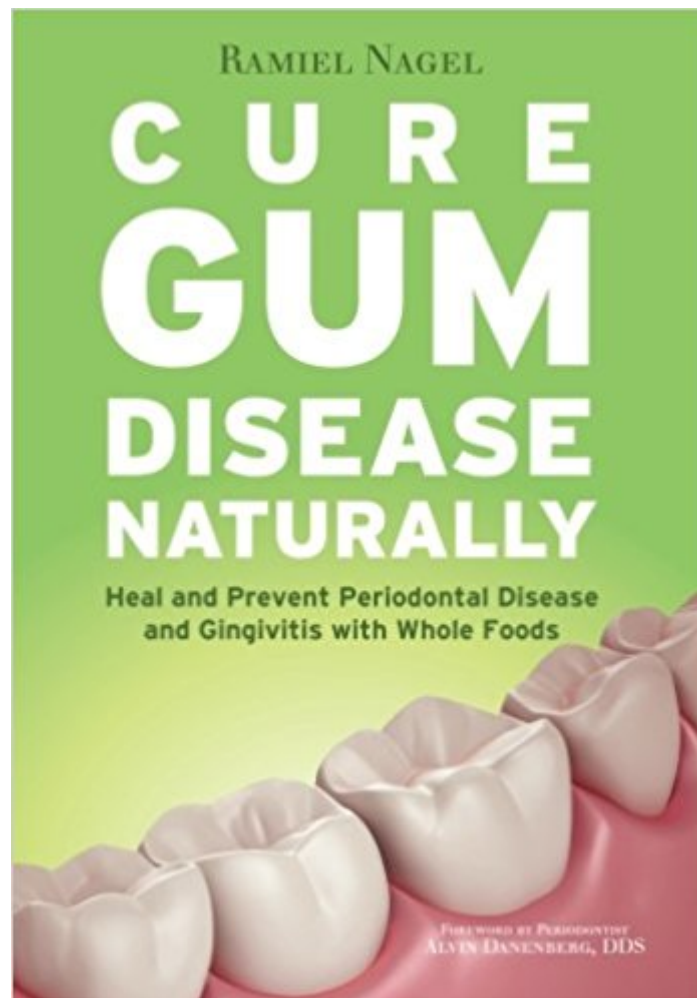




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# Cure Gum Disease Naturally: Heal And Prevent Periodontal Disease And Gingivitis With Whole Foods



## 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.

## Book Information

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## Customer Reviews

Ramiel Nagel is the author of "Cure Tooth Decay" and "Healing Our Children." His health articles and research have been published in Wise Traditions, Nexus Magazine, Fox Business News, Epoch Times, Natural News, Rodale News, and the Townsend Letter for Doctors and Patients. His background is in body oriented psychology, energy medicine and yoga, and his writings focus on empowerment and self-responsibility in relation to health. He has been a speaker at Westminster University in London. Ramiel is especially focused on rediscovering and teaching about authentic traditional food habits for health. He is the founder of the traditional food market and educational site, TraditionalFoods.org. 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."

For me, I have read MANY books regarding Gum Disease before this book and after reading it (more than once), I must say it is by far the BEST! You see, I have Gingivitis and want to reverse it. Since I will be going back to the dentist soon, I want to be prepared. This book has helped me enormously because of the information about proper diet, vitamins and so much more. I especially like the charts, pictures. After reading this book, my questions were answered. Yes, I still dislike

going to the dentist yet this book is encouraging me before I go to my dentist. It is a long road that I travel with Gingivitis, so thank goodness for this excellent book. It is totally a keeper! I highly recommend this outstanding book.

I have both this book and "Cure Tooth Decay" and find them both extremely helpful. This one is more focused on the gum aspect, while the other book is more focused on the dietary and overall oral hygiene aspect (though this book does have quite a bit of info about diet as well). I really appreciate this author's "follow your heart / feelings" approach, rather than saying "here's a rigid set of dietary rules that apply word for word to every single person out there. He specifically says that he recommends listening to one's feelings. If not every single dietary guideline does not feel right to you, go with your gut. I really like this approach. I feel it encourages one to come at it from a place of compassion for oneself and a desire to do one's best to take loving care of oneself, rather than a place of fear ("I must do everything this professional says because these are hard fast rules that apply 100% to everyone"). I have rarely heard this type of approach put so eloquently. What a wonderful, empowering message. Ramiel's "follow your intuition / feelings" approach, along with the fantastic and empowering information he provides, gives a great deal of hope and encouragement for those wishing to do as much as they can on their own without necessarily needing to resort to expensive procedures at a dental office (though thorough information is provided as well on the different types of professional treatments and even things to look into when choosing a dentist that can do things in the most "holistic" ways that are available to us at this time).

If you're looking for your dental care to be integrated into your whole body integrated care, this book educates and educates and educates. I've spent the entire week reading carefully through this book and his other book, Cure Tooth Decay. Both are outstanding! Before you let a dentist tell you your treatment plan, empower yourself and know that you can take immediate steps naturally. There are **MANY** natural options available that could potentially save you much pain, money and more importantly, your health. The cost of purchasing the book is minuscule compared to the ever mounting expenses you can realize in obtaining traditional dental care. I'm terrified of dentists and needed to obtain a 2nd and even 3rd opinion for my treatment. After consulting with three dentists this past week, each one recommending progressively more aggressive treatments one after the other, I knew I needed to look for other more gentler alternatives. As I read thru the books, I made changes and implemented treatment plans that I could start at home. In just one week, I see positive results and now understand how and why my dental condition came to be. I still have a long

ways to go, but at least now I'm not as terrified and I know there are alternatives I can pursue. Do yourself a favor and read this book. You'll be glad you did!

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 so clearly started for a lay person to understand about vitamins.4. The book has great pictures, diagrams and charts. If you are a visual learner you will love this.5. The book walks you through the cause of gum disease, all about gum disease, deficiencies that cause gum disease, how to cure gum disease through diet and rebalancing minerals, proper digestion and how that relates to gum disease, how modern dentistry views and treats gum disease and how to care for your gums/teeth/mouth at home. It flows beautifully through these topics. So here's the thing. I read these excellent well researched nutritional/natural healing books and get so frustrated that the majority of dentists don't even have a clue about this information. This makes me so sad. How can they go through dental school without any understanding about how what we eat and its influence in our body? How can they never have heard of Dr. Price? In fact my husband and I were at a baseball game with our young kids recently and sitting behind us were a husband and wife with twins. After chatting we found out they were both dentists. I sat there and watched them feed their kids those processed "puff" snacks. I couldn't help but wonder why they would feed their child this if they understood what these extremely processed grains were doing to their little babies. Anyways, your dentist needs this book so if anything please just send a copy their way. :) I truly believe the change starts with us. I know how important diet is because we have seen our lives change

drastically by changing the way we eat. I know this stuff works! It's incredible how the body can heal and this book walks you through exactly how to do that. I have family members who struggle with gum disease and I know I will be encouraging them to read this book.

Must read book for gum diseases

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