



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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A Holistic Guide to a Healthy Mouth and Body

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 tooth and gum issues requiring treatment ... in spite of the fact that you:

- Brush and floss your teeth regularly
- Visit the dentist and hygienist regularly
- Eat a good diet
- Generally take care of yourself?”

This book will provide you with some answers and various pragmatic guidelines.

The book is a result of two years of research and collaboration among many professionals in medicine, dentistry, dental hygiene, nutrition and others.

In this 150-page book, you will find:

- How to Assess Your Oral Health and conduct self-examination of your mouth.
- An insightful discussion of 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 and various tooth conditions and their treatments.
- Help in understanding the practices of holistic Hygienists & Dentists.
- Seven Essential Principles of Nourishment for your teeth.
- Nutritional Supplements for your oral health.
- Forty Frequently Asked Questions about dental care.

In conjunction with its website, this book is a multi-media 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>.

We are leveraging Social Media, so readers and contributors can interact and learn:

- Insightful Videos on our Book's YouTube Channel.
- Audio Presentations via Podcasting.
- Attend Events hosted by the Book's "meetup" group.

Details of these and other social media initiatives are found at:

<http://www.7stepsdentalhealth.com/smedia>

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>

My Dental Story and the Book

This book began its life two years ago, but my story about my personal dental health began about 50 years ago in England. The only comment I heard from my dentist was "**You have an excellent set of teeth, there are no fillings, and there are no cavities**". I was so happy! The story was different when I left England twenty years later; about a quarter of my teeth had mercury fillings.

I was left wondering, why did I change from having such healthy teeth to this situation; in spite of me brushing & flossing my teeth regularly? Being a Systems Analyst (in my past life), I obviously analysed and concluded that it must be my diet. The food I was eating was highly processed; it contained lots of refined white sugar, and I had an addiction to Cadburys and sodas.

Therefore, I changed my diet. Consequently, I felt much better and had better oral health. Nevertheless, I was not altogether satisfied with my health or myself. I started searching for more missing pieces. I started studying stress, relaxation, and further studied the effects of food, on one's health.

A healthy diet will give you good health, but you will accomplish far better results if you are paying attention to the other aspects of health, such as exercise and life style.

I wrote an article "Has Nature Given us the Best Tooth Design?" which led to a panel discussion in the spring of 2010 under the auspices of 'Life Transformation Institute'. This successful event led to the birth of this Book. I have kept the contents brief and you will find that I have included more than a hundred tips and facts in this short, easy-to-follow volume.

I wrote the book to share my knowledge and experience which I have gained over these years:

1. I started experimenting with different brushes, rubber tips and mouthwashes, and through my discovery process (heuristic), I developed this seven-step process for dental care. I am happy to say that it has been a while since I sat on a chair fitted with a drill.
2. Brushing and flossing your teeth is not enough. You cannot have dental health without total health. Your teeth reflect the health of your mind and body (organs, tissues and blood). If they are under stress, it will affect your teeth. I paid close attention to my diet, attitude and outlook on life. The book outlines principles of nutrition and healthy living.
3. There is a shortage of knowledge amongst the public about the toxic load of amalgam fillings, flouride, etc. The book describes mercury amalgam fillings and what to do if you have them in your mouth. Similarly, it points at various toxic and harmful ingredients in toothpaste, mouthwashes, and sugar substitutes, and it offers you alternatives.
4. Most people do not know about their dental treatment options, such as Holistic or Biological Dentistry. The book explains why these options are better health choices in the long run.

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