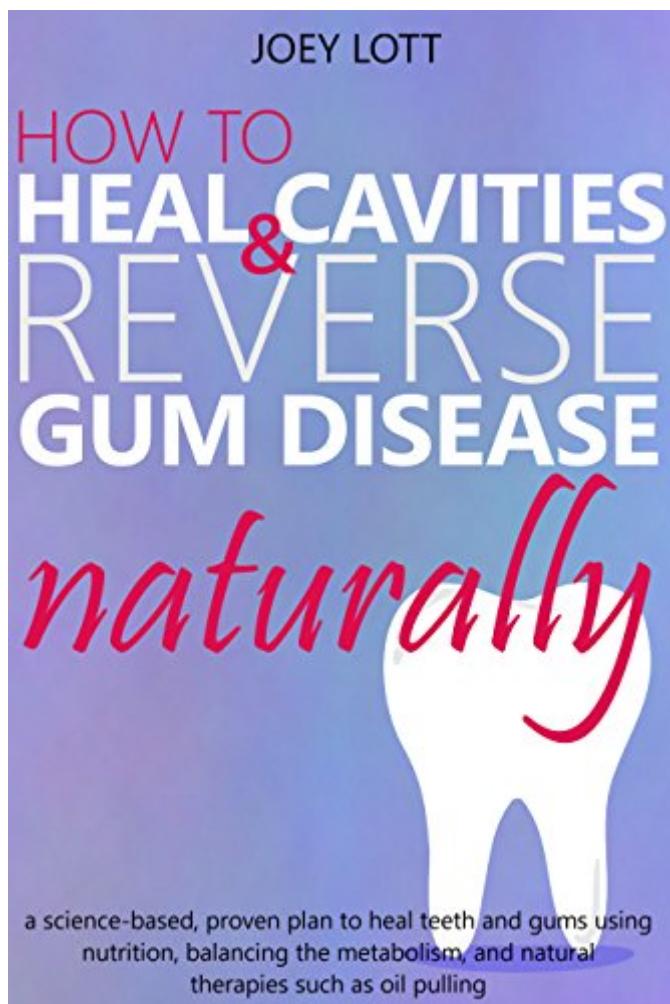


The book was found

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 NaturallyNot 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 FlossingThere 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
Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) High Metabolism Diet: How To Transform Your Body Increasing Your Metabolism(Free Checklist Included)[Metabolism Diet, Metabolism Cookbook, Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle] The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receeding Gums) Oil Painting: Learn Oil Painting FAST! Learn the Basics of Oil Painting In No Time (Oil Painting Tutorial, Oil Painting Books, Oil Painting For Beginners, Oil Painting Course, Oil Painting) (Volume 1) Cure Gum Disease Naturally: Heal and Prevent Periodontal Disease and Gingivitis with Whole Foods Coconut Flour Recipes: Your Ultimate Low Carb, Gluten Free & Paleo Friendly Coconut Flour Cookbook (Coconut Oil, Coconut Oil Recipes, Coconut Oil For Weight ... Oil For Beginners, Coconut Oil Miracles) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure Cure Tooth Decay: Heal And Prevent Cavities With Nutrition - Limit And Avoid Dental Surgery and Fluoride [Second Edition] 5 Stars Cure Tooth Decay: Heal and Prevent Cavities

with Nutrition, 2nd Edition Cure Tooth Decay: Heal and Prevent Cavities With Nutrition DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) The Food Prescription for Better Health: A Cardiologists Proven Method to Reverse Heart Disease, Diabetes, Obesity, and Other Chronic Illnesses Naturally! Reversing Gum Disease Naturally: A Holistic Home Care Program Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) Brush, Floss, and Rinse: Caring for Your Teeth and Gums (How to Be Healthy!) The Tooth Book: A Guide to Healthy Teeth and Gums Kiss Your Dentist Goodbye: A Do-It-Yourself Mouth Care System for Healthy, Clean Gums and Teeth Future Health! Personal Care - Caring For Your Teeth & Gums

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