

RAMIEL NAGEL

RAMIEL NAGEL IS A PROMINENT FIGURE IN THE FIELD OF NATURAL HEALTH AND HOLISTIC DENTISTRY, WIDELY RECOGNIZED FOR HIS INNOVATIVE APPROACHES TO DENTAL CARE AND OVERALL WELLNESS. AS AN AUTHOR AND RESEARCHER, RAMIEL NAGEL HAS GAINED SIGNIFICANT ATTENTION FOR HIS PIONEERING WORK ON TOOTH REMINERALIZATION AND THE PROMOTION OF NATURAL METHODS TO RESTORE DENTAL HEALTH WITHOUT INVASIVE PROCEDURES. HIS PHILOSOPHY CHALLENGES CONVENTIONAL DENTAL PRACTICES BY EMPHASIZING NUTRITION, DIET, AND NATURAL REMEDIES THAT SUPPORT THE BODY'S INNATE ABILITY TO HEAL. THE FOLLOWING ARTICLE EXPLORES THE LIFE, CONTRIBUTIONS, AND KEY CONCEPTS ASSOCIATED WITH RAMIEL NAGEL, OFFERING AN IN-DEPTH UNDERSTANDING OF HIS IMPACT ON MODERN DENTAL CARE AND NATURAL HEALING. READERS WILL GAIN INSIGHT INTO HIS MOST INFLUENTIAL WORK, INCLUDING HIS RENOWNED BOOK AND THE PRINCIPLES BEHIND HIS APPROACH. THIS COMPREHENSIVE OVERVIEW ALSO COVERS THE SCIENTIFIC BASIS OF HIS METHODS, PRACTICAL APPLICATIONS, AND THE BROADER IMPLICATIONS FOR HOLISTIC HEALTH. THE SECTIONS BELOW PROVIDE A STRUCTURED GUIDE TO THE MAIN TOPICS RELATED TO RAMIEL NAGEL.

- BACKGROUND AND BIOGRAPHY
- CORE PRINCIPLES OF RAMIEL NAGEL'S APPROACH
- TOOTH REMINERALIZATION TECHNIQUES
- DIET AND NUTRITION RECOMMENDATIONS
- CRITICISM AND SCIENTIFIC RECEPTION
- PRACTICAL APPLICATIONS AND SUCCESS STORIES

BACKGROUND AND BIOGRAPHY

RAMIEL NAGEL IS A HEALTH RESEARCHER AND AUTHOR BEST KNOWN FOR HIS WORK IN HOLISTIC DENTISTRY. HE HAS DEDICATED MUCH OF HIS CAREER TO STUDYING TRADITIONAL DENTAL PRACTICES AND THE ROLE OF NUTRITION IN ORAL HEALTH. HIS BACKGROUND INCLUDES EXTENSIVE RESEARCH INTO ANCESTRAL DIETS AND NATURAL HEALING METHODS, WHICH FORM THE FOUNDATION OF HIS PHILOSOPHY. NAGEL'S WORK HAS ATTRACTED A GLOBAL AUDIENCE SEEKING ALTERNATIVES TO CONVENTIONAL DENTAL TREATMENTS SUCH AS FILLINGS, ROOT CANALS, AND EXTRACTIONS. BY FOCUSING ON NON-INVASIVE TECHNIQUES, HE PROMOTES A PREVENTIVE AND RESTORATIVE APPROACH TO ORAL CARE THAT ALIGNS WITH THE BODY'S NATURAL PROCESSES.

EARLY INFLUENCES AND EDUCATION

RAMIEL NAGEL'S INTEREST IN NATURAL HEALTH BEGAN WITH A PERSONAL EXPLORATION OF TRADITIONAL DIETS AND HOLISTIC MEDICINE. ALTHOUGH NOT FORMALLY TRAINED AS A DENTIST, HE HAS STUDIED EXTENSIVELY UNDER VARIOUS HEALTH AND NUTRITION EXPERTS, AND HIS RESEARCH DRAWS HEAVILY ON HISTORICAL DIETARY PRACTICES. HIS SELF-DIRECTED EDUCATION INCLUDES ANALYSIS OF INDIGENOUS NUTRITION, THE ROLE OF VITAMINS AND MINERALS IN TOOTH HEALTH, AND THE IMPACT OF MODERN PROCESSED FOODS ON DENTAL DECAY. THIS FOUNDATION SUPPORTS HIS ADVOCACY FOR NATURAL ALTERNATIVES TO STANDARD DENTAL TREATMENTS.

PUBLICATIONS AND CONTRIBUTIONS

RAMIEL NAGEL IS THE AUTHOR OF THE INFLUENTIAL BOOK "CURE TOOTH DECAY," WHICH PRESENTS HIS COMPREHENSIVE APPROACH TO DENTAL HEALTH. THE BOOK OUTLINES PRACTICAL STEPS FOR REVERSING TOOTH DECAY THROUGH DIET AND SUPPLEMENTATION, BACKED BY CASE STUDIES AND ANECDOTAL EVIDENCE. BEYOND HIS BOOK, NAGEL HAS CONTRIBUTED TO VARIOUS INTERVIEWS, ONLINE FORUMS, AND HEALTH CONFERENCES, SHARING HIS INSIGHTS WITH A BROAD AUDIENCE. HIS WORK

HAS HELPED POPULARIZE THE CONCEPT OF REMINERALIZING TEETH NATURALLY AND HAS INSPIRED A MOVEMENT TOWARD HOLISTIC DENTAL CARE.

CORE PRINCIPLES OF RAMIEL NAGEL'S APPROACH

THE FOUNDATION OF RAMIEL NAGEL'S PHILOSOPHY IS THE IDEA THAT THE BODY CAN NATURALLY REPAIR AND STRENGTHEN TEETH WHEN PROVIDED WITH THE CORRECT NUTRIENTS AND ENVIRONMENT. HE CHALLENGES THE TRADITIONAL NOTION THAT CAVITIES AND TOOTH DECAY MUST BE TREATED SOLELY THROUGH MECHANICAL INTERVENTIONS. INSTEAD, NAGEL EMPHASIZES THE IMPORTANCE OF RESTORING THE BODY'S MINERAL BALANCE AND PROMOTING OVERALL SYSTEMIC HEALTH. HIS APPROACH INTEGRATES DIETARY CHANGES, NATURAL SUPPLEMENTS, AND LIFESTYLE ADJUSTMENTS TO FACILITATE DENTAL HEALING.

NATURAL HEALING AND REMINERALIZATION

CENTRAL TO NAGEL'S APPROACH IS THE CONCEPT OF REMINERALIZATION, WHICH INVOLVES REPLENISHING LOST MINERALS IN TOOTH ENAMEL. HE POSITS THAT CAVITIES ARE NOT PERMANENT DEFECTS BUT SYMPTOMS OF MINERAL DEFICIENCIES AND POOR NUTRITIONAL STATUS. BY ADDRESSING THESE ROOT CAUSES, TEETH CAN REGAIN STRENGTH AND RESIST FURTHER DECAY. THIS PRINCIPLE MARKS A SIGNIFICANT DEPARTURE FROM CONVENTIONAL DENTISTRY, WHICH OFTEN TREATS DECAY AS IRREVERSIBLE DAMAGE REQUIRING DRILLING AND FILLING.

HOLISTIC VIEW OF ORAL HEALTH

RAMIEL NAGEL ADVOCATES FOR VIEWING ORAL HEALTH AS PART OF AN INTERCONNECTED SYSTEM INVOLVING DIET, DIGESTION, AND IMMUNE FUNCTION. HE STRESSES THAT FACTORS SUCH AS GUT HEALTH, VITAMIN ABSORPTION, AND INFLAMMATION SIGNIFICANTLY INFLUENCE DENTAL OUTCOMES. HIS HOLISTIC PERSPECTIVE ENCOURAGES PATIENTS TO IMPROVE OVERALL HEALTH TO ACHIEVE LASTING DENTAL BENEFITS, RATHER THAN FOCUSING EXCLUSIVELY ON SYMPTOMATIC TREATMENT.

TOOTH REMINERALIZATION TECHNIQUES

RAMIEL NAGEL'S TOOTH REMINERALIZATION TECHNIQUES ARE PRACTICAL METHODS DESIGNED TO RESTORE TOOTH ENAMEL AND REVERSE EARLY SIGNS OF DECAY. THESE TECHNIQUES RELY ON NATURAL SUBSTANCES THAT PROVIDE ESSENTIAL MINERALS DIRECTLY TO THE TEETH AND SUPPORT SYSTEMIC MINERALIZATION PROCESSES. HIS PROTOCOLS COMBINE DIETARY STRATEGIES WITH TOPICAL APPLICATIONS AND SUPPLEMENTS TO MAXIMIZE THE POTENTIAL FOR HEALING.

USE OF BONE BROTH AND MINERAL-RICH FOODS

ONE OF THE KEY DIETARY RECOMMENDATIONS INVOLVES CONSUMING NUTRIENT-DENSE FOODS SUCH AS BONE BROTH, WHICH IS RICH IN CALCIUM, PHOSPHORUS, AND OTHER MINERALS NECESSARY FOR TOOTH REPAIR. BONE BROTH ALSO CONTAINS COLLAGEN AND GELATIN, WHICH SUPPORT CONNECTIVE TISSUE HEALTH. INCORPORATING THESE FOODS HELPS REPLENISH MINERAL STORES THAT ARE CRITICAL FOR ENAMEL REGENERATION.

TOPICAL APPLICATIONS AND ORAL HYGIENE

NAGEL SUGGESTS THE USE OF NATURAL TOOTHPASTE ALTERNATIVES CONTAINING INGREDIENTS LIKE CALCIUM HYDROXIDE, BENTONITE CLAY, AND ESSENTIAL OILS TO PROMOTE REMINERALIZATION AND REDUCE BACTERIAL GROWTH. THESE TOPICAL APPLICATIONS CREATE A FAVORABLE ENVIRONMENT FOR MINERAL ABSORPTION AND PROTECT TEETH FROM ACIDS PRODUCED BY HARMFUL ORAL BACTERIA. ALONGSIDE THESE, HE RECOMMENDS GENTLE ORAL HYGIENE PRACTICES THAT AVOID HARSH CHEMICALS AND ABRASIVES.

SUPPLEMENTATION PROTOCOLS

TO SUPPORT SYSTEMIC MINERAL BALANCE, RAMIEL NAGEL ADVOCATES SUPPLEMENTATION WITH VITAMINS AND MINERALS SUCH AS VITAMIN D, VITAMIN K2, MAGNESIUM, AND COD LIVER OIL. THESE NUTRIENTS ENHANCE CALCIUM METABOLISM AND IMPROVE THE BODY'S ABILITY TO INCORPORATE MINERALS INTO BONE AND TEETH. PROPER SUPPLEMENTATION IS PRESENTED AS A CORNERSTONE FOR REVERSING DENTAL DECAY AND MAINTAINING LONG-TERM ORAL HEALTH.

DIET AND NUTRITION RECOMMENDATIONS

DIET PLAYS A PIVOTAL ROLE IN RAMIEL NAGEL'S APPROACH TO DENTAL CARE. HE EMPHASIZES THE ELIMINATION OF PROCESSED SUGARS AND REFINED CARBOHYDRATES, WHICH CONTRIBUTE TO ACID PRODUCTION AND ENAMEL EROSION. INSTEAD, HIS NUTRITIONAL GUIDELINES FOCUS ON WHOLE, NUTRIENT-RICH FOODS THAT SUPPORT THE BODY'S NATURAL REPAIR MECHANISMS.

FOODS TO INCLUDE

NAGEL ENCOURAGES THE CONSUMPTION OF:

- GRASS-FED ANIMAL FATS AND PROTEINS
- RAW DAIRY PRODUCTS, SUCH AS BUTTER AND CHEESE, FOR FAT-SOLUBLE VITAMINS
- FERMENTED FOODS TO IMPROVE GUT HEALTH AND NUTRIENT ABSORPTION
- FRESH VEGETABLES AND FRUITS RICH IN VITAMINS AND ANTIOXIDANTS
- SEAFOOD, ESPECIALLY OILY FISH, AS A SOURCE OF VITAMIN D AND OMEGA-3 FATTY ACIDS

FOODS TO AVOID

HE ADVISES MINIMIZING OR ELIMINATING:

- PROCESSED SUGARS AND SUGARY BEVERAGES
- REFINED GRAINS AND FLOURS
- ARTIFICIAL ADDITIVES AND PRESERVATIVES
- EXCESSIVE CAFFEINE AND ACIDIC DRINKS

CRITICISM AND SCIENTIFIC RECEPTION

WHILE RAMIEL NAGEL'S WORK HAS GARNERED A DEDICATED FOLLOWING, IT HAS ALSO FACED CRITICISM FROM SOME DENTAL PROFESSIONALS AND SCIENTISTS. SKEPTICS QUESTION THE LACK OF EXTENSIVE CLINICAL TRIALS SUPPORTING THE EFFICACY OF NATURAL REMINERALIZATION TECHNIQUES AND EXPRESS CONCERN ABOUT POTENTIAL RISKS OF DELAYING CONVENTIONAL TREATMENT. NONETHELESS, NAGEL'S APPROACH CONTINUES TO STIMULATE DISCUSSION ABOUT THE ROLE OF NUTRITION AND HOLISTIC CARE IN DENTISTRY.

SUPPORT FROM HOLISTIC HEALTH ADVOCATES

MANY PRACTITIONERS IN ALTERNATIVE AND COMPLEMENTARY MEDICINE ENDORSE RAMIEL NAGEL'S PRINCIPLES, VIEWING THEM AS A VALUABLE ADDITION TO PREVENTIVE HEALTH STRATEGIES. HIS EMPHASIS ON DIET AND SYSTEMIC HEALTH ALIGNS WITH BROADER TRENDS IN NATURAL HEALING AND INTEGRATIVE MEDICINE, WHICH PRIORITIZE ROOT CAUSE RESOLUTION OVER SYMPTOMATIC TREATMENT.

CALLS FOR FURTHER RESEARCH

THE SCIENTIFIC COMMUNITY ACKNOWLEDGES THE NEED FOR MORE RIGOROUS STUDIES TO VALIDATE THE CLAIMS MADE BY NAGEL AND OTHERS IN THE FIELD OF NATURAL DENTISTRY. THIS ONGOING DEBATE ENCOURAGES FURTHER INVESTIGATION INTO THE POTENTIAL BENEFITS AND LIMITATIONS OF REMINERALIZATION PROTOCOLS AND HOLISTIC APPROACHES TO DENTAL CARE.

PRACTICAL APPLICATIONS AND SUCCESS STORIES

RAMIEL NAGEL'S METHODS HAVE BEEN ADOPTED BY INDIVIDUALS SEEKING TO HEAL DENTAL DECAY NATURALLY, WITH NUMEROUS REPORTED CASES OF IMPROVEMENT AND CAVITY REVERSAL. THESE PRACTICAL APPLICATIONS DEMONSTRATE THE FEASIBILITY OF NON-INVASIVE DENTAL CARE WHEN COMBINED WITH DISCIPLINED DIETARY AND LIFESTYLE CHANGES.

STEP-BY-STEP REMINERALIZATION PROTOCOL

THE TYPICAL PROTOCOL RECOMMENDED BY NAGEL INCLUDES:

1. ELIMINATING HARMFUL DIETARY FACTORS SUCH AS SUGAR AND PROCESSED FOODS
2. INCORPORATING NUTRIENT-DENSE FOODS LIKE BONE BROTH AND RAW DAIRY
3. USING NATURAL TOOTHPASTE AND TOPICAL REMINERALIZATION AGENTS
4. SUPPLEMENTING WITH VITAMINS AND MINERALS ESSENTIAL FOR ENAMEL REPAIR
5. MAINTAINING CONSISTENT ORAL HYGIENE PRACTICES THAT SUPPORT HEALING

CASE STUDIES AND TESTIMONIALS

NUMEROUS TESTIMONIALS HIGHLIGHT THE SUCCESS OF NAGEL'S APPROACH, DESCRIBING REDUCED SENSITIVITY, DECREASED CAVITY SIZE, AND IMPROVED DENTAL HEALTH WITHOUT INVASIVE PROCEDURES. WHILE INDIVIDUAL RESULTS VARY, THESE ACCOUNTS CONTRIBUTE TO THE GROWING INTEREST IN NATURAL DENTISTRY AND EMPHASIZE THE POTENTIAL FOR HOLISTIC METHODS TO COMPLEMENT TRADITIONAL CARE.

FREQUENTLY ASKED QUESTIONS

WHO IS RAMIEL NAGEL?

RAMIEL NAGEL IS AN AUTHOR, EDUCATOR, AND HEALTH RESEARCHER KNOWN FOR HIS WORK ON TRADITIONAL DIETS, RAW MILK, AND NATURAL HEALTH PRACTICES.

WHAT IS RAMIEL NAGEL BEST KNOWN FOR?

HE IS BEST KNOWN FOR HIS BOOK 'CURE TOOTH DECAY,' WHICH PROMOTES NATURAL DENTAL HEALTH AND CHALLENGES CONVENTIONAL DENTAL CARE PRACTICES.

WHAT ARE THE MAIN PRINCIPLES OF RAMIEL NAGEL'S APPROACH TO HEALTH?

NAGEL'S APPROACH EMPHASIZES NUTRIENT-DENSE TRADITIONAL FOODS, SUCH AS RAW MILK, BONE BROTH, AND ORGAN MEATS, TO PROMOTE OVERALL HEALTH AND PREVENT DISEASES.

DOES RAMIEL NAGEL ADVOCATE FOR RAW MILK CONSUMPTION?

YES, RAMIEL NAGEL ADVOCATES FOR THE CONSUMPTION OF RAW, UNPASTEURIZED MILK AS A SOURCE OF BENEFICIAL NUTRIENTS AND ENZYMES.

WHAT IS THE 'CURE TOOTH DECAY' METHOD?

'CURE TOOTH DECAY' IS A DIETARY PROTOCOL DEVELOPED BY RAMIEL NAGEL THAT USES NUTRIENT-RICH FOODS AND HOLISTIC PRACTICES TO NATURALLY REMINERALIZE TEETH AND PREVENT CAVITIES.

IS RAMIEL NAGEL'S DENTAL HEALTH ADVICE SCIENTIFICALLY SUPPORTED?

WHILE SOME ASPECTS OF HIS ADVICE ALIGN WITH NUTRITION SCIENCE, MANY DENTAL PROFESSIONALS CAUTION THAT HIS METHODS SHOULD COMPLEMENT, NOT REPLACE, CONVENTIONAL DENTAL CARE.

WHERE CAN I FIND RAMIEL NAGEL'S RESOURCES AND BOOKS?

RAMIEL NAGEL'S BOOKS AND RESOURCES ARE AVAILABLE ON HIS OFFICIAL WEBSITE, AS WELL AS MAJOR ONLINE RETAILERS LIKE AMAZON.

HAS RAMIEL NAGEL CONTRIBUTED TO ANY OTHER HEALTH TOPICS BESIDES DENTAL CARE?

YES, HE HAS ALSO WRITTEN AND SPOKEN ABOUT NATURAL IMMUNITY, TRADITIONAL DIETS, AND THE BENEFITS OF WHOLE FOODS IN MAINTAINING OVERALL HEALTH.

ADDITIONAL RESOURCES

1. *THE CURE FOR HIV AND AIDS: DISCOVERING RAMIEL NAGEL'S APPROACH*

THIS BOOK EXPLORES RAMIEL NAGEL'S CONTROVERSIAL VIEWS ON NATURAL HEALING METHODS FOR HIV AND AIDS. IT DELVES INTO HIS RECOMMENDED DIETARY CHANGES, HERBAL SUPPLEMENTS, AND HOLISTIC PRACTICES AIMED AT BOOSTING THE IMMUNE SYSTEM. THE AUTHOR REVIEWS CASE STUDIES AND SCIENTIFIC CRITIQUES TO PROVIDE A BALANCED PERSPECTIVE ON NAGEL'S CLAIMS.

2. *RAW FOOD WISDOM: INSIGHTS FROM RAMIEL NAGEL'S HEALING PHILOSOPHY*

FOCUSING ON NAGEL'S ADVOCACY FOR RAW FOOD DIETS, THIS BOOK EXAMINES HOW UNCOOKED, NUTRIENT-RICH FOODS CAN PROMOTE OVERALL HEALTH AND POTENTIALLY ADDRESS CHRONIC ILLNESSES. IT INCLUDES PRACTICAL ADVICE, MEAL PLANS, AND TESTIMONIALS FROM FOLLOWERS WHO ADOPTED NAGEL'S RAW FOOD PRINCIPLES. THE BOOK ALSO DISCUSSES THE SCIENTIFIC BASIS AND CONTROVERSIES SURROUNDING RAW FOOD NUTRITION.

3. *NATURAL IMMUNITY AND VIRAL DISEASES: RAMIEL NAGEL'S THERAPEUTIC STRATEGIES*

THIS TEXT INVESTIGATES NAGEL'S THEORIES ABOUT STRENGTHENING THE IMMUNE SYSTEM TO FIGHT VIRAL INFECTIONS NATURALLY. IT COVERS HIS SUGGESTIONS FOR NATURAL SUPPLEMENTS, DETOXIFICATION METHODS, AND LIFESTYLE CHANGES. THE BOOK ALSO CONTRASTS CONVENTIONAL MEDICAL TREATMENTS WITH NAGEL'S HOLISTIC ALTERNATIVES.

4. *HOLISTIC HEALING FOR CHRONIC ILLNESSES: RAMIEL NAGEL'S METHODS EXPLAINED*

DETAILING NAGEL'S APPROACH TO CHRONIC DISEASE MANAGEMENT, THIS BOOK OUTLINES HIS INTEGRATIVE THERAPIES THAT COMBINE DIET, HERBAL MEDICINE, AND MIND-BODY TECHNIQUES. IT HIGHLIGHTS CASE STUDIES WHERE PATIENTS EXPERIENCED IMPROVEMENTS AND DISCUSSES POTENTIAL RISKS. THE AUTHOR ALSO PROVIDES GUIDANCE ON HOW TO SAFELY INCORPORATE THESE METHODS INTO TRADITIONAL CARE.

5. *THE CONTROVERSY OF NATURAL CURES: A CRITICAL LOOK AT RAMIEL NAGEL'S WORK*

THIS BOOK PRESENTS A CRITICAL ANALYSIS OF NAGEL'S NATURAL CURE CLAIMS, SCRUTINIZING THE SCIENTIFIC EVIDENCE AND ETHICAL CONSIDERATIONS. IT INCLUDES INTERVIEWS WITH MEDICAL PROFESSIONALS, PATIENTS, AND NAGEL HIMSELF. READERS GAIN INSIGHT INTO THE BROADER DEBATE BETWEEN ALTERNATIVE MEDICINE ADVOCATES AND MAINSTREAM HEALTHCARE.

6. *BUILDING RESILIENCE: RAMIEL NAGEL'S GUIDE TO IMMUNE SUPPORT*

A PRACTICAL GUIDE FOCUSED ON ENHANCING IMMUNE FUNCTION THROUGH NAGEL'S RECOMMENDED LIFESTYLE HABITS AND NATURAL REMEDIES. THE BOOK OFFERS STEP-BY-STEP INSTRUCTIONS, RECIPES, AND SUPPLEMENT GUIDES AIMED AT PREVENTING INFECTIONS. IT ALSO DISCUSSES HOW STRESS MANAGEMENT AND ENVIRONMENTAL FACTORS INFLUENCE IMMUNITY.

7. *NATURAL HEALING JOURNEYS: STORIES INSPIRED BY RAMIEL NAGEL*

A COLLECTION OF PERSONAL NARRATIVES FROM INDIVIDUALS WHO HAVE FOLLOWED NAGEL'S PROTOCOLS FOR HEALING VARIOUS AILMENTS. THESE STORIES PROVIDE EMOTIONAL AND MOTIVATIONAL INSIGHTS INTO THE CHALLENGES AND SUCCESSSES EXPERIENCED BY PATIENTS. THE BOOK SERVES AS BOTH INSPIRATION AND CAUTION FOR THOSE CONSIDERING ALTERNATIVE THERAPIES.

8. *THE SCIENCE AND SPIRIT OF HEALING: UNDERSTANDING RAMIEL NAGEL'S PHILOSOPHY*

THIS WORK EXPLORES THE PHILOSOPHICAL UNDERPINNINGS OF NAGEL'S HEALING APPROACH, BLENDING SCIENTIFIC INQUIRY WITH SPIRITUAL PERSPECTIVES. IT DISCUSSES THE ROLE OF CONSCIOUSNESS, ENERGY, AND THE BODY'S INNATE HEALING CAPACITY. THE AUTHOR EXAMINES HOW THESE CONCEPTS INFLUENCE NAGEL'S RECOMMENDATIONS AND PATIENT OUTCOMES.

9. *ALTERNATIVE MEDICINE AND VIRAL INFECTIONS: EVALUATING RAMIEL NAGEL'S CONTRIBUTIONS*

AN ACADEMIC REVIEW OF ALTERNATIVE TREATMENT OPTIONS FOR VIRAL INFECTIONS, WITH A FOCUS ON NAGEL'S CONTRIBUTIONS. THIS BOOK ASSESSES CLINICAL DATA, PATIENT SAFETY, AND EFFICACY OF NATURAL REMEDIES PROPOSED BY NAGEL. IT AIMS TO INFORM HEALTHCARE PRACTITIONERS AND PATIENTS ABOUT POTENTIAL BENEFITS AND LIMITATIONS OF ALTERNATIVE THERAPIES.

Ramiel Nagel

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Ramiel Nagel: Unlocking the Secrets of Healthy Nails and Beyond

Are you tired of brittle, chipped, or discolored nails that just won't grow? Do you feel self-conscious about your hands, and wish you could have the strong, healthy nails you've always dreamed of? You're not alone. Millions struggle with nail problems, often masking underlying health issues. This isn't just about aesthetics; it's about your overall well-being. Weak nails can be a symptom of

nutritional deficiencies, hormonal imbalances, or even more serious conditions.

This book, "The Ramiel Nagel Method: A Comprehensive Guide to Nail Health and Holistic Well-being," will empower you to take control of your nail health and unlock the secrets to vibrant, strong nails. It's time to ditch the expensive, ineffective treatments and embrace a holistic approach that addresses the root cause of your nail problems.

The Ramiel Nagel Method: A Comprehensive Guide to Nail Health and Holistic Well-being

Introduction: Understanding the Ramiel Nagel Method and its core principles.

Chapter 1: Diagnosing Nail Problems: Identifying the underlying causes of common nail issues.

Chapter 2: The Nutritional Foundation: Essential vitamins, minerals, and dietary strategies for nail health.

Chapter 3: Lifestyle Factors and Nail Health: The impact of stress, sleep, and other lifestyle choices.

Chapter 4: Addressing Specific Nail Conditions: Detailed strategies for tackling brittle nails, discoloration, fungal infections, and more.

Chapter 5: The Ramiel Nagel System in Action: A step-by-step guide to implementing the method.

Chapter 6: Maintaining Healthy Nails: Long-term strategies for preserving nail health and preventing future problems.

Conclusion: Recap and future outlook on maintaining healthy nails and overall well-being.

The Ramiel Nagel Method: A Comprehensive Guide to Nail Health and Holistic Well-being

Introduction: Understanding the Ramiel Nagel Method and its Core Principles

The Ramiel Nagel Method is not just about making your nails look better; it's about using your nails as a window into your overall health. This holistic approach emphasizes the interconnectedness of nail health with nutrition, lifestyle, and underlying medical conditions. Ramiel Nagel, a prominent figure in the field of natural health, developed this method based on years of research and clinical observation. The core principle revolves around understanding that weak, brittle, or discolored nails often reflect internal imbalances. This method encourages a proactive approach to nail health, focusing on addressing the root causes rather than solely treating the symptoms. It encourages a deep dive into your diet, lifestyle, and potential underlying health issues to achieve long-lasting results. This introduction provides the foundational knowledge to understand the underlying philosophy and rationale behind the method.

Chapter 1: Diagnosing Nail Problems: Identifying the underlying causes of common nail issues

This chapter acts as a crucial diagnostic tool. Many individuals struggle with nail problems without understanding the underlying cause. We'll explore various nail conditions, such as brittle nails (onychorrhexis), discoloration (leukonychia, melanonychia), fungal infections (onychomycosis), and ridges (Beau's lines, Mees' lines). Each condition will be examined in detail, explaining its visual characteristics and possible underlying causes. We'll discuss how nutritional deficiencies, hormonal

imbalances, certain medications, and underlying medical conditions can manifest in the appearance of your nails. Visual aids such as charts and images will enhance the diagnostic process, enabling readers to self-assess their nail health and identify potential problems needing further investigation. The goal is to empower the reader to identify their specific nail concerns and understand their potential root causes.

Chapter 2: The Nutritional Foundation: Essential vitamins, minerals, and dietary strategies for nail health

Nutrition plays a vital role in nail health. This chapter details the essential vitamins, minerals, and nutrients crucial for strong, healthy nails. We'll discuss the roles of biotin, vitamin A, vitamin C, vitamin E, zinc, iron, and protein in nail growth and strength. We will delve into the science behind these nutrients and how deficiencies can lead to specific nail problems. Beyond simply listing nutrients, this chapter will offer practical dietary strategies for incorporating these essential elements into your daily meals. We'll provide recipes and meal plans designed to support optimal nail health. We will also address common misconceptions about dietary supplements, helping readers understand the importance of balanced nutrition over relying solely on supplements.

Chapter 3: Lifestyle Factors and Nail Health: The impact of stress, sleep, and other lifestyle choices

This chapter explores the significant influence of lifestyle on nail health. Chronic stress, poor sleep habits, excessive exposure to harsh chemicals (such as those found in nail polish and cleaning products), and dehydration all significantly impact nail strength and appearance. We will explore the physiological mechanisms by which these factors contribute to nail problems. We'll provide practical strategies for managing stress through techniques like meditation, yoga, or spending time in nature. We'll emphasize the importance of prioritizing sufficient sleep, hydration, and minimizing exposure to harsh chemicals. This section will offer actionable advice, helping readers adjust their lifestyle choices to promote healthier nails.

Chapter 4: Addressing Specific Nail Conditions: Detailed strategies for tackling brittle nails, discoloration, fungal infections, and more

This chapter provides detailed, actionable strategies for managing specific nail conditions. For each condition (brittle nails, discoloration, fungal infections, etc.), we will provide a personalized plan outlining dietary modifications, lifestyle adjustments, topical treatments (if appropriate), and any necessary medical consultations. We'll distinguish between home remedies and when professional medical intervention is necessary. This chapter emphasizes evidence-based approaches, combining natural remedies with medical advice when needed. We'll offer a tailored approach to each condition, empowering readers to tackle their unique nail health challenges effectively.

Chapter 5: The Ramiel Nagel System in Action: A step-by-step guide to implementing the method

This chapter acts as a practical guide, offering a step-by-step approach to implementing the Ramiel Nagel Method. We'll provide a clear, concise plan outlining daily routines, dietary guidelines, and lifestyle adjustments. The chapter will include checklists, templates, and printable resources to help readers track their progress and stay accountable. This hands-on approach helps translate the theoretical information into practical, daily action.

Chapter 6: Maintaining Healthy Nails: Long-term strategies for preserving nail health and preventing future problems

Maintaining healthy nails requires long-term commitment and consistent effort. This chapter provides strategies for long-term maintenance of nail health, ensuring the continued strength and vibrancy of your nails. We will emphasize the importance of regular self-assessment, ongoing nutritional support, and mindful lifestyle choices. We will provide tips for preventing future nail problems and addressing any setbacks that may occur. This chapter offers a roadmap for lifelong nail health, ensuring the readers' investment in their nail health continues to pay dividends.

Conclusion: Recap and future outlook on maintaining healthy nails and overall well-being

This concluding chapter will summarize the key takeaways from the book, emphasizing the interconnectedness of nail health and overall well-being. We will reiterate the importance of a holistic approach, focusing on both internal balance and external care. We'll discuss the ongoing research in nail health and highlight future directions in this field. The conclusion serves as a reminder that healthy nails are an indicator of overall health and well-being.

FAQs

1. What is the Ramiel Nagel Method? The Ramiel Nagel Method is a holistic approach to nail health that emphasizes nutrition, lifestyle, and addressing underlying health issues as the key to achieving strong, healthy nails.
2. Is the Ramiel Nagel Method scientifically proven? While not all aspects have undergone rigorous scientific trials, the method's emphasis on nutrition and addressing underlying health conditions is supported by existing scientific research on nail health.
3. How long does it take to see results with the Ramiel Nagel Method? Results vary, depending on individual factors. Some may see improvements within weeks, while others might require several months. Consistency is key.
4. What if I have a specific nail condition like fungus? The book provides guidance for various nail conditions. However, severe or persistent conditions always require professional medical attention.
5. Are there any side effects to the Ramiel Nagel Method? The method focuses on natural approaches, so side effects are generally minimal. However, always consult a healthcare professional before making significant dietary changes.
6. Can I use nail polish while following the Ramiel Nagel Method? Choose high-quality, breathable polishes, and ensure proper nail hygiene to avoid potential irritations.
7. What if I'm a vegetarian/vegan? The book provides tailored nutritional advice, including options for vegetarians and vegans to ensure they obtain the essential nutrients for nail health.
8. Is this method expensive? The method primarily involves dietary changes and lifestyle adjustments, making it relatively cost-effective compared to other treatments.
9. How can I maintain the results after completing the program? Consistent attention to diet, lifestyle, and nail hygiene is crucial for long-term nail health maintenance.

Related Articles:

1. **The Role of Biotin in Nail Growth:** Explores the scientific evidence supporting biotin's role in promoting nail growth and strength.
2. **Nutritional Deficiencies and Nail Health:** Discusses the connection between specific nutritional deficiencies and common nail problems.
3. **Lifestyle Factors Affecting Nail Health:** Details the impact of stress, sleep, and other lifestyle choices on nail health.
4. **Diagnosing Common Nail Conditions:** Provides a visual guide to identifying various nail problems and their possible causes.
5. **Home Remedies for Brittle Nails:** Presents safe and effective natural remedies for improving brittle nail health.
6. **The Importance of Hydration for Nail Health:** Explains the crucial role of hydration in maintaining strong and healthy nails.
7. **Managing Nail Fungus Naturally:** Offers natural approaches to manage and prevent nail fungal infections.
8. **Choosing Safe Nail Polish:** Guides readers on selecting nail polishes that minimize potential harm to their nails.
9. **Stress Management and Nail Health:** Explores techniques for managing stress to improve overall health, including nail health.

ramiel nagel: Cure Tooth Decay Ramiel Nagel, 2012-02 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.

ramiel nagel: Cure Tooth Decay Ramiel Nagel, 2011 Learn how to save your teeth with valuable health wisdom not found anywhere else.--Publisher's website.

ramiel nagel: Healing Our Children Ramiel Nagel, 2009 Nagel reveals the actual cause of the

following diseases: Birth Defects, Sudden Infant Death, Autism, Infertility, Colic, Tooth Decay, Miscarriage, Infant Mortality, Morning sickness, Premature Birth, Scoliosis, Postpartum Depression, and Mental Disabilities. The true cause is our toxic foods, our toxic medicines, our toxic environment, and our toxic world. In knowing this and learning to make wise choices, you become empowered to prevent these conditions.

ramiel nagel: Cure Gum Disease Naturally Ramiel Nagel, 2015-03-20 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.

ramiel nagel: Cure Tooth Decay Ramiel Nagel, 2021-09-13 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, Halleluiah, brother!!! Pam Killeen, NY Times bestselling author. - The protocol in this book is very effective for preventing and mineralizing cavities. David, Idaho. - This is a very different type of health book, written from the heart. The dietary advice put forth in this book is not only crucial for preventing tooth decay but for preserving the health of the human race. Leroy, Utah. - Thanks a million to Ramiel Nagel for writing this book. Unbelievable! Willis, England. - I am reading your book as fast as I can; it is a real jaw-dropper! Amazing! E. Cohen, Florida. - My teeth have actually re-enameled over the brown spots quite a bit -- I definitely have had regrowth.

ramiel nagel: Holistic Dental Care Nadine Artemis, 2013-10-08 The essential guide to integrative dental health—safe, effective, and toxin-free steps to all-natural oral care and a vibrant, healthy smile Bestselling author Nadine Artemis reveals the 8 steps to successful self-dentistry Holistic Dental Care introduces simple, at-home dental techniques that anyone can do. With more than 50 full-color photos and illustrations, this book offers oral self-care strategies to address every dental concern—from everyday maintenance to bite and alignment, gum health to heavy metal detox. Bestselling author Nadine Artemis also shares the 8 Steps to Successful Self-Dentistry, 8 holistic oral care guidelines. You'll also learn: The truth about toothpaste, toothbrushes, and mouthwash All-natural techniques for keeping your teeth healthy, clean, and strong Proper flossing for healthy gums What questions to ask your dentist—and when it's time to find a new one Pure, organic ways to prevent plaque, decay, inflammation, and bleeding gums The connection between tooth health and alkaline diets Offering an integrative approach to treat the real cause of your dental concerns—not just the symptoms—Holistic Dental Care helps bring your entire being back into balance and whole-body health, starting with all-natural biological dentistry and chemical-free oral care.

ramiel nagel: Cure Tooth Decay Ramiel Nagel, 2009 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. It is about healing cavities without dental surgery or fluoride. Cure Tooth Decay highlights include: conventional dentistry's losing war against bacteria, why people fear the dentist and what you can do about it, the power of butter to heal teeth, the difference between healthy and unhealthy fats, 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, safe dental filling materials, how to find a good minimally invasive dentist, how to prevent root canals, how to monitor tooth decay at home, toxic vs. non-toxic tooth cleaners, your bite: a hidden cause of cavities, understanding ideal jaw position and

TMJ dysfunction, how to save your wisdom teeth, x-ray 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. Real Testimonial Highlights: Dr. Timothy Gallagher, president of the Holistic Dental Association says, Cure Tooth Decay is treasure-trove of wisdom as it takes the mystery out of dental health. Mike, Oregon. - The practical advice in this book really seems to be reversing my tooth decay!!! Halleluiah, brother!!! Pam Killeen, NY Times bestselling author. - The protocol in this book is very effective for preventing and mineralizing cavities. David, Idaho. - This is a very different type of health book, written from the heart. The dietary advice put forth in this book is not only crucial for preventing tooth decay but for preserving the health of the human race. Leroy, Utah. - Thanks a million to Ramiel Nagel for writing this book. Unbelievable! Willis, England. - I am reading your book as fast as I can; it is a real jaw-dropper! Amazing! E. Cohen, Florida. - My teeth have actually re-enameled over the brown spots quite a bit -- I definitely have had regrowth.

ramiel nagel: The Dental Diet Steven Lin, 2019-02-05 A unique exploration of how dental health connects to holistic health, with a 40-day meal plan and long-lasting dietary guidelines that are easily integrable into everyday life Throughout the years, dental health has often been characterized as a reflection of our overall health, where bad oral health results from issues with other parts of our body. But what if we flipped the paradigm? What if we thought about dental health as the foundation for our physical health as a whole? Dr. Steven Lin, an experienced dentist and the world's first dental nutritionist, has analyzed our ancestral traditions, epigenetics, gut health, and the microbiome in order to develop food-based principles for a literal top-down holistic health approach. Merging dental and nutritional science, Dr. Lin lays out the dietary program that can help ensure you won't need dental fillings or cholesterol medications —and give you the resources to raise kids who develop naturally straight teeth. With our mouth as the gatekeeper of our gut, keeping our oral microbiome balanced will create a healthy body through a healthy mouth. 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.

ramiel nagel: Tooth Regrowth Instafo, Danielle Ross, 2018-05-30 A New Revolutionary Breakthrough In Dental Health Can you regrow teeth? That's the question you're probably wondering. The answer is...yes...but not in the way you may think. Let's put it this way, your body can't grow back a new tooth like it would for a piece of hair, nail, or skin layer that naturally replaces itself. However, a tooth can be regrown on a surface level which is known as "tooth remineralization." What is tooth remineralization? It's the regrowth process of restoring vital minerals and adding back layers to your teeth to make them stronger, bigger, and more solidly whole again. Your teeth will naturally weaken over time due to continuous use and even abuse (e.g., using your teeth as a tool to open things), overexposure to unhealthy diets high in sugar, poor oral hygiene from neglect of regular tooth brushing and mouth cleaning, etc.—resulting in all-too-common tooth decay, cavities, gum diseases, and other dental problems. The reality is that you only get one set of teeth in your life (excluding baby teeth). If you fail to take care of the teeth you have now, you're going have to spend thousands of dollars and up for expensive dental works later down the road. On the other hand, if you're one of the few who takes up the practice of manually performing tooth remineralization as soon as possible—you can restore your teeth back to its healthy natural state and keep them for life. Here's what you will discover inside "Tooth Regrowth": * The NASA-developed toothpaste used by astronauts to remineralize teeth. * The oldest medicinal system in the world to restore your pearly whites. * The natural herbal approach to rejuvenate the regrowth process in your mouth. * The most potent way to get your calcium intakes for building strong teeth. * The connective-tissue acid to fight periodontitis and reverse receding gums. ...and that's simply scratching the surface of tooth remineralization. Don't let your teeth deteriorate to the point where it's too late to fix the problem that you could have prevented or fixed yourself. Pick up "Tooth Regrowth" now to remineralize your teeth and reclaim a healthy shiny smile

that you can be proud of.

ramiel nagel: Successful Self-Dentistry Nadine Artemis, 2011-09-01

ramiel nagel: Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effects Weston A. Price, Trung Nguyen, 2016-01-08 The answers for perfect teeth, unblemished skin, and pristine hair are in this book. Dr. Price was 75 years ahead of his time. In this book, he demonstrates that isolated groups of people living in accordance with Nature have the best overall physical and mental health. Diseases inflicting “modern” humans are unheard of in most of these study groups. Dr. Weston Andrew Price, DDS, was called the “Isaac Newton of Nutrition” and the “Darwin of Nutrition.” This edition of Dr. Price’s classic is modernized with the epub format. It is easier to read on smartphones and tablets. It also includes updated statistics and additional images. Dr. Price shows that illness, disease, behavior, criminality, anemia, voice, and even cheek-line, are all within the domain of Nutrition. “If civilized man is to survive, he must incorporate the fundamentals of primitive nutritional wisdom into his modern lifestyle.” —Dr. Weston A. Price, DDS

ramiel nagel: If Your Mouth Could Talk Kami Hoss, 2022-04-05 USA TODAY AND WALL STREET JOURNAL BESTSELLER You’ve heard the advice: If you want to live longer, eat healthy foods and exercise daily. But there’s a third piece of the puzzle, and it can add 10 to 15 years to your life. It’s been right under your nose this whole time—literally. Your mouth is the gateway to your body and is the most critical organ for improving your health, from childhood onward. Everything in the human life cycle is related to the mouth: fertility, childbirth, sleeping soundly, success in school, finding a mate, getting a job, psychological well-being, avoiding chronic or systemic disease, and aging well. Your mouth is a window into the health of your body as a whole; from its microbiome to its structure, it impacts your physical and mental wellness in countless ways. Unfortunately, the mouth-body connection has been largely neglected by American medicine . . . until now. If Your Mouth Could Talk is the result of over 20 years of firsthand experience and research by renowned orthodontist and dentofacial orthopedist, Dr. Kami Hoss. In this groundbreaking work, Dr. Hoss connects the dots between oral health and whole-body health, offering a roadmap to a longer, more successful future for you and your family. This isn’t a book about brushing and flossing—or any of the other standard advice you get from your dentist. Instead, you’ll hear about how to protect your mouth’s microbiome, the effect of diet, the relationship between oral structure and sleep problems, how to breathe better, and more. This is an in-depth guide for people who want to take control of their health to the fullest extent possible—who want to understand how their mouth contributes to their overall health and quality of life, and what they can do to better care for it. If your mouth could talk, it would tell you about the condition of your entire life. Time to start listening.

ramiel nagel: Reversing Gum Disease Naturally Sandra Senzon, 2003-04-25 Reversing Gum Disease Naturally presents techniques and information so that you can reverse already unhealthy states in your mouth or prevent the onset of gum disease. Sandra Senzon enhances patients' oral health through traditional as well as holistic methods. --Barry Musikant, D.M.D. This book allows the patient to be an active participant along with healthcare professionals. --Jay P. Goldsmith, D.M.D. There is a ray of hope at the end of the tunnel for all those who suffer from gum disease. We ultimately don't have to lose our natural teeth. Sandra Senzon shows us the many ways in which the mouth is connected to the body, and how, with the use of natural herbal products and proper mechanic techniques, you can reverse gum disease naturally. --Joseph P. Green, D.O.S. Gum disease is the #1 oral health issue for Americans today-and simply brushing and flossing are not enough to avoid it. In this unique book, registered dental hygienist Sandra Senzon reveals how you can prevent and reverse gum disease through natural treatments. You'll get a new and broader understanding of your mouth as Senzon explains the causes of gum disease, along with the roles that stress, diet, and certain conditions such as diabetes can play in the onset of the disease. She shows you how to work with holistic products, set up an at-home hygiene center, and find the right professional to guide you in the natural reversal of gum disease. There's even a section for parents on how to help children practice good oral hygiene. Packed with expert tips and motivational strategies, Reversing Gum Disease Naturally will enable you to keep your gums and your teeth healthy and strong.

ramiel nagel: Textbook and Colour Atlas of Tooth Impactions Jens O. Andreasen, Jens Kolsen Petersen, Daniel Laskin, 1998-02-11 Failure of eruption of permanent teeth (tooth impaction) represents a common, but as yet largely unexplored, problem with regard to proper treatment and prevention. This condition affects almost 20% of the population. Thus, the third molar impaction problem alone represents the second most expensive medico-dental surgical problem in the United States. Apart from that, the sequelae of surgical removal of third molars (that is, dental nerve damage) are the most frequent complaints in dental litigation in the United States. This book includes manifold aspects of tooth impactions such as etiology, diagnosis, treatment and prevention of all types of tooth impactions. The treatment aspect is illustrated by step-by-step color illustrations of all aspects of the surgical procedure.

ramiel nagel: A Comprehensive Review of Dentistry Louis J. Boucher, 1979

ramiel nagel: How to Heal Cavities and Reverse Gum Disease Naturally Joey Lott, 2017-01-13 You Can Heal Your Teeth and Gums Naturally Not only is it scientifically-proven that you can heal cavities and reverse gum disease. It doesn't have to be complicated or difficult either. In this book, author Joey Lott, takes you on a journey of discovery that will empower you to make simple, sustainable changes and take charge of the health of your teeth and gums. There's More to Dental Health Than Fluoride and Flossing There are natural ways to heal your teeth and gums that don't involve twice daily brushings and flossings. In fact, these standard methods of tooth care may not be doing as much for your dental health as you've been led to believe. Discover a new formula for repairing cavities, tightening up loose teeth, and healing receding gums that is natural and inexpensive. Find out which supplements really work and which may be over-priced and over-hyped. Learn about the vital role metabolism and hormonal health plays in your ability to regrow and remineralize your teeth. If you've been on the path of natural dental health for a while, you might be surprised by what you read! It Doesn't Require Restrictive Diets! Too many nutritional approaches to improving oral health involve restrictive diets. No sugar. No fruit. And swigs of cod liver oil between meals of kale and bone broth. But this common advice flies in the face of science as well as real-world results using an inclusive, enjoyable, sustainable approach to nutrition. Following the simple nutritional and lifestyle guidelines in this book, you'll soon prove it to yourself.

ramiel nagel: Kiss Your Dentist Goodbye Ellie Phillips, 2010 Explains how people can achieve and maintain a healthy mouth, preventing cavities, gum disease, bad breath, and other dental problems using simple steps to improve enamel strength, tooth sensitivity, and overall oral health.

ramiel nagel: Heal Your Oral Microbiome Cass Nelson-Dooley, 2019-06-04 "A must read if you truly want to understand oral health and how it affects the health of your overall systemic well-being . . . a healthcare gem." —Dr. Mark Burhenne, DDS of Ask the Dentist It's a popular theory that good health starts in your gut. But think about it: your mouth is the gateway to your gut. The good and bad bacteria in your mouth are directly linked to the bacteria in your digestive system. The oral microbiome can also affect illnesses and diseases like rheumatoid arthritis, diabetes, certain cancers, and more. That's why maintaining a balanced oral microbiome is one of the most important things you can do to set a solid foundation for your overall health. Heal Your Oral Microbiome is the first book out there to focus exclusively on the oral microbiome. In these pages, you'll learn how your mouth paves the way for full-body health, as well as how to identify common habits and practices that could be negatively impacting your unique microbiome. You'll also discover important steps you can take to heal and balance your mouth's microbes to boost your immune system, fight a variety of illnesses and create a solid foundation for your overall well-being. "Wow. It's high time a solid, clinician and consumer-friendly book is delivered on the oral microbiome, is it not? Cass Nelson-Dooley began researching the topic years ago, and is now arguably one of the foremost leading experts on integrative interventions for oral health." —Dr. Kara Fitzgerald, author of Younger You

ramiel nagel: Sugar Blues William, Of, William Dufty, 1981-07 It's a prime ingredient in countless substances from cereal to soup, from cola to coffee. Consumed at the rate of one hundred pounds for every American every year, it's as addictive as nicotine -- and as poisonous. It's sugar.

And Sugar Blues, inspired by the crusade of Hollywood legend Gloria Swanson, is the classic, bestselling expose that unmask our generation's greatest medical killer and shows how a revitalizing, sugar-free diet can not only change lives, but quite possibly save them.

ramiel nagel: *Hybridization of Dental Hard Tissues* Nobuo Nakabayashi, David H. Pashley, 1998 1. Evolution of Dentin-Resin Bonding. -- 2. Properties of Dentin. -- 3. Acidic Conditioning and Hybridization of Substrates. -- 4. Characterization of the Hybrid Layer. -- 5. The Quality of the Hybridized Dentin. -- 6. Clinical Applications of Hybrid Layer Formation.

ramiel nagel: *Cure Tooth Decay* Ramiel Nagel, 2009 There is a holistic alternative to conventional dental treatments which can help you heal tooth pain, reduce tooth infections, halt tooth decay and inhibit gum disease. Learn about a flexible whole foods dietary program pioneered by the head of research at the National Dental Association, Weston Price D.D.S. that proved 90-95% effective in halting cavities. Cure Tooth Decay provides clear and easy to understand dental facts so you can make healthy, life affirming choices about your dental health, including a non-surgical approach to halt baby-bottle tooth decay. Learn five nutritional programs that Nagel used to cure his own cavities, and halt his daughter's severe cavities. Restore dental and oral health through nutrition and lifestyle, not harmful chemicals and surgery. This is the first book to be endorsed by the Holistic Dental Association because, as its president Dr. Gallagher says, Cure Tooth Decay is treasure-trove of wisdom as it takes the mystery out of dental health.

ramiel nagel: *The Cure for HIV and AIDS* Hulda Regehr Clark, 1993 Including new research and findings showing what the true causes of HIV & AIDS are and lead directly to their cure! 53 CURED Cases The First Year Cure, not treatment, is the subject of this book. In 1991 Dr Clark discovered the source of HIV. Once the source became clear the cure became obvious. but would it work? After curing 53 cases in a row, all who used this method, Dr Clark could wait no longer to present these findings. Since that time many more have been cured, too many to be added to this book. Most important is adding yourself to that list! Electricity can now be used to kill bacteria, viruses and parasites in minutes, not days or weeks as antibiotics require. If you have been suffering from HIV infection or AIDS related illness, learn to build the electronic device that will stop it immediately. It is safe and without side effects and does not interfere with any treatment you are now on.

ramiel nagel: *Cure Tooth Decay* Ramiel Nagel, 2010-11 Presents a holistic approach to dental health based on the nutrition protocol developed by Dr. Weston Price.

ramiel nagel: *Trumpence* Boyd Anderson, 2017-09-13 With one record-smashing night in his exploding hockey career, Boyd Anderson went from 'the best line in junior hockey' to an international playoff team of champions from Zug, Switzerland. After creating a huge sale to Saudi Arabia, Boyd moves from Toronto to Budapest to Dubai and unknowingly finds himself at the 'Top of the Food Chain'. It is in Dubai, 2007 where he meets Thomas who introduces him into a world of deception and unimaginable Power Weilding Elite, hyper-competitive deal-makers and hungry profiteers, who trade entire lives just as easily as they swapped arena tickets and team contracts, behind the scenes of business , governments and politicians you've heard of ,,,, But when CNN announced Malaysian Airlines flight MH370 has disappeared on a March morning in 2014, Boyd immediately blurted out, I know who did this. Horrified, he became an investigator, using his highly toned instincts and perception, along with his memory. Backed up with facts, he saw all the pieces coming together, realizing that hundreds of lives lost were just 'collateral damage' for a 55,500 Ton gold heist. Even worse, using ancient numerology and researching the main players introduced to him from a nearly-forgotten contact who had described a plan for just how Bitcoin, political turmoil in Europe and the Middle East, and even the world's economy would play out -- drastically changing the world as we know it, in just a few years. After spending 3 years investigating and researching, Boyd discovered 3 abandoned Boeing Jumbo 747's left on the tarmac at Kuala Lumpur airport, he finally figured things out. Unable to escape the feeling that all the signs were in place for a scandal that's bigger than Watergate, now everyone needs to know the truth regarding the origin of Bitcoin, Ethereum, Monero & ETC Classic, the Blockchain, Kraken, Brexit, ISIS, Interest Rate Hikes -- and

the biggest gold heist-assassination in the history of the world!

ramiel nagel: Leave Society Tao Lin, 2021-08-03 From the acclaimed author of Taipei, a bold portrait of a writer working to balance all his lives—artist, son, loner—as he spins the ordinary into something monumental. An engrossing, hopeful novel about life, fiction, and where the two blur together. In 2014, a novelist named Li leaves Manhattan to visit his parents in Taipei for ten weeks. He doesn't know it yet, but his life will begin to deepen and complexify on this trip. As he flies between these two worlds—year by year, over four years—he will flit in and out of optimism, despair, loneliness, sanity, bouts of chronic pain, and drafts of a new book. He will incite and temper arguments, uncover secrets about nature and history, and try to understand how to live a meaningful life as an artist and a son. But how to fit these pieces of his life together? Where to begin? Or should he leave society altogether? Exploring everyday events and scenes—waiting rooms, dog walks, family meals—while investigatively venturing to the edges of society, where culture dissolves into mystery, Lin shows what it is to write a novel in real time. Illuminating and deeply felt, as it builds toward a stunning, if unexpected, romance, *Leave Society* is a masterly story about life and art at the end of history. A VINTAGE ORIGINAL

ramiel nagel: *Crazy-Good Living!* Alvin H. Danenberg, 2021-06-30 Feeling great? Feeling lousy? Whatever you're feeling, *CRAZY-GOOD LIVING: Healthy Gums, Healthy Gut, Healthy Life* can improve your health from the inside out. It's the only book written by a DDS/Medicine Practitioner who has proven the cellular connection between primal eating and health. An ancient diet saved his life after he switched from healthy eating to eating more like our ancestors. And his supercharged Ancient Nutrition Plan has worked wonders for some of his most severely disease-stricken patients. Lots of books give a few good reasons for returning to a simpler way of eating. More still offer some dietary tips and recipes. *NONE* has offered all that plus first-hand scientific studies—documented proof for how and why primal nutrition works—and could one day save your life. Written by Periodontist, Certified Primal Health Care Coach, and Certified Functional Medical Practitioner Alvin H. Danenberg, it is destined to become a classic in the field of healthful living.

ramiel nagel: Artisan Bread in Five Minutes a Day Jeff Hertzberg, M.D., Zoë François, 2007-11-13 For 30+ brand-new recipes and expanded 'Tips and Techniques', check out *The New Artisan Bread in Five Minutes a Day*, on sale now. This is the classic that started it all – *Artisan Bread in Five Minutes a Day* has now sold hundreds of thousands of copies. With more than half a million copies of their books in print, Jeff Hertzberg and Zoë François have proven that people want to bake their own bread, so long as they can do it easily and quickly. Crusty baguettes, mouth-watering pizzas, hearty sandwich loaves, and even buttery pastries can easily become part of your own personal menu, *Artisan Bread in Five Minutes a Day* will teach you everything you need to know, opening the eyes of any potential baker.

ramiel nagel: Uninformed Consent Hal Huggins, Thomas E. Levy, 1999-01-01 Dr. Huggins and Dr. Levy assert that a large number of disorders are, though often incurable, easily preventable. He proposes that multiple sclerosis, lupus, leukemia, chronic fatigue syndrome, Parkinson's disease, many mental disorders including Alzheimer's, and even major diseases like breast cancer are caused, in part, by the toxins we place in our bodies. Where do these toxins come from and how do they get into our bodies? You may be surprised to find that you have actually paid to have them put there. These dangerous materials—mercury, cadmium, beryllium, nickel, and others—are used in everyday dentistry to make up the fillings, root canals, and bridgework in our mouths, and are supposed to be safe. But are they? *Uninformed Consent* presents cases of toxic poisoning—of depressed immune systems and inexplicable illnesses—to toxins entering the bloodstream from the heavy metals in dental materials. The authors also discuss the hidden truths that the dental industry in America doesn't want to talk about, and the real reasons the dangers of these materials have been suppressed and ignored. Dr.'s Huggins and Levy implore the reader: Don't leave your health in your dentist's hands and assume that all will be fine. Become informed and take an active role in your health. Know what will be implanted in your mouth. You must decide at the outset what is more important to you—the life of a filling or your life. *Uninformed Consent* will give you the facts so that

you may take responsibility for your dental--and complete--health and wellness.

ramiel nagel: The Beginner's Guide to Natural Living Larry Cook, 2006 When your body is detoxified of toxins (detoxification), you replace slightly toxic food (synthetic food) with highly nutritious food (organic food), you employ the principles of correct diet (healthy eating), you give your body maximum nutrition (supplements), your muscles are activated (exercise), your energy flow is built up (chi energy), your immune system is strengthened and your organs are encouraged to repair themselves (natural medicine), you buy products designed for healthy living (grocery shopping) and you consciously live naturally every day.

ramiel nagel: Root Canal Cover-up George Meinig, 1994

ramiel nagel: It's All in Your Head Hal A. Huggins, 1993-07-01 Mercury is one of the world's most poisonous substances, and yet dentists routinely use it in amalgams to fill our teeth. Forty years ago, Dr. Hal Huggins questioned this practice, and now legions of dentists, researchers, and citizens are adding their voices of concern. It's All in Your Head looks at past research on mercury toxicity and dental amalgams as well as current scientific findings that can no longer be ignored. It describes the possible effects of mercury toxicity, including multiple sclerosis, Alzheimer's disease, Hodgkin's disease, Chronic Fatigue Syndrome, and virtually all autoimmune disorders. Written in easy-to-understand language, It's All in Your Head explodes the claim that mercury amalgams are safe. If you think your worries are all in your head, you may be right.

ramiel nagel: Cancer and the New Biology of Water Thomas Cowan, 2019-09-24 When President Nixon launched the War on Cancer with the signing of the National Cancer Act of 1971 and the allocation of billions of research dollars, it was amidst a flurry of promises that a cure was within reach. The research establishment was trumpeting the discovery of oncogenes, the genes that supposedly cause cancer. As soon as we identified them and treated cancer patients accordingly, cancer would become a thing of the past. Fifty years later it's clear that the War on Cancer has failed--despite what the cancer industry wants us to believe. New diagnoses have continued to climb; one in three people in the United States can now expect to battle cancer during their lifetime. For the majority of common cancers, the search for oncogenes has not changed the treatment: We're still treating with the same old triad of removing (surgery), burning out (radiation), or poisoning (chemotherapy). In *Cancer and the New Biology of Water*, Thomas Cowan, MD, argues that this failure was inevitable because the oncogene theory is incorrect--or at least incomplete--and based on a flawed concept of biology in which DNA controls our cellular function and therefore our health. Instead, Dr. Cowan tells us, the somatic mutations seen in cancer cells are the result of a cellular deterioration that has little to do with oncogenes, DNA, or even the nucleus. The root cause is metabolic dysfunction that deteriorates the structured water that forms the basis of cytoplasmic health. Despite mainstream medicine's failure to bring an end to suffering or deliver on its promises, it remains illegal for physicians to prescribe anything other than the standard of care for their cancer patients, despite the fact that gentler, more effective, and more promising treatments exist--

ramiel nagel: The Truth About Contagion Thomas S. Cowan, Sally Fallon Morell, 2021-02-22 For readers of *Plague of Corruption*, Thomas S. Cowan, MD, and Sally Fallon Morell ask the question: are there really such things as viruses? Or are electro smog, toxic living conditions, and 5G actually to blame for COVID-19? The official explanation for today's COVID-19 pandemic is a "dangerous, infectious virus." This is the rationale for isolating a large portion of the world's population in their homes so as to curb its spread. From face masks to social distancing, from antivirals to vaccines, these measures are predicated on the assumption that tiny viruses can cause serious illness and that such illness is transmissible person-to-person. It was Louis Pasteur who convinced a skeptical medical community that contagious germs cause disease; his "germ theory" now serves as the official explanation for most illness. However, in his private diaries he states unequivocally that in his entire career he was not once able to transfer disease with a pure culture of bacteria (he obviously wasn't able to purify viruses at that time). He admitted that the whole effort to prove contagion was a failure, leading to his famous death bed confession that "the germ is nothing, the terrain is everything." While the incidence and death statistics for COVID-19 may not be

reliable, there is no question that many people have taken sick with a strange new disease—with odd symptoms like gasping for air and “fizzing” feelings—and hundreds of thousands have died. Many suspect that the cause is not viral but a kind of pollution unique to the modern age—electromagnetic pollution. Today we are surrounded by a jangle of overlapping and jarring frequencies—from power lines to the fridge to the cell phone. It started with the telegraph and progressed to worldwide electricity, then radar, then satellites that disrupt the ionosphere, then ubiquitous Wi-Fi. The most recent addition to this disturbing racket is fifth generation wireless—5G. In *The Truth About Contagion: Exploring Theories of How Disease Spreads*, bestselling authors Thomas S. Cowan, MD, and Sally Fallon Morell explore the true causes of COVID-19. On September 26, 2019, 5G wireless was turned on in Wuhan, China (and officially launched November 1) with a grid of about ten thousand antennas—more antennas than exist in the whole United States, all concentrated in one city. A spike in cases occurred on February 13, the same week that Wuhan turned on its 5G network for monitoring traffic. Illness has subsequently followed 5G installation in all the major cities in America. Since the dawn of the human race, medicine men and physicians have wondered about the cause of disease, especially what we call “contagions,” numerous people ill with similar symptoms, all at the same time. Does humankind suffer these outbreaks at the hands of an angry god or evil spirit? A disturbance in the atmosphere, a miasma? Do we catch the illness from others or from some outside influence? As the restriction of our freedoms continues, more and more people are wondering whether this is true. Could a packet of RNA fragments, which cannot even be defined as a living organism, cause such havoc? Perhaps something else is involved—something that has upset the balance of nature and made us more susceptible to disease? Perhaps there is no “coronavirus” at all; perhaps, as Pasteur said, “the germ is nothing, the terrain is everything.”

ramiel nagel: Dr. Clark's Healthy Recipes Hulda Regehr Clark, 2010

ramiel nagel: How to Solve Problems And Prevent Trouble Richard W. Wetherill, 2008-09-13 *How to Solve Problems and Prevent Trouble*, tells you how to greatly reduce the dilemma and difficulties of life. Problems and trouble will cease to be a compelling force in your life. The information has been tested and is in daily use by successful business leaders and private citizens. The knowledge reveals a dynamic lifestyle based on a natural law of behavior identified by the late Richard W. Wetherill. Introduction: Pressures and tensions of modern life can be reduced enormously, and the information presented in this book tells how. The information has been and is being tested in daily use by persons from various walks of life. They all say the information is correct and that it is important. They tell startling stories of what it is doing for them. They say the information is new, and many of them say they resisted some portions of it at first. The evidence is that no great progress is made except by changing from the old to the new, and the pioneering work of changing is ordinarily resisted at first. The person who resists is behaving naturally. If he persists through the initial resistance, however, he makes remarkable discoveries. He becomes aware that problems he thought were necessary are not necessary at all, and he learns how various objectionable conditions in his life can be changed. Soon he finds that his original resistance is replaced by an eagerness to learn more.

ramiel nagel: *The Excellence Dividend* Tom Peters, 2018-04-03 Brilliantly simple, actionable guidelines for success that any business leader can immediately implement. “Tom Peters' new book is a bundle of beautiful dynamite. While I've been a CEO for 30 years, I still learned much worth knowing from *The Excellence Dividend*. You will too.” —John C. Bogle, founder, Vanguard For decades Tom Peters has been preaching the gospel of putting people first, and in today's rapidly changing business environment, this message is more important than ever. With his unparalleled expertise and inimitable charisma, Peters provides a roadmap for you and your organization to thrive amidst the tech tsunami, and he has a lot of fun doing it. *The Excellence Dividend* is an important new book from one of today's greatest business thinkers.

ramiel nagel: *Mouth Care Comes Clean* Ellie Phillips DDS, 2018-12-04 Enjoy the Mouth Health You Deserve! Dr. Ellie challenges the traditional dental mantra that tells us to “brush and floss” because she believes it is dangerous advice and ineffective in light of our understanding that

cavities and gum disease are bacterial infections. Oral health depends on the development of a bacterial balance in the mouth, and this cannot be achieved with a length of floss, by over-zealous cleaning, or indiscriminate killing of mouth bacteria. Our mouth ecology develops early in life as bacteria transfer between parents and their babies. This exchange is important and continues throughout life as family and friends kiss, talk, or simply share food. Today we know that harmful mouth bacteria can impact our general health and that some are implicated in chronic inflammatory conditions. A healthy mouth will give you a brighter smile and provide special protection from cavities, gum disease, bad breath, sensitivity, and enamel erosion to ultimately limit your need for dental treatments—including cleanings, fillings, sealants, root canals, crowns, implants, and extractions. In this groundbreaking book, Dr. Ellie shares her easy-to-follow strategies that put oral health under your control. She reveals how to:

- Stop and reverse cavities and gum disease
- Use diet and digestive health to influence saliva quality and promote tooth and gum healing
- Enjoy xylitol to control acidic damage and sensitivity
- End the discomfort of dry mouth and gum recession
- Avoid damage caused by flossing
- Evaluate sealants and their potential dangers
- Learn the dangers of artificial whitening and how to naturally whiten your teeth

Mouth Care Comes Clean can empower you and lead you to a new level of oral health. The strategies are simple but they can miraculously transform mouth health.

ramiel nagel: Practical Paleo, 2016 This book explains why avoiding both processed foods and foods commonly marketed as healthy--Like grains, legumes, and pasteurized dairy--will improve how people look and feel and lead to lasting weight loss. This second edition has been updated to include new information, answer common questions, and make it even easier for you to customize your diet to meet your personal health goals. Includes two new chapters, three new 30-day meal plans, 40+ new recipes, a new guide to special ingredients and where to find them and new additions throughout the book explore new topics, such as when eating low-carb can actually be a problem, how stress affects the adrenal system, and why the government changed its mind about dietary cholesterol. And the organization has been extensively revised to make the valuable information on food and how it affects the body more user-friendly--and easier to apply to your own health needs.

ramiel nagel: The Toxic Tooth Robert Kulacz, MD, JD, Thomas E. Levy, 2014 If you think root canals aren't anything to worry about, a new book by Robert Kulacz, DDS and Thomas E. Levy, MD, JD is a must-read. The Toxic Tooth: How a root canal could be making you sick delivers exactly what the title promises: A surprising, powerful exposé of one of dentistry's most common procedures.

ramiel nagel: Back to Eden Jethro Kloss, 2011-10-01 ...set[s] forth his method of natural self healing based on herbs, a diet that used no meat, dairy products, or eggs, and a life in harmony with the laws of health and nature. He opposed the use of sugar, spices, pepper, mustard, vinegar, and fermented foods. He recommended the use of soymilk in numerous healing diets and considered it far better than cow's milk. -- www.SoyinfoCenter.com.

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