



7 Steps to Dental Health



A Holistic Guide to a Healthy Mouth and Body

- Various guidelines by many contributors
- Over 150 pages
- Chock-full of resources
- Hundreds of tips to improve Dental & General Health
- Active links to useful websites

Receive a valuable bonus – "Oral Self-Examination Procedure" with your copy at: www.7stepsdentalhealth.com.

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About the Book

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.

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
- Forty frequently asked questions about dental care
- A dozen appendices of useful information and resources

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. Brain Clement, Hippocrates Institute

My Dental Story Why I Wrote the Book

My personal dental health story began about 50 years ago in England. When I heard from my dentist his usual "You have an excellent set of teeth. There are no fillings, and there are no cavities". I was so happy! These comments allowed me to continue to eat my new-found Cadbury's chocolate bars and sugar-laden baked goods. As per my dentist's instructions, I continued brushing the way I knew (not necessarily the way it should be). I also continued to visit my dentist regularly, yet more dental work ensued but, unfortunately no preventive education or preventive procedures were offered.

When I left England twenty years later, about a quarter of my teeth had mercury fillings.

How had this transformation occurred? My original pristine mouth of teeth had changed to a mouth with multiple mercury amalgams. I felt disheartened and resolved to discover the cause of this change. Was there a better way to coax my gums and teeth back to their former glory? What was the connection between my diet, stress coping techniques, sleep patterns and my oral health?

Being trained as a systems analyst, I enjoyed the analysis side of problems and therefore set out to analyse my diet. I soon realized that the food I was eating was highly processed; it contained lots of refined white sugar. I had an addiction to chocolate and sodas. In light of these new revelations, simple brushing and flossing of my teeth did not seem to fulfil my dental care requirements adequately.

Therefore, I changed my diet. Fortunately, I felt much better and had better oral health. Nevertheless, I was not altogether satisfied with my health or myself. I began searching for more missing pieces. I started studying stress, relaxation, and further studied the effects of food on overall health. I began to appreciate the connection between physical exercise and oral health.

After revitalizing my lifestyle and oral health, I now acknowledge that my personal dental health requires more than just brushing and flossing. The health of my teeth is affected by the health of other parts of my body; all of which are influenced not only by my choice of foods and avoidance of toxins, but also by my lifestyle and attitude in life. In this book, I venture into these interrelationships. I hope that you too can learn to see dental health as an integral part of your overall health.

I started experimenting with different brushes, rubber tips, mouthwashes and through my discovery and heuristic process I developed this seven-step system for dental care. I am happy to say that it has been a while since I sat in a chair experiencing a dental drill.

Others can learn from my story.

Consequently, I established the Life Transformation Institute, so I can help others on their personal journey and share my wisdom and knowledge with them. This Institute educates and shares knowledge by:

- *Providing Resources*
- *Publishing Books*
- *Hosting Panel Discussions and Presentations*

I hope you will join my sojourn.

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