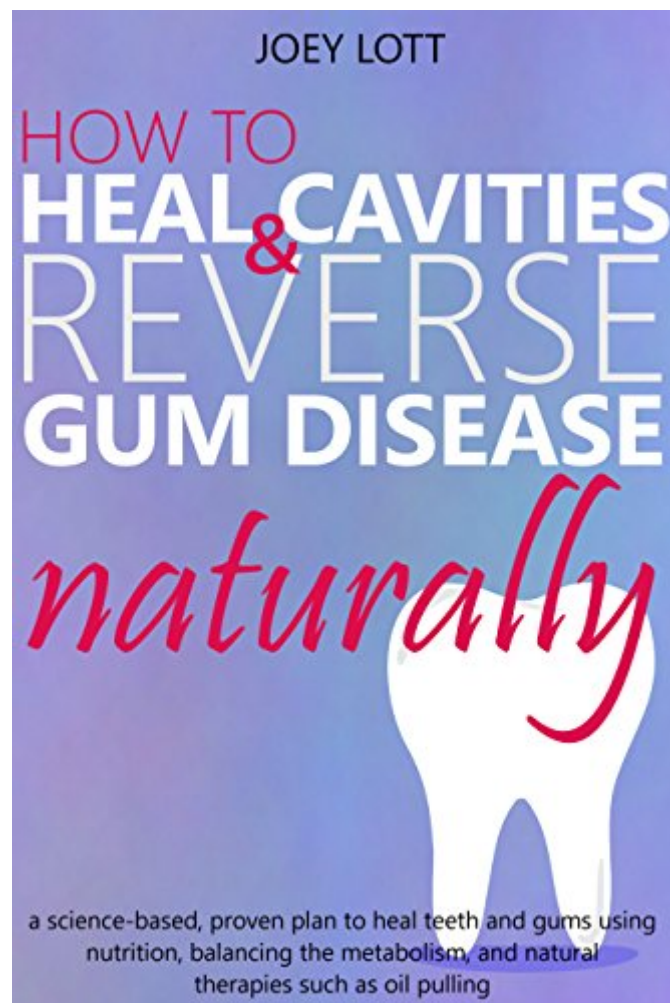




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How To Heal Cavities And Reverse Gum Disease Naturally: A Science-based, Proven Plan To Heal Teeth And Gums Using Nutrition, Balancing The Metabolism, And Natural Therapies Such As Oil Pulling





Synopsis

You Can Heal Your Teeth and Gums Naturally Not only is it scientifically-proven that you can heal cavities and reverse gum disease. It doesn't have to be complicated or difficult either. In this book, author Joey Lott, takes you on a journey of discovery that will empower you to make simple, sustainable changes and take charge of the health of your teeth and gums. There's More to Dental Health Than Fluoride and Flossing There are natural ways to heal your teeth and gums that don't involve twice daily brushings and flossings. In fact, these standard methods of tooth care may not be doing as much for your dental health as you've been led to believe. Discover a new formula for repairing cavities, tightening up loose teeth, and healing receding gums that is natural and inexpensive. Find out which supplements really work and which may be over-priced and over-hyped. Learn about the vital role metabolism and hormonal health plays in your ability to regrow and remineralize your teeth. If you've been on the path of natural dental health for a while, you might be surprised by what you read! It Doesn't Require Restrictive Diets! Too many nutritional approaches to improving oral health involve restrictive diets. No sugar. No fruit. And swigs of cod liver oil between meals of kale and bone broth. But this common advice flies in the face of science as well as real-world results using an inclusive, enjoyable, sustainable approach to nutrition. Following the simple nutritional and lifestyle guidelines in this book, you'll soon prove it to yourself. Download this book now and begin your natural healing journey in dental health. Your teeth and gums will thank you!

Book Information

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Customer Reviews

After much intense studying on the topic of healing teeth, this book came as a relief that we are making good decisions for our daughter's teeth. Our diet has been very strict however, and I am now looking forward to adding a few fruits and other favorites back into our diet. The teeth are healing, and we are excited about that! We are reversing tooth decay for our 4 year old that the dentist wanted to do root canals on. I chop our liver and hide it in our meatloaf. We like bone broth, bentonite clay, kefir milk, stevia, lots of milk and butter, and we enjoy seaweed snacks. We eat mostly meats and veggies. I am always on the lookout for more snacks though. Adding fruits will help. Thank you for this book!

Good easy read. I read the Other Book on tooth decay and honestly the idea of going through eliminating grains, taking massive spoons of FCLO and so on was daunting! Joey's suggestions as much easier and more practical to implement. The title is misleading, thought catchy (hence my 4 stars) as he says that he didn't heal his teeth by eating buckets of sugar. But it's reassuring to know that I don't have to feel horribly guilty everytime I have some pop or a homemade dessert, or over the fact that my children eat grains and dairy products (as well as bone broth and lots of good real food).

Great advice on dental health. I noticed tremendous changes in my dental health just a few weeks after reading this book. Don't let the title fool you. this isn't really a book all about eating sugar, very far from it.

Joey's book Hungry has set me free from dietary bondage. It is my favorite Joey Lott book so far. This guide for improving dental health is my next step I taking my health to the next level because you cannot feel your best when your teeth are a mess. I really need to heal my gums after adult braces have left my teeth very loose and my gums receding.

I watched my five year old first born son get crowns on his molars at the dentist. It was horrible. I had asked if I had any options and they said no. So I bought this book. They want to do more crowns on the other side and I'm really hoping that I do the have to put him through that procedure.

I have read several of joey lott's health books and I find them fascinating. He is an excellent writer. He has a true gift of teaching without judgment. I find his style of writing to be very compassionate and compelling. He has had an incredible amount of experience with methods that many, interested in health, can relate too. His conclusions are, at the very least , worthy to be read and considered. Thanks Joey!!! I look forward to reading his latest book on "the problem with Paleo"

There are some good ideas and opinions about dental care, giving inspiration and help

This book is easy to read and have lots of common sense advice to recovering dental health. I'll all of these advices a try and hope to repair a cavity I've.

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How to Heal Cavities and Reverse Gum Disease Naturally: a science-based, proven plan to heal teeth and gums using nutrition, balancing the metabolism, and natural therapies such as oil pulling
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