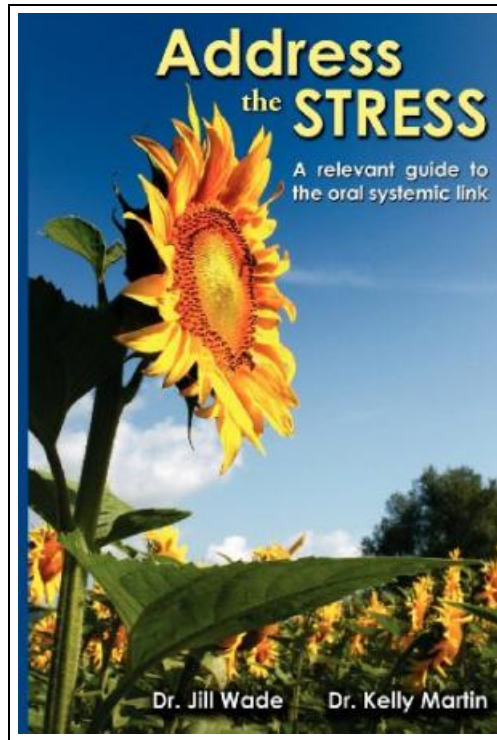


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ADDRESS THE STRESS: A RELEVANT GUIDE TO THE ORAL SYSTEMIC LINK (PAPERBACK)



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Dog Ear Publishing, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Address the Stress is a relevant guide for those dealing with the health manifestations of stress. The hard economic times over the past several years are finally taking a toll on us all, via our health. Stress is a leading cause of inflammation. And inflammation is a large root source of many underlying chronic inflammatory diseases like cardiovascular disease, gingivitis or periodontal disease, diabetes, autoimmune diseases, and cancers just to name a few. Therefore it is critical that we must address that root source of the disease, identify and remove the stressors of your life. Your mouth is the window to your body and it gives many subtle hints to your age, stress level, and overall health. Since the mouth is the gateway to your entire nutritional system, it seems only natural to focus on the oral cavity for hints to your overall health. Every day it seems science learns more and more about the links of the health of the oral cavity to our systemic body as a whole. This book encourages you to begin to think of your body as a whole. It will begin to educate you on how each part of your body and systems is interrelated to each other, not just individual parts and pieces. The newest wave toward healthcare - the oral systemic link - may make your dentist the first line of defense for your diagnostic health assessment. Yes, you heard correctly: your dentist. Chronic inflammatory disease is what seems to be the key to the oral systemic link. The same inflammatory response that occurs in your mouth as gingivitis is the same type of inflammatory response that can be occurring in your...



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