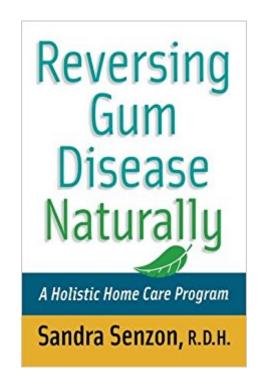


## The book was found

# 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.

#### **Book Information**

Paperback: 224 pages Publisher: Wiley; 1 edition (April 25, 2003) Language: English ISBN-10: 0471222305 ISBN-13: 978-0471222309 Product Dimensions: 5.4 x 0.6 x 8.5 inches Shipping Weight: 12.5 ounces (View shipping rates and policies) Average Customer Review: 3.9 out of 5 stars 23 customer reviews Best Sellers Rank: #1,185,323 in Books (See Top 100 in Books) #29 inÅ Å Books > Textbooks > Medicine & Health Sciences > Dentistry > Periodontics #1056 inÅ Å Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #40424 inÅ Å Books > Parenting & Relationships

#### **Customer Reviews**

"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&#146: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.

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 aboutis 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 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

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

#### Download to continue reading...

Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) Reversing Gum Disease Naturally: A Holistic Home Care Program The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receeding Gums) Reversing Gum And Heart Disease: A Protocol to Lower hs-CRP, and Heal Inflammation Through a Paleo Diet, Dental Care, and Targeted Nutrients and Supplements ... Simple Steps to Better Health Book 9) Cure Gum Disease Naturally: Heal and Prevent Periodontal Disease and Gingivitis with Whole Foods Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [ A Holistic Approach to Preventing & Curing Heart Disease ] (Mudra Healing Book 8) CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs How to Heal Cavities and Reverse Gum Disease Naturally: a science-based, proven plan to heal teeth and gums using nutrition, balancing the metabolism, and natural therapies such as oil pulling Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery CAT FACTS: THE PET PARENTS A-to-Z HOME CARE ENCYCLOPEDIA: Kitten to Adult, Disease & Prevention, Cat Behavior Veterinary Care, First Aid, Holistic Medicine Dr. Dean Ornish's Program for Reversing Heart Disease The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will The Inflammation Cure: Simple Steps for Reversing heart disease, arthritis, asthma, diabetes, Alzheimer's disease, osteopor Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - KIdney Stones - Kidney Disease 101) What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback)) Cat Facts: The A-to-Z Pet Parent's Home Care Encyclopedia: Kitten to Adult, Diseases & Prevention, Cat Behavior, Veterinary Care, First Aid, Holistic Medicine What You Should Know about Gum Disease Preventing

### and Reversing Arthritis Naturally: The Untold Story

Contact Us

DMCA

Privacy

FAQ & Help