stunning new research, unparalleled expert advice, how-to health guides, and a scientific, myth-debunking approach to natural remedies. Search for your symptoms. Find your cure. The power is yours. A clean life for you—and your family—starts now. Lose Dangerous Belly Fat, Fast: And keep it off for good. Our all-natural, 10-step program tells you what to eat, drink, and do—with immediate waist-shrinking results. Discover which probiotics help you burn more calories when you eat, which popular, “healthy” nut actually slows your metabolism, and the stealth toxin in your kitchen that activates fat cell growth (eliminate it and slash your risk of obesity by 75 percent!). Look Younger, Feel Younger: Discover the astonishing, inexpensive (and natural!) supplements that tighten skin, increase fat loss, and help build muscle. And learn some simple recipes for building anti-aging smoothies that turn fresh fruit into wrinkle-erasing superfoods. Sleep Easier Tonight: Conquer fatigue with our 9-step plan to fall asleep quickly—and stay sleeping soundly throughout the night. (Hint: A subtle scent in your bedroom could be part of the problem!) Re-energize Your Love Life. One supplement alone made a whopping 70% of women feel “more satisfied” after sex. Plus: How plant protein can re-energize your ovaries. Turn Up Your Mood Meter. This one green, leafy vegetable has been shown to improve the effects of both Prozac and talk therapy. Cure that Cold or Flu: Stop them before they start, with the newest natural options—one magical berry alone can reduce symptoms by 50 percent. Plus: A homeopathic “flu shot” that’s proven 88% effective. PLUS! THE COMPLETE GUIDE TO HERBAL REMEDIES! A-Z Guide to Healing Herbs: Cure yourself with these 30 essentials, from aloe vera to white willow bark, nature’s relief for migraines, eczema, menopause, UTIs, anxiety, depression, and many more. It’s your new medicine cabinet, fully stocked. The Get Happy Herb Guide: The serenity savers (lemon balm, kava kava) and bliss boosters (chocolate, milk thistle) guaranteed to raise your spirits. The Best Herbs for Women: These 12 will ease your mood swings, headaches, menstrual cramps, menopause, with no nasty side effects. A must-read for husbands, too. AND! Yoga, meditation and Ayurvedic therapies: The latest science on treatments and classes, with complete how-to guides for at-home use. The Doctor’s Book of Natural Health Remedies—in a world of questionable cures, it’s the one book you can trust.

## The Dental Diet

## **Holistic Dentistry**

### **How to Heal Teeth Naturally & Cure Tooth Decay**

#### **New Age Journal**

There is a holistic alternative to conventional dental treatments which can help you heal tooth pain, reduce tooth infections, halt tooth decay and inhibit gum disease. Learn about a flexible whole foods dietary program pioneered by the head of research at the National Dental Association, Weston Price D.D.S. that proved 90-95% effective in halting cavities. Cure Tooth Decay provides clear and easy to understand dental facts so you can make healthy, life affirming choices about your dental health, including a non-surgical approach to halt baby-bottle tooth decay. Learn five nutritional programs that Nagel used to cure his own cavities, and halt his daughter's severe cavities. Restore dental and oral health through nutrition and lifestyle, not harmful chemicals and surgery. This is the first book to be endorsed by the Holistic Dental Association because, as its president Dr. Gallagher says, "Cure Tooth Decay is treasure-trove of wisdom as it takes the mystery out of dental health."

#### **The Gale Encyclopedia of Alternative Medicine: D-K**

#### **Oral Health-related Quality of Life**

Authoritative, objective and in tune with the subjects that matter to students and researchers, the Gale Group presents The Gale Encyclopedia of Alternative Medicine -- unbiased information on alternative and complementary medical practices. Covering all aspects of the subject -- therapies, conditions/ diseases, herbs/plants and people -- the Encyclopedia identifies 40 types of alternative medicine being practiced today, including: Accupressure/accupuncture -- Ayurveda -- Biofeedback -- Chelation therapy -- Chinese medicine -- Chiropractic -- Detoxification -- Feldenkrais -- Kinesiology -- Naturopathy -- Osteopathy -- Polarity therapy -- Yoga -- And many others For the practitioner or interested patient, there are current training requirements, listings of organizations, as well as descriptions of treatments. Information on recommended therapies for specific disorders and diseases, medicinal uses for plants and herbs are balanced by conclusions of studies on efficacy and analysis of current levels of acceptance by traditional scientists and doctors. Biographies of pioneers in the field -- including Deepak Chopra, Edward Bach and David Palmer -- appear as sidebars through the text. Included are 50

sidebars. Each volume contains a color photo insert containing images of herbs. Includes more than 275 disease/ condition entries, 300 herb/remedy entries and 150 therapies.

### **Inner Bridges**

### **General Dental Practice**

The future of medicine—and the key to a healthier life—starts in your mouth American dentists are beginning to discover what some of their European counterparts have long understood: Many common chronic conditions—obesity, inflammation, stroke, diabetes, Alzheimer’s, heart disease, and cancer, among others—often have their origins in the mouth. In a groundbreaking new work, German dentist Dr. Dominik Nischwitz presents the principles of biological dentistry along with emerging scientific research on the mouth’s vital role in the body’s microbiome—a key to whole body wellness. Challenging conventional dental wisdom that views the teeth as separate from the rest of the body, and conventional dental practices that often cause more harm than good, *It’s All in Your Mouth* delivers: The latest research on the microbiome and the mouth Critical information on the dangers of root canals and amalgam fillings The important role of nutrition in oral health and hygiene A clarion call for a new approach to dentistry Sensible, holistic, and humane, *It’s All in Your Mouth* offers a necessary new approach to natural immunity to chronic disease and integrating dental hygiene into whole body health.

### **Cure Tooth Decay**

READ “TOXIC TEETH” TO LEARN SECRETS ABOUT TOXIC TEETH unknown to most people, including most dentists. Sneaky and often silent, many dental issues may go undiagnosed for years, if ever. Mercury and other toxic heavy metals used in fillings, crowns, bridges, partials, dentures, and implants continually seep into every cell in our bodies creating heavy metal poisoning that triggers disease. Whether or not we know it, over half of us harbor gum infections. If we have ever had teeth extracted, it is quite likely that cesspools of infection (cavitations) bubble deep within our jawbones. Root canal teeth seed nasty infections, causing untold suffering. Dental infections spread into our brains, hearts, and other organs, leading to many kinds of diseases, such as heart disease, cancer, autoimmune diseases (allergies, asthma, thyroid problems), and facial pain. Prevent problems with your teeth and gums before they ever happen and reverse problems that you may already be experiencing.

### **Uninformed Consent**

'Complementary Therapies in Dental Practice' looks at the various types of complementary therapies that can be used in dentistry, outlining the ways in which these therapies can be used in everyday dental practice or, if more appropriate, in which direction a dental practitioner can refer a patient. As time goes on, more and more dental practitioners are referring patients to specialists in alternative therapies. The aim of this book is to make more people aware that alternative therapies have a place in the practice of dentistry.

### **Whole Body Dentistry**

Mercury is one of the world's most poisonous substances, and yet dentists routinely use it in amalgams to fill our teeth. Forty years ago, Dr. Hal Huggins questioned this practice, and now legions of dentists, researchers, and citizens are adding their voices of concern. It's All in Your Head looks at past research on mercury toxicity and dental amalgams as well as current scientific findings that can no longer be ignored. It describes the possible effects of mercury toxicity, including multiple sclerosis, Alzheimer's disease, Hodgkin's disease, Chronic Fatigue Syndrome, and virtually all autoimmune disorders. Written in easy-to-understand language, It's All in Your Head explodes the claim that mercury amalgams are safe. If you think your worries are all in your head, you may be right.

### **Wholeistic Dentistry**

"For The Person Who Wants to Wage War Against Cavities, Tooth Decay, Bad Breath, Gum Diseases etc. -- Without Going to the Dentist!" I don't know about you, but I hate dentists! I hate the painful teeth drilling, needles, and various other SCARY dental procedures. As much as possible I avoid them, whenever I can. But is it really possible? Perfect dental care without any dental visits? For the most part YES! At the very least, you'll minimize dental visits. Finally a complete holistic dental care book for the whole family. By learning the information in this book, you can be assured of the best dental health care possible without incurring absurd dental costs and uncomfortable dental visits. Although not all conditions can be fixed yourself--you have more power than you think! So go ahead and wage that war today! You will learn how to prevent and remedy tooth and dental issues; fix bad breath, achieve whiter teeth, beat plaque buildups, stop toothaches, even restore bad teeth meant for tooth extraction, tooth fillings and even root canal! Yes, all these are possible following the recommendations in this book. You will also learn: - A powerful remineralization recipe you can easily make for CHEAPS to restore decaying teeth - Specific herbs to help with your dental goals (whitening, restoration, toothaches etc) - How to properly do Oil Pulling and the recommended oils. - The role of nutrition in dental care. - Dental care and treatment options for many dental issues -- Conventional and Holistic-- for babies, small children, men and women alike. and much, much more DOWNLOAD NOW! tags: dental care quex dental care,hanapole dental care,complete dental care,bora care with mold care,bora care mold care,denta care,carlsbad pediatric dental care,dental surgeon,empire care dental,aadams dental

care,smile care dental,we care dental associate,dental care india tour,bora care reviews,smile dental care,family dental services,children's dental care,24 hour dentist,masshealth dental dental care insurance,emergency dental services,gentle dental care,family dental group,the family dentist,affordable family dentistry,dental flipper care,power swabs tooth whitening kit dental care,canyon dental care,long meadow family dental care,bora care treatment,community dental care,family and cosmetic dentistry,same day dental implants,united health care insurance vision dental insuran,dental care center inc,how to get rid of bad breath permanently,affordable dentist,oral dent,the dental practice,family care dental,oral surgeon,gentle dental,cheap dental implants,dental implants problems, tooth decay treatment, tooth book, tooth infection, tooth care, how to reverse tooth decay, tooth decay book, cure tooth decay book, holistic dental care, heal teeth naturally, healing cavities, cure tooth decay, cure tooth decay book

### **The 8-Hour Sleep Paradox**

### **Dental Kinesiology**

### **Successful Self-Dentistry**

An honest and open-minded guide to whole-body-health written by a dentist that has been where you are. Dr. Michelle Jorgensen, DDS, nearly lost her health and career due to problems in modern conventional dentistry. This sent her on a quest to find the materials and procedures in dentistry that are dangerous to health, and how to prevent problems as well as heal from disease. After years of in-the-trenches work, she has created a simple to read, easy to understand guide to Whole Body Wellness. You will learn that whole body wellness begins in the mouth. She shares new research that shows dental health is the cause or a contributor to 60-80% of all chronic disease. She also teaches how to never have a cavity again, how to eat for dental and overall health, and how to care for your teeth once a day, the right way. If you have been frustrated with conventional dentistry and the drill and fill and bill method of treatment, this book will be a breath of fresh air for you. Dr. Jorgensen also shares openly about the problems in dentistry today, how they are impacting your health, and what you can do to get out of the mess you are in. Avoiding internet hype about dental health, she gives straight forward advice, backed by the latest research, in a simple to use format. Healthy Mouth, Healthy YOU highlights: -Understanding what causes cavities and how to avoid them-How to clean your mouth, Once a Day, the Right way-Which cavities can be healed and how to do it-What dangers lurk beneath root canals and mercury fillings-A clear picture of the devastating affects of unchecked gum disease-How to eat for better mouth and overall health-Why teenagers and pregnant women get more cavities and what to do about it-And more

## **Holistic Dental Care**

The Dental Connection is a book that bridges the gap between the ancient traditions of natural healing and modern dental technology. This is the story of one dentist's odyssey from conventional dentistry to becoming a holistic, biological, and physiologic-oriented dentist. It is also a historical and scientific exploration of the evolution of holistic thinking in healthcare as it pertains to the mouth. Today, the concepts of biological medicine and dentistry reflect our understanding of the causes of chronic disease and the options available to promote healing and disease reversal. The focus is on the patient rather than on the disease. Examination and diagnosis are based on understanding the changes in a patient's physiology; energetically, biochemically, structurally, and psychologically. In this book, we focus on the principles of biological dentistry as well as our philosophy of structural integration of the mouth and the body that we call Dental Somatic Integration. "If I needed to remove either the medical or dental component of my clinic, I would keep the dental because chronic problems will not resolve without biological dental care." Dr. Thomas Rau, Director of Paracelsus Clinic, Switzerland

## **International Journal of Biosocial and Medical Research**

You brush, floss, use mouthwashes, and are concerned about the foods you eat, yet you still require fillings or lengthy cleanings at the dentist. In Kiss Your Dentist Goodbye, Dr. Ellie Phillips teaches how anyone can achieve and maintain a truly healthy mouth. Empower yourself as you improve the look and feel of your teeth between dental visits. Your dentist will be amazed at the changes he sees, and you will be thrilled as cavities and gum disease become a thing of the past. Traditional dentistry cannot prevent dental disease. But Ellies do-it-yourself daily routine can. Discover how easy it is to reduce plaque buildup, strengthen tooth enamel, repair small cavities, eliminate tooth sensitivity, and improve your overall oral health. Learn about products that hinder your efforts and the risks of bleaching, dental sealants and the wrong use of fluoride. It is time to achieve healthy, clean teeth and gums and wow your dentist at the next appointment.

## **Alternative Medicine**

### **Complementary Therapies in Dental Practice**

Surprising as it may seem, getting eight hours of sleep is the wrong approach to achieve great health and top performance. Most people with disrupted sleep don't know what they're missing because they've never experienced anything different. This book will teach you how to achieve your highest quality sleep to become your best, brightest, most capable self. This 3-step program will show you how you can get the kind of sleep that unlocks your ability to: - Achieve your perfect weight

by suppressing your appetite naturally - Slow down the aging process - Wake up happy and refreshed every morning - Improve your energy levels, concentration and mental focus - End daytime sleepiness and brain fog

### **C D A Journal**

#### **Cure Tooth Decay**

ABSTRACT: Helping patients achieve an optimal quality of life through patient-centered treatment planning should be the ultimate goal of all oral health care providers. However, this issue extends beyond the realm of the individual clinician's office. This text presents quality-of-life research from various fields, including psychology, public health, and general health care; discusses how a patient-centered approach can be applied to basic oral and craniofacial research, clinical dental practice, community dental health issues, and dental education; and addresses how oral health-related quality of life relates to treating and understanding different patient populations, such as children with special needs, medically compromised patients, patients with oral cancer, and patients with chronic facial pain. Also discussed is how factors such as race/ethnicity, gender, and age can affect oral health-related quality-of-life concerns and treatment strategies. Finally, the book offers an outlook on the role that oral health-related quality of life will play in future research and dental education.

#### **New Age**

Alternative medicine (AM) is hugely popular; about 40% of the US general population have used at least one type of alternative treatment in the past year, and in Germany this figure is around 70%. The money spent on AM is considerable: the global market is expected to reach nearly US \$ 200 billion by 2025, with most of these funds coming directly out of consumers' pockets. The reasons for this popularity are complex, but misinformation is certainly a prominent factor. The media seem to have an insatiable appetite for the subject and often report uncritically on it. Misinformation about AM on the Internet (currently about 50 million websites are focused on AM) is much more the rule than the exception. Consumers are thus being bombarded with misinformation on AM, and they are ill-protected from such misinformation and therefore prone to making wrong, unwise or dangerous therapeutic decisions, endangering their health and wasting their money. This book is a reference text aimed at guiding consumers through the maze of AM. The concept of the book is straightforward. It has two main parts. The first, short section provides essential background on AM, explaining in simple terms what is (and what is not) good, reliable evidence, and addressing other relevant issues like, for instance, the placebo response, informed consent, integrative medicine, etc. The second and main part consists of 150 short chapters, topically grouped and each dedicated to one single alternative therapeutic or diagnostic method. In each of them, seven critical points are raised.

These points relate to issues that are important for consumers' decisions whether it is worth trying the method in question. Restricting the discussion to just seven points means that issues must be prioritized to those themes which are most relevant in the context of each given modality.

### **Whole Body Dentistry**

A comprehensive source that discusses the role of pharmacologic agents - their uses, doses, and complications - in dentistry. The book provides complete coverage of the pharmacologic approach to patient care, in the prevention, diagnosis and treatment of orofacial diseases and their manifestations.

### **It's All in Your Head**

Discusses the relationship between dental procedures and problems and overall health of the body, including fillings, root canals, cavitations, periodontal disease, headaches, facial pain, crowns and bridges, and fluoride.

### **Comprehensive TMJ, Or, "Getting Back Into Joint".**

Presents a four-volume alphabetically-arranged medical reference set that examines a variety of supplemental therapies and herbal remedies along with treatments for certain conditions and diseases.

### **Renegade Beauty**

Wholeistic Dentistry is a close-up look at integrating the best of conventional dentistry and holistic dentistry in the United States. Based on her experience as a dental hygienist in a holistic office, Bette Jo Arnett relates how holistic practitioners view the mouth as a reflection of the inner health of the patient and treat underlying causes rather than solely treating symptoms. This book discusses ways for patients to encourage conventional dentists to integrate holistic concepts into their practices. It is a useful reference for any person seeking more balance in their dental care.

### **The Dental Connection**

Dr. Huggins and Dr. Levy assert that a large number of disorders are, though often incurable, easily preventable. He proposes that multiple sclerosis, lupus, leukemia, chronic fatigue syndrome, Parkinson's disease, many mental disorders including Alzheimer's, and even major diseases like breast cancer are caused, in part, by the toxins we place in our bodies.

Where do these toxins come from and how do they get into our bodies? You may be surprised to find that you have actually paid to have them put there. These dangerous materials--mercury, cadmium, beryllium, nickel, and others--are used in everyday dentistry to make up the fillings, root canals, and bridgework in our mouths, and are supposed to be "safe." But are they? *Uninformed Consent* presents cases of toxic poisoning--of depressed immune systems and inexplicable illnesses--to toxins entering the bloodstream from the heavy metals in dental materials. The authors also discuss the hidden truths that the dental industry in America doesn't want to talk about, and the real reasons the dangers of these materials have been suppressed and ignored. Dr.'s Huggins and Levy implore the reader: "Don't leave your health in your dentist's hands and assume that all will be fine. Become informed and take an active role in your health. Know what will be implanted in your mouth. You must decide at the outset what is more important to you--the life of a filling or your life." *Uninformed Consent* will give you the facts so that you may take responsibility for your dental--and complete--health and wellness.

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