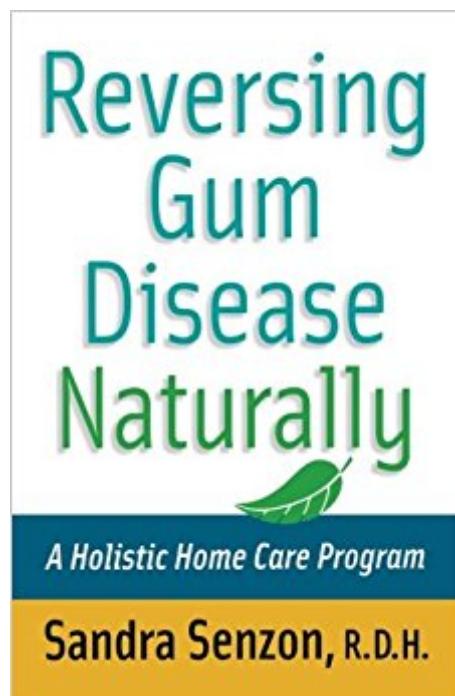


The book was found

Reversing Gum Disease Naturally: A Holistic Home Care Program



Synopsis

"Reversing Gum Disease Naturally presents techniques and information so that you can reverse already unhealthy states in your mouth or prevent the onset of gum disease. Sandra Senzon enhances patients' oral health through traditional as well as holistic methods." --Barry Musikant, D.M.D. "This book allows the patient to be an active participant along with healthcare professionals." --Jay P. Goldsmith, D.M.D. "There is a ray of hope at the end of the tunnel for all those who suffer from gum disease. We ultimately don't have to lose our natural teeth. Sandra Senzon shows us the many ways in which the mouth is connected to the body, and how, with the use of natural herbal products and proper mechanic techniques, you can reverse gum disease naturally." --Joseph P. Green, D.O.S. Gum disease is the #1 oral health issue for Americans today-and simply brushing and flossing are not enough to avoid it. In this unique book, registered dental hygienist Sandra Senzon reveals how you can prevent and reverse gum disease through natural treatments. You'll get a new and broader understanding of your mouth as Senzon explains the causes of gum disease, along with the roles that stress, diet, and certain conditions such as diabetes can play in the onset of the disease. She shows you how to work with holistic products, set up an at-home hygiene center, and find the right professional to guide you in the natural reversal of gum disease. There's even a section for parents on how to help children practice good oral hygiene. Packed with expert tips and motivational strategies, Reversing Gum Disease Naturally will enable you to keep your gums and your teeth healthy and strong.

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Customer Reviews

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SANDRA SENZON, R.D.H., is an entrepreneur and author as well as a dental hygiene professional. In 1989, she created The Tooth Spa as a "softer" approach to the dental office and dental hygiene. Senzon writes, hosts, and produces a weekly cable television show advancing dental hygiene and oral care called The Tooth Fairy show. She has lectured before state and local hygiene associations and is the author of The Hygiene Professional.

This book is already helping me improve the health of my gums! A Must Have book for gum health! This very well written and highly informational regarding the care of the teeth and gums. For me, I have found this book to be the best and easiest to use book regarding how to take care of the teeth and gums I will share with you the reasons: 1) There are 12 chapters in this book and each chapter is filled with USEFUL and HELPFUL information. Each chapter has a special section and each section is very easy to follow and understand. 2) This book covers many things that can be done at home to treat gum disease at home with things that are in your household. 3) There is an

INDEX in this book so I can look up any subject I want to instantly! And it has an APPENDIX which gives a list of NATURAL products for gum health and stores that carry the products.4) My favorite chapters are Chapter 1 in the section called How to Start Caring For Your Gums At Home. This section covers how to massage the gums with a soft toothbrush and also with toothpaste and fingertips. This both practical and helpful information as I tried these methods and my gums are improving (day by day). This section advises to also take Vitamin B and C as they help to heal the gums. Also, you will love Chapter 5, this is an eye-opener! It has sections on Why It Is Better To Use Natural Products, Natural Products for Reversing Gum Disease.5) Every chapter in this book is full of helpful information that I have found has helped me greatly to take care of my gums at home BETWEEN dental visits. My goal here is to have my gums heal both at home and with the help of a dentist. This book is my new best friend and I really mean that! Highly recommend this book to anyone concerned about their dental health.

I was expecting a bit more from this book other than the basic information I found here. Sandra doesn't cite any studies to back up her theories and most of what she writes about is pretty basic info. I didn't learn anything new and felt that I wasted my money. There are better books on the market--better researched and with more detailed information.

It is a guide to oral empowerment, and if you follow the advice is also an excellent source to increase self-esteem through awareness of crucial aspects of self care. I was fascinated by the correlational data that could be used for socio demographic questionnaire.

I gave this to one of my sisters who has gingivitis and smokes unfiltered cigarettes daily - maybe 3-5. She reports that first observation was that stains caused from nicotine were removed. Waiting for an update as to whether pulling affects gum disease.

a lot of useful information... Saved me a couple of teeth and reminder that even holistic dentist may not know what the hell they're doing

I'm not an expert here, but I have found the suggestions found in this book helpful. There may be better more expensive volumes, but this is helpful for its price.

It gave me good advice and confidence on things I didn't know and the ones I was already trying for

periodontal disease. Highly recommended for everyone who wants to keep smiling. =)

this is the third one I have had.....

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