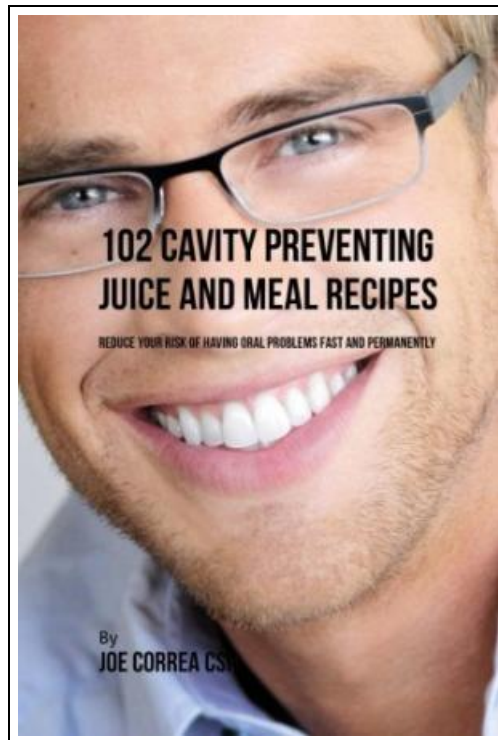


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 152 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. 102 Cavity Preventing Juice and Meal Recipes: Reduce Your Risk of Having Oral Problems Fast and Permanently By Joe Correa CSN Your teeth and mouth are a reflection of your overall health. What you put in your mouth effects your entire body. Use these oral health revitalizing recipes to start a newer and better life that surprise you in a very positive way. The first thing that comes to mind when you think about oral health is definitely oral hygiene. Without a doubt, this is the main factor responsible for healthy teeth and the best help you can possibly get in preventing any complications. Brushing daily and flossing keeps your teeth and gums healthy and reduces the chances of having cavities. However, even when we follow our dentists advice, some complications still happen. The number one culprit for this is usually a bad diet. Nutrition is the single most important factor affecting your oral health after oral hygiene. The answer lies in having a specific diet full of vitamins, minerals, omega-3 fatty acids, and antioxidants that are proven to build up and strengthen your teeth and thats what this book is all about. These meal and juice recipes are the solution to your oral problems. Decide to make the change to eat right so that your entire body benefits over time. Your teeth and mouth in general will go over a complete renovative process in a natural and soothing way. This item ships from La Vergne, TN. Paperback.



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