



7 Steps to Holistic Dental Health

A Workshop Focusing on Prevention & Maintenance



- A prevention program created to save you on expensive dental costs and improve your oral health.
- Why many people have dental issues? In spite of brushing their teeth and visiting their dentist regularly.
- Learn some strategies to look after your teeth, based on the speaker's book *7 Steps to Dental Health* www.7StepsDentalHealth.com Learn from the author's three-years of research into the causes of poor dental health.
- Presentations, demonstration bundled with the book and a basic dental hygiene kit for you to take home, so that you can practice what you learn.
- Toxicity in Oral Care Products: Explore carcinogen and harmful ingredients found in most of the commercial toothpaste and mouthwashes.
- How to Make Your Own Toothpaste and Mouthwash: Learn how to make your own dental care products or use common household items for your oral health.
- We are normally joined by a Holistic Dentist to answer your medical/dental questions.

Presenters

Max Haroon is a social entrepreneur, publisher and an author. He is the founder of *Life Transformation Institute* www.Life-Transformation-Institute.org and the author of seven books, including *Seven Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body* <http://7stepsdentalhealth.com/>



Dr. Hans-Jurgen Schwartz has devoted his dental career to practicing healthy, holistic, non-invasive, biocompatible dentistry. He is also a proponent of making the dental office occupationally safe regarding mercury and he strives to protect the patient, the staff, and the environment from excessive and unnecessary exposure to mercury at the dental office. Contact: (905) 294-8668 or hans@holisticdentalhealth.ca



Date and Time

1st Thursday of month from 12:00 noon to 3:00 pm, beginning on February 2, 2017

Venue

1 Mintleaf Gate, Markham, L3P 5X4

Your Investment

\$88 that will include:

- A copy of the book *7 Steps to Dental Health*, valued at \$25
- A Dental hygiene Tools Kit, a \$15 value
- A Reference-Information Guide
- Formulas and Instructions for Making Your Own Toothpastes and Mouthwash

Register Online and Save

<http://tinyurl.com/dentalworkshop>

Contact

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- Dr. Hans-Jorgen Schwartz at (905) 294-8668 or hans@holisticdentalhealth.ca