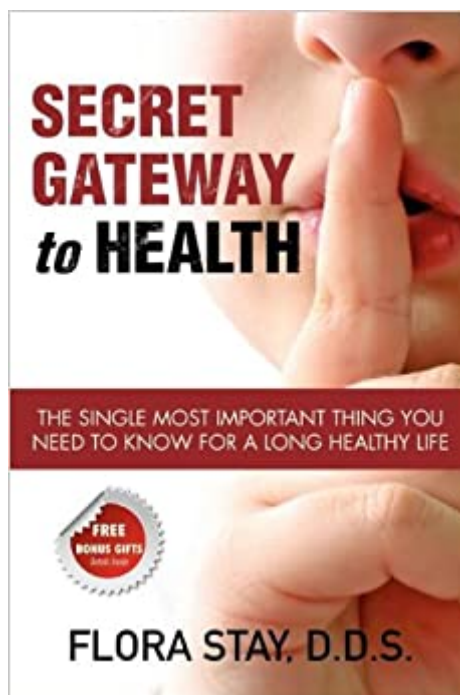




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# Secret Gateway To Health: The Single Most Important Thing You Need To Know For A Long Healthy Life



## Synopsis

Your Mouth Has a Lot to Say, Even if You're Not Talking. The mouth is one of the organs in the body that is the least understood by the general public, yet one of the most important. It effects our heart, our immune system, chronic illness such as diabetes, and makes an important impact on our self confidence. Dentist Flora Stay, felt it was time to help everyone, especially baby-boomers who are concerned about their health, to get a better understanding of the mouth connection to overall health. Having an integrative health approach, ""Secret Gateway to Health"" covers conventional treatment, alternative approaches and how to partner with your dentist to bring about health of your mouth. Dr. Stay, being an educator (professor at U.S.C. School of Dentistry), and a scientist, the book exposes fake treatments and debunks myths, yet recommends alternative treatments that do work. Even toothpaste is discussed and why many have a warning on the back.

## Book Information

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## Customer Reviews

Periodontal (gum) disease has been implicated in increase risk of heart disease, stroke, problem pregnancy and other conditions. From prevention to treatment at any age, Secret Gateway to Health explores many of these connections and offers practical solutions and options for oral health. -- Kevin Irons, D.M.D. Periodontist, Dental Management Consultant ""Former Presiding Officer of Texas State Board of Dental Examiners""

FLORA STAY, DDS, holds a doctor of dental surgery degree from the University of California, San Francisco. She is the developer of Grace FibroSmile, a line of dental care products for those with

fibromyalgia. She has appeared in ""Prevention, Men's Health, Women's World, and the ""New York Times, and is the author of ""The Complete Book of Dental Remedies. She runs a private practice in Ventura, California, where she lives. R. PAUL ST. AMAND, MD, is coauthor of ""What Your Doctor May Not Tell You about Fibromyalgia.

As a family physician, we get very little, if any, training and information on oral health. We definitely don't get training on how oral health can affect the entire body. Dr. Flora Stay's book is an excellent resource for me in treating my patients. Now I take a closer look at my patients oral health and I realized that those patients with many health problems, also have poor dental hygiene and health. This book has given me the knowledge to inform my patients of proper dental treatment that will ultimately improve their overall health. I recommend this book to all of my patients. This is a great resource not only for physicians, but the general public as well. It is very easy to read and understand for everyone. We can all improve our overall health just by reading this book and making the changes that Dr. Stay recommends.

This book, written by a dentist, discusses an important, little known subject: the connection of the health of the mouth to the entire body. If the mouth is not properly maintained, it's difficult to maintain total health and well being. I know this to be true because I suffered from gum disease. Once I discovered (thanks to my dentist) that I had gum issues, other health problems cleared up as well. After reading this book, I was astonished at the many health problems that stem from improper dental care. This outstanding book is nothing to sneeze at. The author provides helpful anecdotes, useful information on products to purchase as well as excellent suggestions backed up by research. It's mostly written in a conversational manner, making it easy to read and understand. It offers a wealth of information. I greatly appreciate books written by professionals who encourage patients to explore alternative, less invasive means of treatment. This is just such a book.

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