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Never Brush Your Teeth Again!: Startling Information on How Oral Health Impacts Your Entire Body (Paperback)

By Piero Dds P

P., Piero D.D.S., 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Even though you may brush your teeth diligently and consistently every day you still have bacteria, viruses, biofilm and even worm-like creatures living in, on, and around your teeth? Between 30 billion and 100 billion bugs live in your mouth right this second-even if you just brushed your teeth. They are so resilient that even after a mere three hours from your ordinary brushing and flossing, the organisms can return-causing numerous health problems affecting more than just your mouth. These persistent organisms can cause not only periodontal disease, but may also contribute to other health problems including diabetes, heart disease, COPD, arthritis and even many cancers. So how can you begin to fight off these organisms taking over your mouth and health? Brushing, flossing and mouthwash are not enough. One reason is that everyone has different brushing habits and techniques. Some people miss the same spots repeatedly. Some brush too hard and damage the root structure. Some only spend seconds brushing their teeth, while others take more time to get the job done. Not to mention that the brush you use today...



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Reviews

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I actually started out looking at this book. It really is rally interesting through studying time period. I am just happy to inform you that here is the greatest ebook i have read through within my personal daily life and could be he best book for possibly.

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