



Hungry: Overcoming the Unintended Health Consequences of the Pursuit of Optimal Nutrition and the Perfect Body (Paperback)

By Joey Lott

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You Can Heal Your Teeth With Sugar! Does this sound crazy to you? Do you think you need to give up all the foods you love in order to have healthy teeth or gums? Does it really have to be one or the other? Joey Lott, the author of How I Healed My Teeth By Eating Sugar, doesn't think so. In this book, he reveals how he reversed a number of tooth and gum problems (cavities, loose teeth, and receding gums, to name a few) with a few dietary tricks (sugar included!) and inexpensive supplements. The regimen is simple, backed by science, and easy on your wallet. There's More to Dental Health Than Fluoride and Flossing There are natural ways to heal your teeth and gums that don't involve twice daily brushings and flossings. In fact, these standard methods of tooth care may not be doing as much for your dental health as you've been led to believe. Discover a new formula for repairing cavities, tightening up loose teeth, and healing receding gums that...



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