



# 7 Steps to Dental Health

A Holistic Guide to a Healthy Mouth and Body



**A prevention program to save on expensive dental costs and to live a healthy life**

This book is the result of a four year intensive collaboration with seven doctors and other subject matter experts, focusing on prevention and maintenance of your oral health. In this 250+ pages book, you will find:

- A dental health primer to provide education on tooth surfaces, saliva, bacteria and demineralization
- The Mouth Body Connection
- 100+ point plan to assess your oral health and conduct self-examination of your mouth
- Dental infections and their connection to the body
- A seven-step process to clean your teeth and mouth to achieve optimal oral health
- Harmful chemicals commonly used in toothpastes and mouthwashes
- Mercury amalgam fillings, protocols to remove these fillings and metal-free replacement alternatives
- Tooth conditions and their treatments
- Practices of holistic hygienists & dentists
- Seven Essential Principles of nutrition for your body and teeth
- Nutrition and supplements for your oral health
- Frequently asked questions about dental care
- Resources for Dental and Holistic Health
- Future Trends in Dentistry

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. It is a holistic guide for a healthy mouth and body.

In conjunction with its website <http://7stepsdentalhealth.com>, this book transforms into a multi-media resource providing extensive click-able resources (websites, videos and books) mentioned in the book. Additional materials are available exclusively for readers on the book's website at <http://7stepsdentalhealth.com>.

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*“All of the contributors 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

## Authors and Our Team of Doctors

**This book (over 200 resourceful pages) is the result of over three years of research and collaboration among many professionals in medicine, dentistry, and herbology.**



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This project was initiated by the Life Transformation Institute, a not-for-profit educational organization, to share the knowledge and wisdom of many health practitioners. Visit <http://life-transformation-institute.org>

Available at the Book's Website (as a paperback or digital/PDF <http://7stepsdentalhealth.com/> with options to buy at Kindle, Kobo and Amazon

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