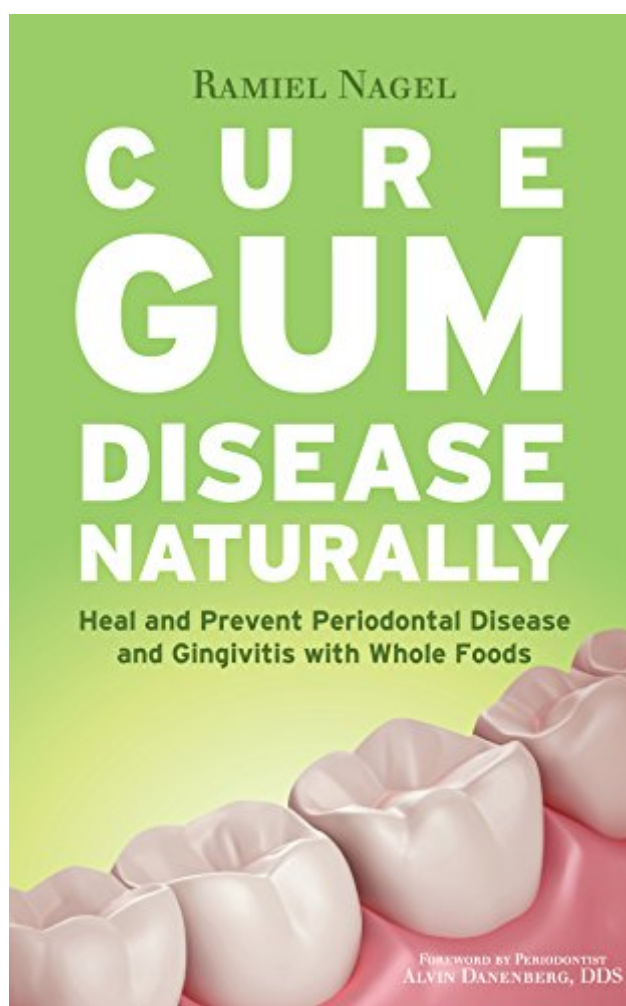


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# Cure Gum Disease Naturally: Heal And Prevent Periodontal Disease And Gingivitis With Whole Foods



## Synopsis

Free yourself from the downward spiral of scaling, root planing, gum grafts, flap surgery, chemicals, and the inevitable extractions and implants and cure gum disease (periodontitis) naturally. Ramiel Nagel's bestselling guide, *Cure Tooth Decay*, has inspired tens of thousands of readers to discover hidden and effective means to reduce dental cavities by at least 90 percent. In *Cure Gum Disease Naturally*, Nagel expands upon his original work and shows you the forgotten and suppressed cure for gum disease. The CDC now reports that about half of all adult Americans suffer from periodontal disease, with 8.5 percent of all adults having severe gum disease. And even worse, 23 percent of all adults aged sixty-five and older have lost all of their teeth. Despite the prevalence of periodontal disease, dentistry has not found the "cure" as it continues to allow adults to lose their teeth only to primarily offer the expensive and often painful alternative of dental implants. This is not a book that advocates for gum surgery, or for other chemical or harsh overpriced treatments with dubious results. This is a truly natural, holistic approach that primarily focuses on how you can use the food that you eat as medicine for your body, to give it specific and targeted nutrition, and to make your sad gums happy again. It will show you how to turn the frequent dreadful dental visits into a delight, and to help you stop worrying about the health of your teeth and gums so you can start living life "as you deserve to" once again. Take a bite out of life, improve how you feel, reduce your level of stress, and finally, at last, read a book that was truly written with a goal that you can align with, to get you out of the endless and unnecessary cycle of gum disease treatments that do not provide results that last because they never address the root cause. *Cure Gum Disease Naturally* is about you and your health. It begins with the story of how conventional dentistry no longer advocates and prescribes treatments based upon the agreed upon and proven cause of gum disease. You will learn how enlightened dentists Melvin Page and Harold Hawkins applied the research of esteemed dentist Weston Price in their practices to prevent the tragic loss of teeth by restoring gum health in their patients. You will then be led, step by step, through the evidence and the information that gives you a precise and detailed road map, using whole foods, to stop gum disease and to rebuild and repair your gums. Finally, you will be given essential information to navigate the dangerous waters of gum treatments, and find new ways to care for your teeth and gums that until now, few knew were even possible. Read *Cure Gum Disease Naturally* and learn how loose teeth can be firmed up and become rooted like a strong tree once again into your jaw bone, inflamed gums can become healthy, and bleeding can be greatly reduced and stopped. You will at last see clearly why you have succumbed to gum disease and know specific steps to take, by eating certain foods, to keep your gums healthy and thus keep your teeth for the

rest of your life. Endorsement: Alvin H. Danenberg, DDS Periodontist of forty-one years "Ramiel takes a sincere and critical look at how gum disease is treated in the U.S. today. Or should I say, how gum disease is mistreated? I think it is an injustice not to inform patients that there are nutritional solutions that prevent gum disease, which is a type of chronic disease. This is a book you must read... Pass it onto everyone you love and care about."

## Book Information

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## Customer Reviews

Excellent book!!!! I do not have gum disease but after reading Ramiel's other book "Cure Tooth Decay" (which we had great success with), I couldn't wait to read this one. I'm all about prevention and it's so important to me to help prevent this issue! I'm a list maker so here is why I love the book..1. It's a very do-able read in a relatively short period of time and it is written in lay terms. Everything is very easy to understand for someone with or without a background in the health industry.2. The table of contents is very well done so later after reading you could easily go back to quickly find something you were wanting to reference.3. Obviously the most important part, the information. This book is so well researched (large reference section in back). I am a big Weston A Price Foundation supporter so I was familiar with many of the dietary suggestions but despite that I

still learned a lot. My favorite section was the understanding the vitamins and what foods to get these from, what they look like synthetically and how to source them naturally, etc. For me it seems so hard to find this information accurately on the Internet but specifically Chapter 4 had well laid out charts with examples of how much of a certain nutrient you can get from certain vitamins. For someone who just wants to learn about vitamins the book is worth it just for that vitamin chapter. I have never read anything to clearly started for a lay person to understand about vitamins.<sup>4</sup> The book has great pictures, diagrams and charts. If you are a visual learner you will love this.<sup>5</sup>

Full disclosure: I served as one of the editors, as well as a proof reader for this book. I also supported some of the layout and visual communication. I have read the book several times over and will continue to keep it as a valuable reference. This review is written from my perspective as a reader who leads a community committed to how we nourish our children and ourselves. I think this book is incredibly informative, and inspirational because Rami invites and empowers each of us to truly nourish ourselves so that we can heal. I felt inspired and motivated to help myself. Over several chapters, Rami methodically explains the true reason why this kind of disease happens in the first place, and offers us very detailed step-by-step instructions on how to reverse it. Gum disease is believed to be a result of excess bacterial toxins over time by the dental establishment however, after I read this book I became convinced that it is due to a lack of proper nutrition. What we eat or don't eat and how we live our lives impacts our health on every level. Some of the information I read in Cure Gum Disease was familiar to me as I also educate about Dr. Weston A. Price's research and the importance of nutrient dense foods. Nonetheless, I still learned a lot that was new to me, while some concepts were further reinforced. I think this book is a powerful companion to Cure Tooth Decay, and will serve those who read it with a clear path toward a cure. I will recommend Cure Gum Disease to the Nourished Book Club I created, and share it with the dentists I've seen past and present. I believe that someone who follows the recommendations outlined in this book will experience a benefit to all aspects of their health. I think the book is very well written and clearly outlined.

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