

KISS YOUR DENTIST GOODBYE: A DO-IT-YOURSELF MOUTH CARE SYSTEM FOR HEALTHY, CLEAN GUMS AND TEETH
Free

Kiss Your Dentist Goodbye. Ellie Phillips (Author of Kiss Your Dentist Goodbye). Verify your identity.



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- Ellie Phillips
236 pages
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She was in private practice for many years, and particularly enjoyed working with the fearful and phobic. See more. I struggled with I'd resorted to making my own tooth powder from the little information I had. You can skim or read in depth for the parts you have an interest in. Ellie was the pediatric outpatient clinic director at the Eastman Dental Center and a faculty member at the University of Rochester. Written by a librarything. A lot of the information recommended in the book I already did--raw milk, kefir, etc. But this do-it-yourself treatment plan can. All items I had a familiarity with. Immune System. January 17, Sign Up. Ellie has launched a one-of-a-kind online bootcamp on all things oral health! It is time to achieve healthy, clean teeth and gums and wow your dentist at the next appointment. Discover Dr. Update location. Enter Location. July 30, Email address. This book was definitely worth checking out of the library. If you have or suspect that you have a medical problem, promptly contact your health care provider. Latest Interview. But it's seriously difficult to eat like that in our day and age. Empower yourself as you improve the look and feel of your teeth between dental visits. Start with episode 1 and follow the conversation and transformation for Patrick! Sorry, but we can't respond to individual comments. I have been struggling with feeling like I could not keep my mouth clean and healthy enough over the last little while. Excellent read! Walmart Services. So far so good - One happy camper here. Use Xylitol -- a sweetener derived from a natural sugar found in plant and vegetable fibres -- to eliminate bacteria; Use well-tested mouth rinses to further eliminate bacteria and control the acidity in your mouth; Avoid foods, drinks, and situations that weaken tooth enamel, and consume protective, healing foods to build it up. But I shouldn't even have to! Ellie Phillips is a dentist specializing in preventive dental care. I am eager to start this new regime. Discover the Ultimate Oral Health Blog. Patients improved their mouths, teeth, and gums so much that dentists cancelled surgeries. When I looked into it I found that the items need for the system could all be purchased at the grocery store. But Ellie's do-it-yourself daily routine can. Who wouldn't love clean, whiter, healthier teeth? Here's how to get started:. Get Started With Dr. Founding Member. You brush, floss, use mouthwashes, and are concerned about the foods you eat, yet you still require fillings or lengthy cleanings at the dentist. Ellie's Top Resources. She read the scientific studies and research. A friend recommended this to me after I visited the dentist for the first time in almost a decade and found THREE cavities. Why doesn't my dentist know this information? Cancel Submit. Ellie recommends. I had previously purchased Cure Tooth Decay, which was based on Dr. Ellie Phillips teaches how anyone can achieve and maintain a truly healthy mouth. Ellie Phillips teaches how anyone can achieve and maintain a truly healthy mouth. Copyright Dr. Thank you! Excellent summary of dental research. Well, now I have Dr. See our disclaimer. All Rights Reserved. What I found most interesting is that my daughter has suffered from ear infections and rampant cavities - and never put together that they could be related.

Kiss Your Dentist Goodbye: A Do-It-Yourself Mouth Care System for Healthy, Clean Gums and Teeth

I struggled with Send me an email when my question is answered. This book leads me wondering why I haven't been told so much information. I have been struggling with feeling like I could not keep my mouth clean and healthy enough over the last little while. Listen to the Podcast. Download Dr. Ellie Phillips. Pickup not available. Ellie Phillips. Marlene Merritt. DOM, MS in nutrition and functional medicine, licensed acupuncturist, board-certified bariatric counselor, author, and international speaker. All Rights Reserved. People who had dreaded visiting the dentist now came back with glowing reviews. Email address. Enter Location. Write a review See all reviews Write a review. January 17, Your dentist will be amazed at the changes he sees, and you will be thrilled as cavities and gum disease become a thing of the past. Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. This is the book I've been looking for all my life! Thank you for signing up! Use Xylitol -- a sweetener derived from a natural sugar found in plant and vegetable fibres -- to eliminate bacteria; Use well-tested mouth rinses to further eliminate bacteria and control the acidity in your mouth; Avoid foods, drinks, and situations that weaken tooth enamel, and consume protective, healing foods to build it up. When I looked into it I found that the items need for the system could all be purchased at the grocery store. Ellie Phillips, all rights reserved. The book is a quick read. She read the scientific studies and research. Get to Know Us. Recommended Products. You should not use the information on this Website for diagnosing or treating a health problem or disease, or prescribing any medication or other treatment. Weston Price's research into nutrition and degeneration. Empower yourself as you improve the look and feel of your teeth between dental visits. Why doesn't my dentist know this information? Granted the author makes her own brand of xylitol gum and mints you could certainly buy another brand - the rest of the goods include Cloysis rinse, Crest, Listerine and Act. I agree to the Terms and Conditions. See our disclaimer. Discover Dr. Never disregard professional medical advice or delay in seeking professional advice because of something you have read on this Website. Children and adults remineralized their teeth, fixing cavities I always knew there was something not right about getting cavities constantly. So if you find a current lower price from an online retailer on an identical, in-stock product, tell us and we'll match it. Average Rating: 3. She has years of dental experience caring for geriatric patients, special needs children, and adults and the developmentally disabled. Please enter a valid email address. Sorry, but we can't respond to individual comments. Latest Interview. This is not the way we should function. Reviewed by cleoppa cleoppa. Here at Walmart. Empower yourself as you improve the look and feel of your teeth between dental visits. A lot of the information recommended in the book I already did--raw milk, kefir, etc. Then part of my tooth fell out and so it seemed like a really good time to read this and get some ideas as to how to keep my remaining teeth. I tested the system for one week before a dentist visit and although there was a cavity to be found, I was complimented on my overall oral health gums etc. Traditional dentistry cannot prevent dental disease. All items I had a familiarity with. Any information on this Website is provided for educational purposes only and is not intended as a substitute for the advice provided by your dentist, physician or other healthcare professional. I struggled with cavities as a kid and I am watching my kid do the same Discover the Ultimate Oral Health Blog. Her simple, preventive program has just three steps: 1. Cancel Submit. Walmart Services. Sign Up. We're committed to providing low prices every day, on everything.