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36 Meal Recipes to Help You Prevent Cavities, Gum Disease, Tooth Loss, and Oral Cancer: The All-Natural Solution to Your Oral Problems (Paperback)

By Joe Correa

Live Stronger Faster, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.36 Meal Recipes to Help You Prevent Cavities, Gum Disease, Tooth Loss, and Oral Cancer: The All-Natural Solution to Your Oral Problems By Joe Correa CSN The first thing that comes to mind when you think about oral health is definitely oral hygiene. Without a doubt, this is the main factor responsible for healthy teeth and the best help you can possibly get in preventing any complications. Brushing daily and flossing keeps your teeth and gums healthy and reduces the chances of having cavities. However, even when we follow our dentist s advice, some complications still happen. The number one culprit for this is usually a bad diet. Having tooth cavities is common all over the world. This bacterial infection destroys teeth and can cause serious pain. Millions of people suffer from this problem and, unfortunately, some of them completely avoid treating it and end up a tooth removed or even worse. As we already know, the #1 enemy is sugar. This well-known fact is incorporated in many health campaigns and dentist advice but avoiding sugar won t solve your problem completely. Avoiding...



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