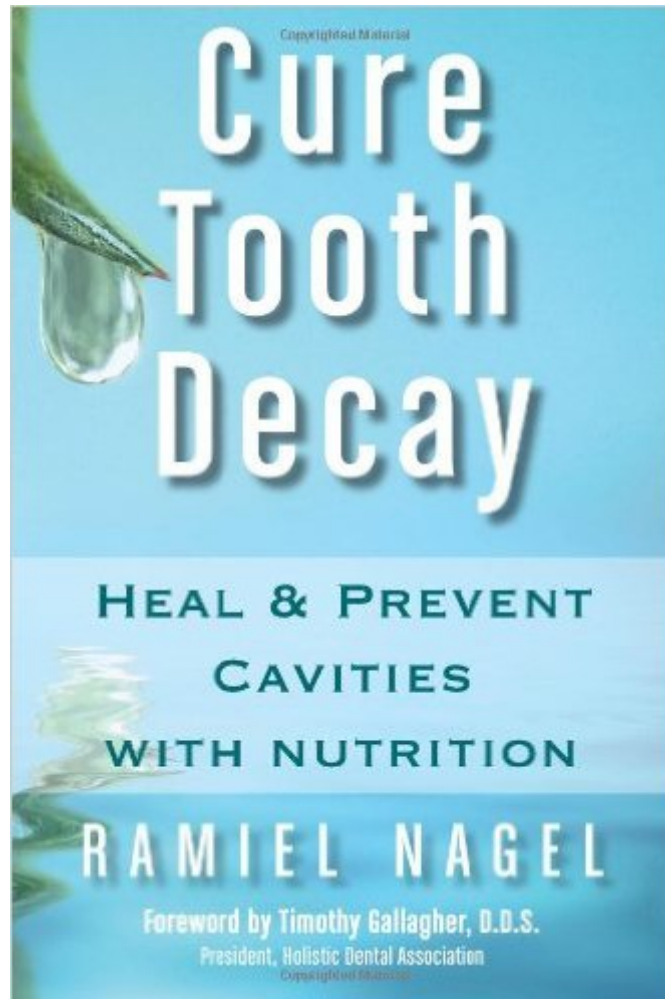


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# Cure Tooth Decay: Heal And Prevent Cavities With Nutrition



## **Synopsis**

Forget about drilling, filling, and the inevitable billing. Your teeth can heal naturally because they were never designed to decay in the first place! They were designed to remain strong and healthy for your entire life. But the false promises of conventional dentistry have led us down the wrong path, leading to invasive surgical treatments that include fillings, crowns, root canals and dental implants. Now there is a natural way to take control of your dental health by changing the food that you eat. Cure Tooth Decay is based upon the pioneering nutritional program of dentist Weston Price, former head of research at the National Dental Association. Dr. Price's program proved to be 90-95% or more effective in remineralizing tooth cavities utilizing only nutritional improvements in the diet. Cure Tooth Decay is the result of five years of research and trial and error that started as one father's journey to cure his daughter's rapidly progressing tooth decay. With Cure Tooth Decay you will join the thousands of people who have learned how to remineralize teeth, eliminate tooth pain or sensitivity, avoid root canals, stop cavities -- sometimes instantaneously, regrow secondary dentin, form new tooth enamel, avoid or minimize gum loss, heal and repair tooth infections, only use dental treatments when medically necessary, save your mouth (and your pocketbook) from thousands of dollars of unneeded dental procedures, and increase your overall health and vitality. Cure Tooth Decay provides you with clear and easy to understand dental facts to help you make healthy, life-affirming choices about your dental health. Cure Tooth Decay highlights include: why people fear the dentist and what you can do about it, the power of butter to heal teeth, specific dietary and meal plans that highlight the types of foods to eat every day to remineralize teeth, a simple cavity-healing program that is easy to follow, the cause of dental plaque and an amazing technique to reverse gum disease, how to find a good dentist, how to prevent root canals, your bite: a hidden cause of cavities, how to save your wisdom teeth, proof that cavities can heal, how to heal children's cavities and find peace, why women get cavities during pregnancy and how to stop it, and so much more. This edition contains just released updated content.

## **Book Information**

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## Customer Reviews

I noticed some deterioration in my teeth last year, so I started searching online to find out whether anyone knew anything about healing teeth. I found Rami's website and decided to buy his book. Although I had heard of Weston Price and Nourishing Traditions before, it was through Rami's book that I really came face to face with that information. It made a lot of sense to me. Especially thought-provoking for me was Rami's message to vegetarians (I had been one for 15 years). It was also helpful that he had actually set down a dietary protocol whose specific objective is to help teeth heal, which Dr. Price reportedly did not do. The protocol is challenging for me, but I have been introducing elements of it to the best of my ability. Then I lost a filling. The first dentist I saw diagnosed decay and a probable need for a root canal, and said that the tooth might already be dead. Her pronouncement caused me untold agony over the next several weeks. Then a holistic dentist determined that the tooth is alive and recognized that it has totally re-enamelized. He simply replaced the lost filling. He told me I am lucky, because most people are not able to get their teeth to re-enamelize like that. Well, I am now a believer. Nourishing Traditions is for real, and it was with Rami's explanation and guidance that I found a way to help my body contain the damage in my teeth. My relief at this outcome is immeasurable. We have been conditioned to believe that the only opinions worth having are those that come from people who have been formally trained and licensed, but I believe that formal training can be restricted and biased, and does not necessarily consider all possibilities.

I thought as a vegan I was feeding my body in a nourishing way over the last two years. Then, out of the blue, I began experiencing severe tooth sensitivity and pain (where before I never had anything beyond minor dental carries from time to time. The ones I had I never felt, but were discovered in Xrays). When I began experiencing pain, it progressed to the point where I would wake up at night with a throbbing pain in one of my lower molars. I couldn't whiten my teeth with the same strips I had used for years as the pain was unbearable. During the day, I had begun avoiding anything cold or hot to eat/drink out of fear of the pain. I even dreaded using mouthwash. I picked up this book as

a last-ditch effort to help myself before my impending dentist appointment that I dreaded. And I admit, I fought it every step of the way. Eating dairy and meat went against everything I believed and it was embarrassing initially to be seen eating this stuff.. But when you are in pain, all bets are off. I decided to swallow my pride and jumped in with gusto--I found a distributor of raw, grass-fed cow milk on rawmilk.org, ordered Green Pasture's Blue Ice Fermented Cod Liver Oil, Skate Oil and High Vitamin Butter Oil also began making the bone broth soup which was quite easy, and which I take every day to work. All this was not cheap, however, but there are other ways to do it without breaking the bank (the author describes in the book). However, I wanted to do everything exactly as outlined to get maximum results. Almost immediately I began to feel better and experienced a noticeable decrease in sensitivity and pain. Oddly enough, after going two years with no dairy or animal products, I had no issues from drinking the raw milk whatsoever and actually looked forward to it.

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