

Best Toothpaste For Receding Gums

Greta Eagan

Your Best Medicine Mark A. Goldstein, Myrna Chandler Goldstein, Larry P. Credit, 2009-03-17 Integrative medicine—the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing—is transforming both how health professionals treat disease and how patients manage their own care. Your Best Medicine introduces the reader to this new world of healing options for everyday ailments like dry skin, fatigue, and indigestion as well as more serious conditions like diabetes, heart disease, and obesity. All of the treatments and techniques in Your Best Medicine have been handpicked by two practitioners—one a conventionally trained MD, the other a specialist in complementary therapies—based on established therapeutic protocols, research evidence, and clinical experience. Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies' relative effectiveness, safety, and ease of use. Every entry in Your Best Medicine also provides important information on risk factors, symptoms, and diagnostic techniques, as well as preventive measures. Armed with this knowledge, readers can make decisions wisely and confidently at every stage of their care.

The Best Things You Can Eat David Grotto, David W. Grotto, 2013-01-08 The Best Things You Can Eat will be the first-ever book devoted to food rankings, drawing on the latest research on food and nutrition to provide readers with an irresistible compendium of food knowledge—an authoritative, informative, and enlightening go-to resource that pits one food against another and reveals the most beneficial foods in a variety of categories. If you've always wondered what varieties of apple pack the biggest antioxidant punch or which foods you should rely on when you've got an upset stomach (is ginger ale at the top of the list?), The Best Things You Can Eat has the answers, and even a few surprises. Each list will be content-rich, packed with intriguing statistics, the latest research findings, and helpful information, including: - A summary of the rankings at the top of each list - A description of the nutrient or health condition - Statistics pertaining to the nutrient or health condition - Recommendations for dietary supplements - Compelling factoids about the featured health condition or nutrient - A shocker food or whoa...I wasn't expecting that! food - Quick and easy food preparation tips - cross-reference lists--

The Good Teeth Guide John Forrest, 1981

Wear No Evil Greta Eagan, 2014-03-11 Shedding new light on the eco-fashion movement, this guide to shopping green, divided into three distinct sections, presents hard-hitting facts on why the fashion industry and our shopping habits need a

reboot. Original.

Healthy Mouth, Healthy Body Dr. Victor Zeines, D.D.S., M.S., F.A.G, 2010-07-14 YOUR DENTAL TREATMENT MAY BE KILLING YOU! Did you know that conventional dental care often causes more harm than good—that treatments such as mercury dental fillings, root canals, and fluoride applications to reduce cavities are now being linked to cancer, heart disease, and auto-immune illnesses? NOW THERE'S A BETTER WAY ... In this groundbreaking new book, Dr. Victor Zeines, D.D.S., shows how examining the mouth can reveal the presence of illnesses or unstable conditions in other areas of the body. He then offers safe, proven therapies that enhance—not lessen—the body's own healing powers. Among the highly effective holistic approaches he uses are: • Acupressure points to relieve tooth pain • Healing herbal mouth and gum rinses you can make yourself • Natural root canal methods for better results • A special novocaine that prevents palpitations • TMJ adjustment to restore proper tooth alignment and alleviate headaches • A simple 8-step treatment to knock out gum disease • Minerals that reduce tooth sensitivity Save your health by saving your teeth—You could add years to your life!

Healthy Gums Cassian Pereira, AI, 2025-03-12 *Healthy Gums* unveils the surprising link between your gum health and overall well-being, particularly as you age. It explores how proactive gum care can combat inflammation and prevent systemic infections that contribute to age-related issues. Did you know that poor oral hygiene and resulting inflammation have been linked to cardiovascular disease and diabetes? This book emphasizes that healthy gums are not just about maintaining a beautiful smile, but about safeguarding your systemic health. The book begins by explaining the science of gum disease, including how bacterial imbalances trigger inflammation. It then guides you through practical methods for maintaining healthy gums, such as optimal oral hygiene and professional dental care. Ultimately, *Healthy Gums* demonstrates the connection between oral health and systemic diseases, offering evidence-based strategies for managing these interconnections and taking control of your health.

Toothpaste Hidden Facts Kaia Stonebrook, AI, 2025-02-27 *Toothpaste Hidden Facts* reveals the surprising history and science behind this everyday essential, exploring its evolution from ancient practices to modern dental care. The book highlights how the seemingly simple act of brushing connects us to millennia of innovation, from early concoctions using abrasive materials to today's scientifically advanced formulas. Readers will discover the origins and functions of common ingredients like fluoride and various abrasives, understanding how they impact oral health. The book explores how cultural practices, scientific discoveries, and strategic marketing have shaped toothpaste's development. Beginning with the fundamentals of oral hygiene, it progresses through the chemical properties of ingredients, a historical timeline spanning ancient civilizations to the present, and an analysis of marketing's influence on consumer preferences. This approach provides a comprehensive view, emphasizing that toothpaste is not merely a commodity but a reflection of scientific progress and societal values. By examining archaeological findings, historical texts, scientific studies, and even patents and

advertisements, the book offers unique insights. It connects toothpaste to broader fields like chemistry, archaeology, and consumer culture, making it valuable for anyone interested in history, science, or personal care. Ultimately, it empowers readers to make informed choices about their oral health by understanding the hidden facts behind this familiar product.

Toothbrush History Amelia Khatri,AI,2025-02-12 Toothbrush History explores the captivating story of oral hygiene, tracing its evolution across civilizations and highlighting the human quest for better dental health. The book reveals how ancient societies ingeniously used available resources for oral care, driven by the need to alleviate pain and maintain social standards. It also emphasizes how the toothbrush itself transformed, from early natural material versions to today's advanced devices. The book follows a chronological path, starting with ancient practices in Egypt, Rome, and China, then detailing early toothbrush development and later, the impact of industrialization. Interestingly, early dental patents and historical accounts of dental practices provide unique insights. The evolution of oral hygiene serves as an example of human innovation, influenced by culture, science, and technology, impacting our daily lives. The book uniquely presents the history of oral hygiene through technological and cultural evolution, not just as a list of facts. It concludes with modern technologies like fluoride and dental implants, offering an understanding of the ongoing advancements in personalized oral hygiene. This narrative approach makes the book accessible, offering readers a deeper appreciation for dental care and its significance to overall health and fitness.

Better Homes and Gardens ,1991

Live Your Best Life Amarinder Bajaj,2022-07-25 One thing that bonded Mona, Meera and Sheila were their evening walks. This was the time they talked about their families and work, responsibilities and challenges. Then slowly things began to change, and it was not long before they began talking hot flashes, heavy bleeding, sudden weight gain and other scary symptoms. They thought these were issues that they need to live with as they aged. Enter Doctor Dua, an experienced gynecologist who takes all of them under her wing and helps them understand and deal with their individual symptoms and more. From physically taking care of oneself to mental adjustments, she changes their perception from the fear of Menopause to treating it as another phase in their lives-one which they can enjoy uninhibited! Live Your Best Life is a gentle, friendly guide to negotiating Menopause and living a fulfilling life both in body and in mind.

Nature's Medicines Gale Maleskey,1999-08-27 Discusses vitamins and minerals, herbal supplements, antioxidants, and other natural remedies

The Popular Policeman and Other Cases Willem Albert Wagenaar,Henricus Florentine Maria Crombag,H. F. M. Crombag,2005 Annotation. In this compelling title, two distinguished scholars share their experiences as expert witnesses in cases ranging from eyewitness testimony, person identification and recovered memories, to false confessions, collaborative storytelling and causal attribution, in the context of various interrogation techniques and their ability to deliver reliable

results. Each chapter of *The Popular Policeman and Other Cases* describes in lucid, entertaining prose a representative case in the context of scholarly literature to date, showing how psychological expertise has been (and can be) used in a legal setting. The cases include petty and serious crime, from illegal gambling, infringed trademarks and risque courtship behaviour, to honour killing and death on the climbing wall. The authors' findings and recommendations apply to legal systems worldwide. There is no other English-language textbook covering a similarly wide range of offences, and this volume will fill a gap in the existing literature and demonstrate how psychological expertise can be used in a much larger area than is often realised.--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved.

The Merck Manual of Health & Aging Merck & Co., Inc.,2005-11-29 A VALUABLE RESOURCE FOR ANYONE WHO SEEKS A HEALTHIER OLD AGE FOR THEMSELVES OR THEIR LOVED ONES." -William D. Novelli, CEO, AARP If aging were an open book, it would be *The Merck Manual of Health & Aging*. From one of the most trusted names in medical reference comes an accessible, all-inclusive guide for older adults that shares what measures to take to optimize the aging process, prevent disease, and improve your overall health. This comprehensive book also explains the health care system and the disorders seniors are most likely to experience. Inside you'll discover clear, authoritative information on • preventive medical care and good nutrition • common medical disorders in older adults • strategies for coping with disease • steps for finding the best in medical care • how to communicate with health care practitioners • the role of alternative and complementary medicine • the benefits and risks of medical tests • the challenges of caregiving and rehabilitation • how the body ages • safe, easy-to-follow cardio exercises • the social, legal, and ethical issues of aging Also featuring candid essays by seniors who share their insights and personal experiences on growing older, *The Merck Manual of Health & Aging* is an essential home reference for making your later years truly golden.

Healthy Aging Patrick P. Coll,2019-03-29 This book weaves all of these factors together to engage in and promote medical, biomedical and psychosocial interventions, including lifestyle changes, for healthier aging outcomes. The text begins with an introduction to age-related changes that increase in disease and disability commonly associated with old age. Written by experts in healthy aging, the text approaches the principles of disease and disability prevention via specific health issues. Each chapter highlights the challenge of not just increasing life expectancy but also decreasing disease burden and disability in old age. The text then shifts into the whole-person implications for clinicians working with older patients, including the social and cultural considerations that are necessary for improved outcomes as Baby Boomers age and healthcare systems worldwide adjust. *Healthy Aging* is an important resource for those working with older patients, including geriatricians, family medicine physicians, nurses, gerontologists, students, public health administrators, and all other medical professionals.

A Family Physician's Witty Guide to Raising Happy and Healthy Children Pasquale De Marco,2025-03-07 In this

comprehensive and engaging guide, experienced pediatricians and parenting experts offer a wealth of practical advice and insights to help you raise happy, healthy, and well-adjusted children. From the moment your child enters the world, you are on an incredible journey, filled with both joy and challenges. This book is your trusted companion on this extraordinary adventure, providing evidence-based strategies and heartwarming anecdotes to help you navigate every stage of your child's development. Inside, you'll find expert guidance on a wide range of topics, including: * Nurturing the bond between parent and child * Promoting healthy eating habits and physical activity * Managing temper tantrums and behavior issues * Establishing consistent routines and setting boundaries * Helping your child succeed in school and navigate the teenage years * Addressing sibling rivalry and family dynamics * Recognizing and treating common childhood illnesses * Communicating effectively with your child and building trust * Parenting children with special needs or in blended families * Preparing your child for adulthood and beyond With its accessible and conversational style, this book is a must-read for all parents who want to raise happy, healthy, and successful children. It's a valuable resource that you'll turn to again and again as your child grows and changes. So, embark on this parenting journey with us. Let us be your guide as you create a loving, supportive, and nurturing environment for your child to flourish. Together, we can make a positive and lasting impact on the lives of our children and future generations. If you like this book, write a review!

The New Wellness Encyclopedia ,1995 Contains authoritative information on illness and disease, cholesterol, weight control, diet, exercise, back pain, medical tests, and more.

The Pharmaceutical Era ,1917

November Years D. Grant Sirola,2008

Magill's Medical Guide Anne Chang,2005 Thrombolytic therapy & TPA, Thrombosis & thrombus, Thumb sucking, Thyroid disorders, Thyroid gland, Thyroidectomy, Tics, Toilet training, Tonsillectomy & adenoid removal, Tonsillitis, Tooth extraction, Toothache, Torticollis, Touch, Tourette's syndrome, Toxemia, Toxic shock syndrome, Toxicology, Toxoplasmosis, Tracheostomy, Trachoma, Transfusion, Transient ischemic attacks (TIAs), Transplantation, Tremors, Trichinosis, Trichomoniasis, Tropical medicine, Tubal ligation, Tuberculosis, Tumor removal, Tumors, Turner syndrome, Typhoid fever & typhus, Ulcer surgery, Ulcers, Ultrasonography, Umbilical cord, Unconsciousness, Upper extremities, Urethritis, Urinalysis, Urinary disorders, Urinary system, Urology, Urology, pediatric, Vagotomy, Varicose vein removal, Varicose veins, Vascular medicine, Vascular system, Vasectomy, Venous insufficiency, Veterinary medicine, Viral infections, Visual disorders, Vitamins & minerals, Voice & vocal cord disorders, Von Willebrand's disease, Warts, Weaning, Weight loss & gain, Weight loss medications, Well baby examinations, West Nile virus, Whiplash, Whooping cough, Wilson's disease, Wisdom teeth, Wiskott Aldrich syndrome, World Health Organization, Worms, Wounds, Wrinkles, Xenotransplantation, Yellow fever, Yoga, Zoonoses, Glossary, Diseases & Other Medical Conditions, Types of Health Care Providers, Medical Journals, Web Site Directory,

Entries by Anatomy or System Affected, Entries by Specialties & Related Fields.

Modern Dental Assisting - E-Book Doni L. Bird, Debbie S. Robinson, 2016-05-16 Prepare for a successful career as a dental assistant! Modern Dental Assisting is the leading text in dental assisting -- the most trusted, the most comprehensive, and the most current. Using an easy-to-understand approach, this resource offers a complete foundation in the basic and advanced clinical skills you must master to achieve clinical competency. It describes dental assisting procedures with photographs and clear, step-by-step instructions. Along with the textbook, this complete learning package includes a companion Evolve website replete with learning exercises and games and video clips of dental assisting procedures plus animations and review questions. Written by Doni Bird and Debbie Robinson, two well-known and well-respected dental assisting educators, this edition is also available as a Pageburst e-book.

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