



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

By Ellie Phillips

Greenleaf Book Group LLC. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 8.9in. x 6.0in. x 0.9in. You brush, floss, use mouthwashes, and are concerned about the foods you eat, yet you still require fillings or lengthy cleanings at the dentist. In *Kiss Your Dentist Goodbye*, Dr. Ellie Phillips teaches how anyone can achieve and maintain a truly healthy mouth. Empower yourself as you improve the look and feel of your teeth between dental visits. 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. Traditional dentistry cannot prevent dental disease. But Ellie's do-it-yourself daily routine can. Discover how easy it is to reduce plaque buildup, strengthen tooth enamel, repair small cavities, eliminate tooth sensitivity, and improve your overall oral health. Learn about products that hinder your efforts and the risks of bleaching, dental sealants and the wrong use of fluoride. It is time to achieve healthy, clean teeth and gums and wow your dentist at the next appointment. Praise for *Kiss Your Dentist Goodbye*: An excellent, simplified discussion of complex issues you need to understand to achieve optimal oral health. --Richard Carmona, MD, MPH,...



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