



How to Save Your Teeth: Toxic-Free Preventive Dentistry

David Kennedy

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Gum disease and tooth decay are the major causes of tooth loss. Both result from bacterial infections and poor nutrition and are entirely preventable. This book gives a step-by-step approach for restoring teeth and healthy gums and maintaining them, with a major emphasis on prevention. Prevention is the only practical and cost effective way yo keep your teeth all your life.

This book also deals in detail with the three of the major controversies facing the dental consumer today: "silver" fillings, non-surgical treatment for gum disease and fluoride.

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