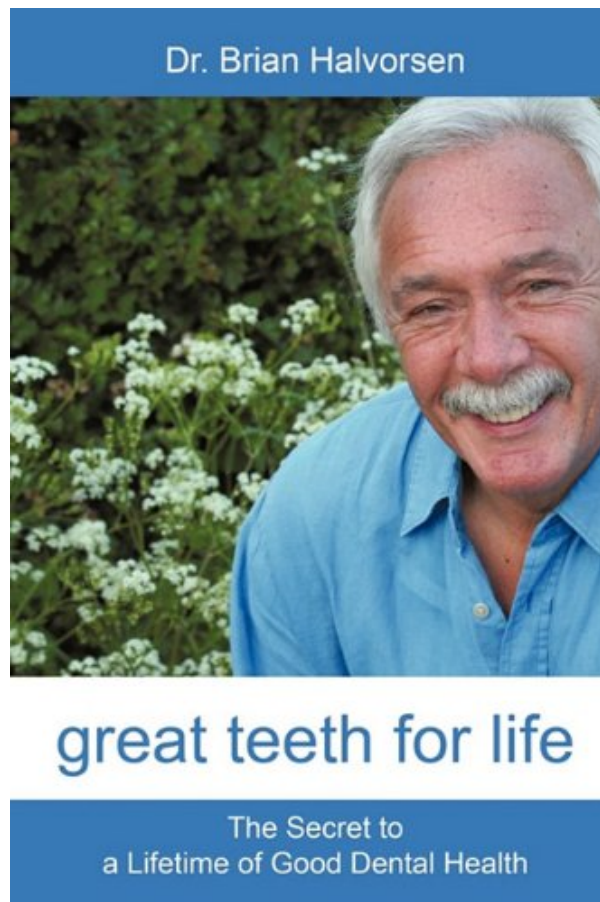


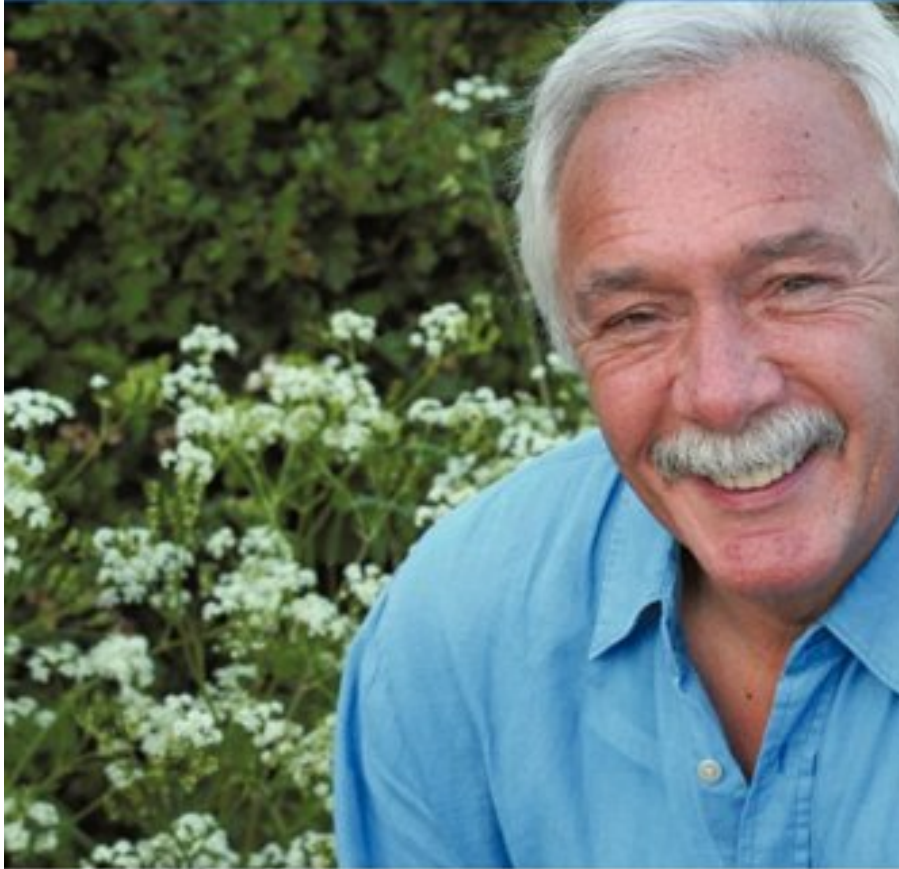
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Good teeth are vital in so many ways, but only fifty percent of the population in the United Kingdom visit the dentist on a regular basis and most rank dental care low on a list of spending priorities. In *Great Teeth for Life: The Secret to a Lifetime of Good Dental Health*, a holistic dentist shares a comprehensive approach to preventive dentistry that makes the whole person healthier, ultimately creating great teeth.

Dr. Brian Halvorsen has been a holistic dental practitioner in Buckinghamshire, England, for over thirty years and explains a holistic approach to dental care that focuses on nutrition and healthy eating that will help remove toxins from the body, decrease thinning enamel, and ensure the dental health of the next generation. Dr. Halvorsen specifically teaches others how to:

- Recognize the signs of gum disease
- Brush and floss teeth properly
- Identify the stressors that cause disease
- Plan a healthy diet
- Choose supplements that will improve gum health

Great Teeth for Life: The Secret to a Lifetime of Good Dental Health provides practical information for dental patients who want to avoid the pain and suffering that often accompanies poor teeth and improve their whole body health in the process.

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- Number of items: 1
- Dimensions: 9.02" h x .59" w x 5.98" l, .85 pounds
- Binding: Paperback
- 260 pages

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fantastic book on dental health

By Marla

As a pediatrician, I'm delighted to find such a comprehensive study of dental health written for the general public. Mr. Halvorsen clearly researched this topic in detail and included all aspects of dental health from maternal diet on fetal dental development, to environment, medications, hygiene, effects of personal diet as well as the relationship of dentition to overall health. The book is easy to read from cover to cover. In addition it is very organized, enabling it to be used as a reference. This book would be a great resource to any family interested in pursuing optimal overall health.

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Very basic.

By researcher

Very basic. Does not

address problems with the inadequacy of current dental diagnostics and how that results in the need for expensive treatments despite excellent routine and at home care.

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