

The Dental Diet The Surprising Link Between Your Teeth Real Food And Life Changing Natural Health

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The Dental Diet The Surprising Link between Your Teeth

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- Dr Lin arms you with a 40 day meal plan complete with the Dental Diet food pyramid exercises for the mouth recipes and cooking techniques to help you easily and successfully implement his techniques into your everyday life The tools to improve overall wellness levels and reverse disease are closer than we think in our markets in our pantries and most frequently in our mouths if not just a well chosen bite or two away

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- I ve read a lot of health science books and The Dental Diet feels like real breakthrough in dental health science I look forward to implementing many of the suggestions laid out in the book Five Stars

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The Dental Diet The Surprising Link Between Your Teeth

November 4th, 2018 - The Dental Diet arms readers with the tools they need " including a 40 day meal plan exercises for the mouth recipes and simple cooking techniques to use in everyday life Combining cutting edge research with real world applications Dr Lin's approach will revamp your eating habits for a long and healthy life

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