

Chapter 1

Health Mouth, Healthy You Chapter Review Sheet



LIVING WELL
with DR. MICHELLE

— Chapter 1 — What is a Holistic Dentist?

- **Take-Aways**
- **Things To Do**
- **Dental Check List**

Chapter 1

Healthy Mouth, Healthy You

Chapter Review Sheet

Take-Aways

- My Journey started when I had mercury poisoning. That journey led me to realize how much an impact Dentistry has on overall health.
- This course will:
 - Teach you how to never have a cavity again
 - Teach you a Mouth Friendly Diet
 - Teach you how to avoid problems in traditional dentistry and medicine
 - Teach you about your dental problems
 - Help you solve dental problems
- Traditional health care is usually disconnected. I want you to know “the why” and the causes behind the symptoms.
- It is estimated that 80% of all illness comes from the mouth.
- The majority of many serious diseases are caused by dental problems.
- Find a dentist that passes the dental checklist.

Things To Do

- Ask to receive the care you need. Understand the why behind your symptoms and treatment recommendations.
- Use the Dentist Checklist to find a dentist that can help you the right way