

health through oral wellness

Health Through Oral Wellness: Your Smile's Impact on Overall Wellbeing

Are you aware that the health of your mouth directly impacts your overall health? It's more than just pearly whites; it's a gateway to a healthier, happier you. This comprehensive guide explores the fascinating connection between oral wellness and systemic health, revealing how prioritizing your smile can significantly improve your quality of life. We'll delve into the often-overlooked link between oral hygiene and chronic diseases, explore practical strategies for optimal oral care, and highlight the importance of regular dental check-ups. Get ready to discover how achieving "health through oral wellness" is within your reach!

The Astonishing Connection: Oral Health and Systemic Diseases

The mouth isn't an isolated ecosystem; it's intricately connected to the rest of your body. Emerging research continually strengthens the evidence linking poor oral hygiene to a surprising array of health issues. This isn't just about cavities; we're talking about serious conditions.

1. **Heart Disease:** Studies suggest a strong correlation between periodontal disease (gum disease) and an increased risk of cardiovascular problems. Bacteria from infected gums can enter the bloodstream, potentially contributing to inflammation and plaque buildup in arteries, leading to heart attacks and strokes. Maintaining healthy gums is, therefore, a crucial step in protecting your heart health.
1. **Diabetes:** Individuals with diabetes are at a significantly higher risk of developing gum disease. High blood sugar levels create an environment conducive to bacterial growth, leading to more severe infections and slower healing. Conversely, uncontrolled gum disease can further complicate diabetes management by impacting blood sugar control. Effective oral hygiene is vital for individuals managing diabetes.
1. **Respiratory Infections:** Bacteria in the mouth can be aspirated into the lungs, increasing the risk of pneumonia and other respiratory infections, particularly in older adults or those with weakened immune systems. Good oral hygiene practices help minimize this risk.

1. **Pregnancy Complications:** Gum disease during pregnancy has been linked to premature birth and low birth weight. Pregnant women need to prioritize oral health even more diligently.

1. **Alzheimer's Disease:** Recent studies suggest a possible link between periodontal disease and an increased risk of cognitive decline, including Alzheimer's disease. While the research is ongoing, maintaining good oral health remains a proactive measure.

Practical Strategies for Optimal Oral Wellness

Achieving "health through oral wellness" isn't about complex rituals; it's about consistent, simple practices:

Brushing and Flossing: The cornerstone of oral hygiene. Brush twice a day for at least two minutes each time using fluoride toothpaste, and floss daily to remove plaque and food particles from between your teeth. Consider an electric toothbrush for more effective cleaning.

Healthy Diet: Limit sugary drinks and snacks. A balanced diet rich in fruits, vegetables, and whole grains supports overall health, including oral health.

Regular Dental Checkups: Schedule professional cleanings and examinations at least twice a year. Early detection and treatment of dental problems are crucial for preventing more severe issues.

Hydration: Drinking plenty of water helps wash away food particles and keeps your mouth moist, reducing the risk of dry mouth, a condition that increases susceptibility to cavities and gum disease.

Quit Smoking: Smoking significantly increases the risk of gum disease, oral cancers, and other oral health problems. Quitting is one of the best things you can do for your overall health, including your oral health.

Address Dry Mouth: If you experience persistent dry mouth, talk to your dentist or doctor. They can help identify the underlying cause and recommend appropriate treatments. Dry mouth can significantly increase your risk of cavities.

The Role of Your Dentist in Achieving Health Through Oral Wellness

Your dentist is more than just someone who fixes cavities. They are a vital part of your overall healthcare team. They can:

Detect early signs of oral cancer: Regular checkups can identify potential problems early, increasing the chances of successful treatment.

Assess your risk factors for systemic diseases: Your dentist can identify potential links between your oral health and other health concerns.

Provide personalized advice and guidance: Based on your individual needs, your dentist can offer tailored recommendations for maintaining optimal oral hygiene.

Refer you to specialists if needed: If they identify any complex issues, they can refer you to specialists like periodontists (gum specialists) or oral surgeons.

Conclusion

Maintaining "health through oral wellness" is an investment in your overall well-being. By adopting simple yet effective oral hygiene practices, scheduling regular dental checkups, and maintaining a healthy lifestyle, you can significantly reduce your risk of various health problems and enjoy a happier, healthier life. Remember, your smile is a window to your overall health – treat it well!

Frequently Asked Questions (FAQs)

1. How often should I replace my toothbrush? It's recommended to replace your toothbrush every three to four months, or sooner if the bristles are frayed.
1. Is it necessary to floss if I brush thoroughly? No, brushing alone doesn't remove plaque and food particles from between your teeth. Flossing is essential for complete oral hygiene.
1. Can mouthwash replace brushing and flossing? Mouthwash is a supplementary tool, not a replacement for brushing and flossing. It helps to freshen breath and reduce bacteria, but it doesn't remove plaque effectively.
1. What are the signs of gum disease? Signs of gum disease include bleeding gums, red or swollen gums, persistent bad breath, and receding gums. If you notice any of these symptoms, consult your dentist immediately.

1. How can I prevent dry mouth? Stay hydrated by drinking plenty of water throughout the day. Avoid tobacco and alcohol, and consider using sugar-free gum or lozenges to stimulate saliva production. If dry mouth persists, consult your doctor or dentist.

health through oral wellness: It's All in Your Mouth Dominik Nischwitz, 2020-03-18 The future of medicine—and the key to a healthier life—starts in your mouth American dentists are beginning to discover what some of their European counterparts have long understood: Many common chronic conditions—obesity, inflammation, stroke, diabetes, Alzheimer's, heart disease, and cancer, among others—often have their origins in the mouth. In a groundbreaking new work, German dentist Dr. Dominik Nischwitz presents the principles of biological dentistry along with emerging scientific research on the mouth's vital role in the body's microbiome—a key to whole body wellness. Challenging conventional dental wisdom that views the teeth as separate from the rest of the body, and conventional dental practices that often cause more harm than good, *It's All in Your Mouth* delivers: The latest research on the microbiome and the mouth Critical information on the dangers of root canals and amalgam fillings The important role of nutrition in oral health and hygiene A clarion call for a new approach to dentistry Sensible, holistic, and humane, *It's All in Your Mouth* offers a necessary new approach to natural immunity to chronic disease and integrating dental hygiene into whole body health.

health through oral wellness: *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.

health through oral wellness: *The Mouth-Body Connection* Gerald P. Curatola, Diane Reverand, 2017-06-20 Acclaimed oral health expert and wellness pioneer, Dr. Gerry Curatola, explores the bi-directional relationship between the health of your mouth and your body, and provides a groundbreaking program for creating a healthy mouth that will help maintain a healthy body. The mouth acts as mirror and a gateway and reflects what is happening in the rest of your body and the health of your mouth appears to have a profound impact on the rest of your body. Chronic, low-grade oral disease is a major source of inflammation throughout your body, which can

sometimes result in serious systemic problems, including cardiovascular disease, type 2 diabetes, obesity, and premature birth. The Mouth-Body Connection educates the reader on the natural ecology of the mouth. The oral microbiome consists of communities of 20 billion microorganisms of more than six hundred types-keeping these communities balanced is the key to well-being. Dr. Curatola's program, thirty years in the making, helps to restore microbiome balance and reduce health-destroying inflammation. The Curatola Care Program fosters a healthy oral microbiome by means of diet, supplements, exercise, and stress reduction. Four weeks of meal plans and fifty delicious recipes will convince you that eating for balance can be a treat. There are supplement schedules for each stage, two high-intensity band workouts that take only 15 minutes twice a week, relaxation techniques, and yoga postures to fight inflammation. In just four weeks, you will reboot your body and begin to take control of your health. Best of all, your brilliant smile will prove that you have never felt better.

health through oral wellness: Oral Health Literacy Institute of Medicine, Board on Population Health and Public Health Practice, Roundtable on Health Literacy, 2013-02-19 The Institute of Medicine (IOM) Roundtable on Health Literacy focuses on bringing together leaders from the federal government, foundations, health plans, associations, and private companies to address challenges facing health literacy practice and research and to identify approaches to promote health literacy in both the public and private sectors. The roundtable serves to educate the public, press, and policy makers regarding the issues of health literacy, sponsoring workshops to discuss approaches to resolve health literacy challenges. It also builds partnerships to move the field of health literacy forward by translating research findings into practical strategies for implementation. The Roundtable held a workshop March 29, 2012, to explore the field of oral health literacy. The workshop was organized by an independent planning committee in accordance with the procedures of the National Academy of Sciences. The planning group was composed of Sharon Barrett, Benard P. Dreyer, Alice M. Horowitz, Clarence Pearson, and Rima Rudd. The role of the workshop planning committee was limited to planning the workshop. Unlike a consensus committee report, a workshop summary may not contain conclusions and recommendations, except as expressed by and attributed to individual presenters and participants. Therefore, the summary has been prepared by the workshop rapporteur as a factual summary of what occurred at the workshop.

health through oral wellness: *The U.S. Oral Health Workforce in the Coming Decade* Institute of Medicine, Board on Health Care Services, 2009-11-24 Access to oral health services is a problem for all segments of the U.S. population, and especially problematic for vulnerable populations, such as rural and underserved populations. The many challenges to improving access to oral health services include the lack of coordination and integration among the oral health, public health, and medical health care systems; misaligned payment and education systems that focus on the treatment of dental disease rather than prevention; the lack of a robust evidence base for many dental procedures and workforce models; and regulatory barriers that prevent the exploration of alternative models of care. This volume, the summary of a three-day workshop, evaluates the sufficiency of the U.S. oral health workforce to consider three key questions: What is the current status of access to oral health services for the U.S. population? What workforce strategies hold promise to improve access to oral health services? How can policy makers, state and federal governments, and oral health care providers and practitioners improve the regulations and structure of the oral health care system to improve access to oral health services?

health through oral wellness: *Nutrition and Oral Health* Gerry McKenna, 2021-09-24 This book explores in depth the relationships between nutrition and oral health. Oral health is an integral part of general health across the life course, and this book examines nutritional and oral health considerations from childhood through to old age, with particular attention focused on the consequences of demographic changes. Current knowledge on the consequences of poor diet for the development and integrity of the oral cavity, tooth loss, and the progression of oral diseases is thoroughly reviewed. Likewise, the importance of maintenance of a disease-free and functional dentition for nutritional well-being at all stages of life is explained. Evidence regarding the impact of

oral rehabilitation on nutritional status is evaluated, and strategies for changing dietary behaviour in order to promote oral health are described. Nutrition and Oral Health will be an ideal source of information for all who are seeking a clearly written update on the subject.

health through oral wellness: 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.

health through oral wellness: Pregnancy and Oral Health Sheila Wolf, 2004 Four out of five Americans, and a similar proportion of people around the world, suffer from gum disease. In addition to increasing the risks of heart attack, stroke, diabetic complications and other life-threatening health problems, gum infections pose a particular risk to mothers-to-be. Pregnant women with severe gum infections are seven times more likely to have a premature or low birth weight baby, prone to serious illness and even death. Of the four million babies born each year in the US, more than 460,000 are born too early or too small. Drawing on more than thirty years' experience as a dental hygienist at the forefront of non-surgical periodontal care, Sheila is bringing a crucial message to expectant mothers. Pregnancy and Oral Health contains vital information and a simple, anti-bacterial self-care program that safeguards mother and baby against the dangerous consequences of oral infections, succeeding where the outdated methods of traditional dentistry fail.

health through oral wellness: Teeth Mary Otto, 2017-03-14 An NPR Best Book of 2017 [Teeth is] . . . more than an exploration of a two-tiered system—it is a call for sweeping, radical change. —New York Times Book Review Show me your teeth, the great naturalist Georges Cuvier is credited with saying, and I will tell you who you are. In this shattering new work, veteran health journalist Mary Otto looks inside America's mouth, revealing unsettling truths about our unequal society. Teeth takes readers on a disturbing journey into America's silent epidemic of oral disease, exposing the hidden connections between tooth decay and stunted job prospects, low educational achievement, social mobility, and the troubling state of our public health. Otto's subjects include the pioneering dentist who made Shirley Temple and Judy Garland's teeth sparkle on the silver screen and helped create the all-American image of pearly whites; Deamonte Driver, the young Maryland boy whose tragic death from an abscessed tooth sparked congressional hearings; and a marketing guru who offers advice to dentists on how to push new and expensive treatments and how to keep Medicaid patients at bay. In one of its most disturbing findings, Teeth reveals that toothaches are not an occasional inconvenience, but rather a chronic reality for millions of people, including disproportionate numbers of the elderly and people of color. Many people, Otto reveals, resort to prayer to counteract the uniquely devastating effects of dental pain. Otto also goes back in time to understand the roots of our predicament in the history of dentistry, showing how it became separated from mainstream medicine, despite a century of growing evidence that oral health and general bodily health are closely related. Muckraking and paradigm-shifting, Teeth exposes for the first time the extent and meaning of our oral health crisis. It joins the small shelf of books that change the way we view society and ourselves—and will spark an urgent conversation about why our teeth matter.

health through oral wellness: *Risk Assessment in Oral Health* Iain L.C. Chapple, Panos N. Papapanou, 2020-03-25 This book is a wide-ranging guide to risk assessment and risk-based prevention in oral health and dentistry. Readers will find clear explanations of the principles, models, and tools of risk assessment, as well as practical information on risk assessment in relation to periodontal disease, caries, tooth wear, and oral cancer. The lessons that the oral healthcare profession can learn from experiences regarding risk assessment in primary medical care practice, particularly in cardiovascular and diabetes medicine, are highlighted. The closing section focuses specifically on implementation of risk assessment within the dental practice, including training of the oral healthcare team and the need to take into account medicolegal considerations. The book is a very timely addition to the literature, given the move towards wellness- rather than repair-based models of healthcare in Europe and North America and the focus of dental contracts on risk-driven care pathways. It will be of high value for not only practitioners but also professionals and healthcare funding bodies.

health through oral wellness: *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.

health through oral wellness: *Healthy Mouth, Healthy You!* Michelle Coles Jorgensen Dds, Michelle Jorgensen, 2019-01-07 An honest and open-minded guide to whole-body-health written by a dentist that has been where you are. Dr. Michelle Jorgensen, DDS, nearly lost her health and career due to problems in modern conventional dentistry. This sent her on a quest to find the materials and procedures in dentistry that are dangerous to health, and how to prevent problems as well as heal from disease. After years of in-the-trenches work, she has created a simple to read, easy to understand guide to Whole Body Wellness. You will learn that whole body wellness begins in the mouth. She shares new research that shows dental health is the cause or a contributor to 60-80% of all chronic disease. She also teaches how to never have a cavity again, how to eat for dental and overall health, and how to care for your teeth once a day, the right way. If you have been frustrated with conventional dentistry and the drill and fill...and bill method of treatment, this book will be a breath of fresh air for you. Dr. Jorgensen also shares openly about the problems in dentistry today, how they are impacting your health, and what you can do to get out of the mess you are in. Avoiding internet hype about dental health, she gives straight forward advice, backed by the latest research, in a simple to use format. *Healthy Mouth, Healthy YOU* highlights: -Understanding what causes cavities and how to avoid them-How to clean your mouth, Once a Day, the Right way-Which cavities can be healed and how to do it-What dangers lurk beneath root canals and mercury fillings-A clear picture of the devastating affects of unchecked gum disease-How to eat for better mouth and overall health-Why teenagers and pregnant women get more cavities and what to do about it-And more...

health through oral wellness: *Oral Health in America* , 2000

health through oral wellness: *Your Mouth - Your Life* Dds Mds Jean Jean-Pierre, Jean-Max Jean-Pierre, 2016-08-01 Warning: Your Oral Health Could Be Increasing Your Chances of Cancer,

Stroke, Heart Disease, Diabetes and Other Inflammatory Diseases! Even if you brush, floss and rinse regularly! Inside Your Mouth - Your Life, Dr. Jean-Max Jean-Pierre guides you on a journey to discover the relationship between your oral health and your overall health, demonstrating the holistic priority of your oral health. Even if you think your mouth is in the best shape possible, you will be surprised to find out what you are missing and Dr. Jean-Pierre provides a wealth of evidence. The science cannot lie. According to a 2012 Centers for Disease Control study, in the USA, gum disease affects 56.4% of men, 38.4% of women, and 64.2% of smokers. He will show you the connection between oral health and the deadly diseases that negatively affect people every day such as heart disease, stroke, arthritis, irritable bowel syndrome, cancer and more. Going to the dentist twice a year and brushing your teeth a few times a day isn't enough. Dr. Jean-Pierre will walk you through the process to create an individualized oral health plan, one that is tailored for you, your body, your current conditions and your needs. Very few other books provide such in-depth walkthroughs. Inside you will discover: How to take control of your periodontal health Why seeking care of a periodontal specialist could save your life How to fight oral inflammation is key to increasing your expectancy Why twice a year dental visits just isn't enough If you're suffering from systemic disease, how others have improved their health and life How to reduce your chances of cancer, heart disease, diabetes and stroke And more! With so many fighting these diseases - and so many more at risk, you owe it to yourself to read this short book. Scroll up and hit the buy button now!

health through oral wellness: *Advancing Oral Health in America* Institute of Medicine, Board on Health Care Services, Committee on an Oral Health Initiative, 2012-01-05 Though it is highly preventable, tooth decay is a common chronic disease both in the United States and worldwide. Evidence shows that decay and other oral diseases may be associated with adverse pregnancy outcomes, respiratory disease, cardiovascular disease, and diabetes. However, individuals and many health care professionals remain unaware of the risk factors and preventive approaches for many oral diseases. They do not fully appreciate how oral health affects overall health and well-being. In *Advancing Oral Health in America*, the Institute of Medicine (IOM) highlights the vital role that the Department of Health and Human Services (HHS) can play in improving oral health and oral health care in the United States. The IOM recommends that HHS design an oral health initiative which has clearly articulated goals, is coordinated effectively, adequately funded and has high-level accountability. In addition, the IOM stresses three key areas needed for successfully maintaining oral health as a priority issue: strong leadership, sustained interest, and the involvement of multiple stakeholders from both the public and private sectors. *Advancing Oral Health in America* provides practical recommendations that the Department of Health and Human Services can use to improve oral health care in America. The report will serve as a vital resource for federal health agencies, health care professionals, policy makers, researchers, and public and private health organizations.

health through oral wellness: Darby & Walsh Dental Hygiene - E-Book Jennifer A Pieren, Cynthia Gadbury-Amyot, 2024-01-19 **Selected for Doody's Core Titles® 2024 with Essential Purchase designation in Dental Hygiene & Auxiliaries** *Darby & Walsh Dental Hygiene: Theory and Practice*, 6th Edition offers everything you need to succeed in your coursework and clinical and professional practice. No other dental hygiene foundational text incorporates clinical competencies, theory, and evidence-based practice in such an approachable way. All discussions — from foundational concepts to diagnosis to pain management — are presented within the context of a unique person-centered model that takes the entire person into consideration. A veritable who's-who of dental hygiene educators, practitioners, and researchers cite the latest studies throughout the text to provide a framework to help you in your decision-making and problem-solving. New to this edition is an increased focus on new and emerging technologies, enhanced coverage of infection control in the time of COVID-19, and new chapters on telehealth and teledentistry and mental health and self-care. - Focus on research and evidence-based practice offers insights from expert chapter authors (educators, practitioners, and researchers) from across the United States and beyond. - Expansive art program features modern illustrations and updated clinical photos to visually

reinforce key concepts. - Step-by-step procedure boxes highlight key points with accompanying illustrations, clinical photos, and rationales; online procedure videos are included with new text purchase. - Human Needs Conceptual Model/Oral Health Related Quality of Life frameworks, in which all discussions are presented within the context of a person-centered care model, take the entire person into consideration. - Learning aids in each chapter include professional development opportunities; learning competencies; patient education tips; critical thinking scenarios; and discussions of legal, ethical, and safety issues, which help your practical application and problem-solving skills and bring the profession to life. - NEW! Increased focus on new and emerging technologies keeps you up to date with the latest advances in the field. - NEW! Telehealth chapter explains how to practice telehealth and teledentistry in nontraditional and community-based settings. - NEW! Mental Health and Self-Care chapter provides timely content on safeguarding mental health and wellness for the practitioner and the patient. - UPDATED! Enhanced coverage of infection control prepares you to practice as a dental hygienist in the time of COVID-19 and potential future pandemic events. - UPDATED! Coverage of Caries Management by Risk Assessment (CAMBRA®) for integrating into the dental hygiene process of care. - EXPANDED! Further integration of the current American Academy of Periodontology periodontal classifications throughout the text. - Integration of theory throughout the book includes content on how to incorporate the use of theory in practice.

health through oral wellness: 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

health through oral wellness: 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.

health through oral wellness: *Gasp!* Michael Gelb, Howard Hindin, 2016-09-09 The Airway Centric(R) Model prevents Airway-Centered Disorders, Sleep-Disordered Breathing to maintain mental and physical health. Learn how to recognize and correct Airway-Centered Disorders, Sleep-Disordered Breathing. Gasp is about our airway, breathing and sleep. Problems can start at birth. Many premature babies are mouth breathers. A poorly structured and functioning airway leads to mouth breathing, snoring and sleep apnea; it can interfere with restorative sleep and ultimately damage the part of the brain called the prefrontal cortex, which controls executive function skills, attentiveness, anxiety and depression. Learn how to restore an ideal airway with early intervention, and where to go for help. Learn how once the airway is established with breastfeeding, allergy treatment, and other methods, neurocognitive and neurobehavioral problems are greatly improved-often without any medication. Anxiety and depression are alleviated, and the behavior and performance of children are remarkably transformed. Today there is a health movement toward Wellness. Wellness is about diet and nutrition, exercise, and mental attitude. The new paradigm is called Functional Medicine. It addresses the causes of chronic disease with an individualized approach and emphasizes early intervention. It restores the balance amongst functional systems and the networks that connect them. The missing link is airway, breathing, and sleep. If we don't breathe well when we sleep, 1/3 of our life is affected. Gasp describes the impact of a narrowed airway from cradle to grave. Every day, we encounter fatigued patients with chronic headaches and neck pain. They have difficulty concentrating; they suffer with GI problems from acid reflux to irritable bowel syndrome. They range from thin women to men who have put on a few pounds. And you do not have to be obese to have an airway problem. Many of our younger patients with ADHD and airway issues have little body fat. Time after time we see that once the airway is opened during the day and maintained during sleep, the transformation is quick and dramatic. Breathing is life.

health through oral wellness: Mouth Matters Carol Vander Stope, 2010-01-18 Your dental professional can surmise you have heart disease, stroke risk, osteoporosis, diabetes, or pre-diabetes just by 'reading' the condition of your gums and the bone around your teeth. You may have heard that poor gum management leads to heart disease, but the damage goes far beyond that. Through chronic inflammatory processes, gum disease reflects and influences general health and aging in ways not imagined just a few years ago. MOUTH MATTERS is the first book that describes how your oral health affects your heart, blood vessels, lungs, bones, and kidneys. It reviews how gum disease can influence diabetes and pregnancy outcomes, or cause the rejection of artificial joints. It introduces oral cancer risks and jaw-joint/clenching problems. And of course it explains many people's biggest fear - how teeth are lost without pain or any other noticeable symptoms until the end stages of the disease that leads to their loss. MOUTH MATTERS also tells you what you can do about it. If you want to live a long and vibrant life in our disease-ridden western society, you need to learn the vital strategies that control inflammation. The seeds for inflammation are sown decades before chronic inflammation expresses as disease. If you already suffer chronic inflammation, what you learn in these pages will help you douse the inflammatory fires. Educating yourself means you welcome the opportunity to take control of your health and the health of your family. Learn how to naturally strengthen your own body systems so you can resist disease, rather than create it!

health through oral wellness: Dental Hygiene - E-Book Margaret Walsh, Michele Leonardi Darby, 2014-04-15 Emphasizing evidence-based research and clinical competencies, Dental Hygiene: Theory and Practice, 4th Edition, provides easy-to-understand coverage of the dental hygienist's roles and responsibilities in today's practice. It offers a clear approach to science and theory, a step-by-step guide to core dental hygiene procedures, and realistic scenarios to help you develop skills in decision-making. New chapters and content focus on evidence-based practice, palliative

care, professional issues, and the electronic health record. Written by Michele Leonardi Darby, Margaret M. Walsh, and a veritable Who's Who of expert contributors, Dental Hygiene follows the Human Needs Conceptual Model with a focus on client-centered care that takes the entire person into consideration. UNIQUE! Human Needs Conceptual Model framework follows Maslow's human needs theory, helping hygienists treat the whole patient — not just specific diseases. Comprehensive coverage addresses the need-to-know issues in dental hygiene — from the rationale behind the need for dental hygiene care through assessment, diagnosis, care planning, implementation, pain and anxiety control, the care of individuals with special needs, and practice management. Step-by-step procedure boxes list the equipment required and the steps involved in performing key procedures. Rationales for the steps are provided in printable PDFs online. Critical Thinking exercises and Scenario boxes encourage application and problem solving, and help prepare students for the case-based portion of the NBDHE. Client Education boxes list teaching points that the dental hygienist may use to educate clients on at-home daily oral health care. High-quality and robust art program includes full-color illustrations and clinical photographs as well as radiographs to show anatomy, complex clinical procedures, and modern equipment. Legal, Ethical, and Safety Issues boxes address issues related to risk prevention and management. Expert authors Michele Darby and Margaret Walsh lead a team of international contributors consisting of leading dental hygiene instructors, researchers, and practitioners. NEW chapters on evidence-based practice, the development of a professional portfolio, and palliative care provide research-based findings and practical application of topics of interest in modern dental hygiene care. NEW content addresses the latest research and best practices in attaining clinical competency, including nutrition and community health guidelines, nonsurgical periodontal therapy, digital imaging, local anesthesia administration, pharmacology, infection control, and the use of the electronic health record (EHR) within dental hygiene practice. NEW photographs and illustrations show new guidelines and equipment, as well as emerging issues and trends. NEW! Companion product includes more than 50 dental hygiene procedures videos in areas such as periodontal instrumentation, local anesthesia administration, dental materials manipulation, common preventive care, and more. Sold separately.

health through oral wellness: Heal Up! Sanda Moldovan, 2018-09-20 How To Repair, Rebuild, And Renew Naturally Our healthcare system is inundated with antiquated methods for healing that promise to repair your body; however, not all remedies are created equal, and some can make many people sick, and even kill others. From toxic and potentially addictive prescription painkillers, such as opioids, to one-size fits all cures -- unsubstantiated by reliable scientific research -- you, the consumer, are left to navigate a confusing maze to determine your best treatment options. Heal Up! Seven Ways to Faster Healing and Optimum Health is Dr. Moldovan's prescription for discovering natural alternatives for what ails you, as well as preventative medicines. Internationally acclaimed periodontist and nutritionist Dr. Sanda Moldovan has developed seven vital ways to heal your body, which are derived from nature's own resources. From proper nutrition and hydration tips to using energy and meditation, Dr. Moldovan teaches you how to rely on Mother Nature as the ultimate comprehensive healer. Basic ingredients from elements found within our planet help you look and feel your best, from the inside out. Based on her extensive professional career in oral health and nutrition, Dr. Moldovan has compiled her vast knowledge and experiences to provide her patients and readers with trusted sources of authentic healing properties for our bodies. By embracing her antidotes to many traditional pharmaceuticals for relieving pain, fatigue, inflammation, and other maladies, you can regain control of your overall health. Heal Up! assembles all the ingredients you need to repair, rebuild, and renew your body by utilizing many of the Earth's free gifts as therapeutic agents. Heal Up! is Dr. Moldovan's preferred treatment plan for achieving a greater overall well-being.

health through oral wellness: Gutbliss Robynne Chutkan M.D., 2014-10-07 A renowned physician shares her complete 10-day digestive tune-up for women, with important revelations about good gastrointestinal health. Many so-called cures for women's bloating and indigestion, from juice cleanses to specialty diets, are based on junk science. For women seeking true relief from that

overall feeling of discomfort in any size jeans, Dr. Robynne Chutkan has the perfect plan for feeling light, tight, and bright in ten days. Gutbliss offers: A primer on the real reasons for gastrointestinal distress, and why it's much more common in women A look at the debilitating side effects of supposedly healthy habits—from Greek yogurt to bloat-inducing aspirin An expert analysis of symptoms that could indicate a serious underlying condition An indispensable checklist to pinpoint the exact cause of your bloating Just a few small changes in diet, lifestyle, and exercise can make a huge difference in a woman's digestive health, but the changes have to be the right ones. Going beyond the basics of top sellers such as Wheat Belly, Dr. Chutkan's Gutbliss empowers women to take control of their gastrointestinal wellness.

health through oral wellness: Darby and Walsh Dental Hygiene E-Book Jennifer A Pieren, Denise M. Bowen, 2019-03-04 Back and better than ever, Darby and Walsh's Dental Hygiene: Theory and Practice, 5th Edition offers everything you need to succeed in your coursework, at certification, and in clinical practice. No other dental hygiene text incorporates the clinical skills, theory, and evidence-based practice in such an approachable way. All discussions — from foundational concepts to diagnosis to pain management — are presented within the context of a unique patient-centered model that takes the entire person into consideration. New to this fifth edition is a much more streamlined approach — one that stays focused on need-to-know information, yet also houses expanded content on things like alternative practice settings, pediatric care, risk assessment, and dental hygiene diagnosis to give you added context when needed. This edition is also filled with new modern illustrations and new clinical photos to augment your learning. If you want a better grasp of all the dental hygienist's roles and responsibilities in today's practice, they Darby and Walsh's renowned text is a must-have. - Focus on research and evidence-base practice provide proven findings and practical applications for topics of interest in modern dental hygiene care. - Step-by-step procedure boxes with accompanying illustrations, clinical photos, and rationales outline the equipment required and the steps involved in performing key procedures. - Critical thinking exercises, cases, and scenarios help hone your application and problem-solving skills. - Feature boxes highlight patient education, law, ethics, and safety. - UNIQUE! Discussions of theory provide a solid foundation for practice. - Key terms are called out within chapters and defined in glossary with cross-references to chapters. - Practice quizzes enable you to self-assess your understanding. - NEW! Streamlined approach focuses on the information you need to know along with the practical applications. - NEW! Added content covers alternative practice settings, new infection control guidelines, pediatric care, risk assessment, dental hygiene diagnosis, the electronic health record (EHR), and more. - NEW! Modern illustrations and updated clinical photos give you a better picture of how to perform essential skills and utilize clinical technology. - NEW! Online procedures videos guide you step-by-step through core clinical skills. - NEW! Editorial team brings a fresh perspective and more than 30 years of experience in dental hygiene education, practice, and research.

health through oral wellness: *Health and Wellness* Gordon Edlin, 2014

health through oral wellness: Savvy Success Christine A. Hovliaras, 2013-08-22 Savvy Success textbooks are a must read for dental hygienists, faculty and students who are looking to get the most out of their dental hygiene careers and achieve the highest level of quality care to provide to their patients. Allyson Luckman, RDH, BS Registered Dental Hygienist, Maryland Christine has a unique way of blending clinical information and insightful practical experience in creating three textbooks that every dental hygiene professional should read. Her expansive knowledge of the dental field and her ability to relay her experiences and the fabulous experiences of other dental hygienists in the dental community is outstanding. These are must read books for any dental hygiene professional who wants the ultimate in career satisfaction! Diana Tosuni-ONEILL, RDH, BS Registered Dental Hygienist, New York These textbooks are an excellent resource for practicing hygienists as well as students and educators. The volume on ethical decision making offers a valuable overview of evidence based practice. Joanna Allaire, RDH, BSDH Assistant Professor, University of Texas at Houston Texas Medical Center, Texas A well written thoroughly researched three volumes of textbooks and a companion faculty guide will enable the aspiring dental hygienist to become

equipped with the skills and knowledge necessary to promote the health and well being of all patients they serve. Barbara L. Farver, MEd Retired Educator, New Jersey

health through oral wellness: Hygiene Superstar Mike Czubiak, Steve Sperry, 2019-09-19 Steve Sperry and Dr. Mike Czubiak wrote this book because they love dentistry, they love health, and they realize that the future of a healthy America rests in the hands of dental hygienists. Together they bring both a clinical and a personal perspective to a subject that is literally near and dear to their hearts- the connection between oral health and systemic health. Coach Steve has been helping dental practices thrive and become wonderful places to work for many years. He has been in thousands of dental offices and he knows people. Dr. Mike is a practicing general dentist who has grown a robust and healthy preventive hygiene practice. He is dedicated to creating an environment that allows hygienists to grow both professionally and personally. He knows hygiene. Coach Steve and Dr. Mike take turns bringing their experience to the pages of this book in hopes that it will illuminate the importance of the dental hygienist in our practices, in our industry, and in the nation's healthcare system.

health through oral wellness: Women's Health and Wellness Across the Lifespan Ellen Olshansky, 2014-10-07 Women's Health and Wellness Across the Lifespan offers the innovative approach to care that today's patients often demand, combining traditional medicine and alternative approaches. It covers women's wellness care and specific issues during puberty through young adulthood, midlife, and old age. In addition, it provides information essential to enabling your patients to achieve their full health potential, covering wellness for special populations, physical activity and nutrition, oral health, herbal medicine and pharmacologic approaches, methods to promote healing, healthy sleep, and peaceful dying.

health through oral wellness: Holistic Dental Care Stephen A. Lawrence, 2018-09-08 Stephen A. Lawrence introduces readers to holistic dental care and its role in overall health. Most people America would like to maintain healthy teeth and gums during their lifetime. While conventional dental care still relies on outdated treatment methods, including the use of toxic elements such as mercury and fluoride, this is not the way dentistry must be practiced, and more and more patients are beginning to realize that there are safer, more effective ways to care for their teeth and gums. Holistic Dental Care: Your Mind, Body, and Spirit Guide to Optimal Health and a Beautiful Smile presents a positive, detailed, and easy-to-read argument for the benefits of a more open-minded, progressive, and integrative approach to dental care and overall health. Scientific studies suggest that our mind/body relationship, psychological function, physical activity, and the food we eat all affect us at biological levels, where our habits can alter our immune system and affect our physical, emotional, and spiritual health. When we get sick on any level, from an ordinary cold to a cavity or gum disease, it's usually because of some imbalance in our immune system, often triggered by chronic inflammation, oxidative stress, and toxins. Holistic dentistry addresses these issues by supporting a patient's comprehensive health. Holistic dentist Stephen A. Lawrence's new work introduces readers to safer, gentler, and more efficient way of treating their mouths and bodies, along with addressing their overall wellness. He offers a reader-friendly tour through how our body works, and approaches dental health through the lens of comprehensive wellness and summarizes current holistic dental healthcare ideas and products--to stop cavities and gum disease, rebuild teeth at home, and positively affect patients and those around them--as we strive to spread wellness worldwide. Considering the current explosion of green living all over America, the increased awareness of how toxins affect our health, and a rising interest in bettering our general quality of life through wellness and mindfulness, this work fills a gap in understanding how holistic dental health care can be part of an overall approach to healthier living now.

health through oral wellness: Marketing for Health and Wellness Programs James Busbin, Donald Self, 2013-01-11 Learn useful strategies for marketing health and wellness programs. This important new book presents a cross-section of current research and commentary on wellness and prevention issues. The 17 authors--representing 11 different institutions--are some of the most active health care consultants in the academic community. They discuss studies for hospital

based programs, workplace programs, and governmental and educational institutions. Important marketing concepts are used to segment the work into several sections. Included are chapters which help to define the actual product lines which should be grouped into wellness and prevention programs, studies that define several important market segments, and chapters on channels of distribution. This timely volume concludes with an analysis of current research efforts and directions for future research. Marketing for Health and Wellness Programs is essential reading for hospital administrators, faculty physicians at teaching hospitals, public health professors, government health service administration employees, corporate managers and personnel administrators, insurance industry managers, independent health and wellness consultants, and staff members of health trade publications.

health through oral wellness: Interface Oral Health Science 2016 Keiichi Sasaki, Osamu Suzuki, Nobuhiro Takahashi, 2020-10-08 This volume broadens understanding of dentistry and promotes interdisciplinary research across a wide range of related fields, based on the symposium entitled Innovative Research for Biosis-Abiosis Intelligent Interface 2016. It aims to create highly functional and autonomic intelligent interface by combining highly functional interface science with the technology of an evaluation and a control at the interface, with the various topics of biomaterials, innovation for oral science and application, regenerative oral science, and medical engineering. Since 2002, the Tohoku University Graduate School of Dentistry has hosted Interface Oral Health Science several times as the main theme of dental research in the twenty-first century, and this is the sixth proceedings of the symposiums following the ones in 2005, 2007, 2009, 2011, and 2014. This book benefits not only dental scientists but also other health scientists including medical physicians and pharmacologists, material scientists, engineers, and any scientist who is involved in variety of disciplines. This work was published by Saint Philip Street Press pursuant to a Creative Commons license permitting commercial use. All rights not granted by the work's license are retained by the author or authors.

health through oral wellness: *Investing in the Health and Well-Being of Young Adults* National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. *Investing in The Health and Well-Being of Young Adults* describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. *Investing in The Health and Well-Being of Young Adults* makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any

cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

health through oral wellness: ORAL HYGIENE - AIDS & TECHNIQUES Dr. ANUBHAVA VARDHAN SHARMA , Dr. MADHVI MUDGAL , Dr. ANAND KRISHNAN , Dr. PREBHA MANICKAM , Dr. ZAHIDA PARVEEN , 2022-05-17

health through oral wellness: Health and Wellness Concerns for Racial, Ethnic, and Sexual Minorities Joshua C. Collins, Tonette S. Rocco, Lawrence O. Bryant, 2014-06-13 Minority status in the United States often accompanies diminished access to education, employment, and subsequently health care. This volume explores factors that have contributed to health disparities among racial, ethnic, and sexual minorities. Focused on developing strategies for understanding these disparities and promoting wellness in minority communities, the authors highlight social forces such as racism, ethnocentrism, sexism, and homophobia, which continue to influence not only access to and quality of care but also perception and trust of health care professionals. The authors identify several common themes, including the importance of communication, intentional and unintentional discriminatory structures, and perhaps most significantly, the role of culturally relevant learning sites. This is the 142nd volume of the Jossey Bass series New Directions for Adult and Continuing Education. Noted for its depth of coverage, it explores issues of common interest to instructors, administrators, counselors, and policymakers in a broad range of education settings, such as colleges and universities, extension programs, businesses, libraries, and museums.

health through oral wellness: Health, Wellness & Longevity Steve Dimon, 2016-09-19

health through oral wellness: 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.

health through oral wellness: People of Color in the United States Kofi Lomotey, Pamela Braboy Jackson, Muna Adem, Paulina X. Ruf, Valire Carr Copeland, Alvaro Huerta, Norma Iglesias-Prieto, Donathan L. Brown, 2016-10-17 This expansive, four-volume ready-reference work offers critical coverage of contemporary issues that impact people of color in the United States, ranging from education and employment to health and wellness and immigration. People of Color in the United States: Contemporary Issues in Education, Work, Communities, Health, and Immigration examines a wide range of issues that affect people of color in America today, covering education, employment, health, and immigration. Edited by experts in the field, this set supplies current information that meets a variety of course standards in four volumes. Volume 1 covers education grades K-12 and higher education; volume 2 addresses employment, housing, family, and community; volume 3 examines health and wellness; and volume 4 covers immigration. The content will enable students to better understand the experiences of racial and ethnic minorities as well as current social issues and policy. The content is written to be accessible to a wide range of readers and to provide ready-reference content for courses in history, sociology, psychology, geography, and

economics, as well as curricula that address immigration, urbanization and industrialization, and contemporary American society.

health through oral wellness: Healthier Together Liz Moody, 2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • “Healthier Together focuses on real whole foods and bringing community together.”—Kelly LeVeque, celebrity nutritionist and bestselling author of *Body Love Food* writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they’re all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake “Fried” Chicken, General Tso’s Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for Healthier Together “This cookbook is one you’ll be reaching for time and time again when you need healthy food that is satisfying and delicious.”—Tieghan Gerard “Liz Moody offers heaps of tasty recipes packed with great ingredients.”—Real Simple “Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey.”—Gina Homolka “Liz does an amazing job helping you make delicious food in a way that is both feasible and fun.”—Rachel Mansfield “Liz’s book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table.”—Daphne Oz “Liz’s message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!”—Jeanine Donofrio

health through oral wellness: Digital Wellness, Health and Fitness Influencers Stefan Lawrence, 2022-10-07 This book examines the phenomenon of ‘digital guru media’ (DGM), the self-styled online influencers, life coaches, experts and entrepreneurs who post on the themes of wellness, health and fitness. It opens up new perspectives on digital leisure and internet celebrity culture, and asks important questions about the social, cultural and psychological implications of our contemporary relationship with digital media. Drawing on cutting-edge social theory, the book explores a wide range of contexts in which DGM intersects with digital leisure, from the health-related learning of young people to the ‘clean eating’ movement, to the online lives of fitness professionals. It asks if digital and social media are problematic per se and explores the problems a turn to the Internet could be revealing about the lack of real-world or analogue support, as well as potential solutions, for our wellness, health and fitness needs and wants. Bringing together innovative, multi-disciplinary perspectives, this book is fascinating reading for anybody with an interest in leisure studies, media studies, cultural studies, sociology, or health and society.

health through oral wellness: Cannabis and CBD for Health and Wellness Aliza Sherman, Dr. Junella Chin, 2019-06-04 A safe, comprehensive, and easy-to-use guide to using cannabis—including CBD and THC—to ease chronic and acute health issues such as pain, insomnia, inflammation, depression, anxiety, grief, stress, and more, from the founder of a global cannabis wellness network and an osteopathic physician. With legalization of recreational cannabis in 10 states and medical marijuana in 33 states, interest is growing in cannabis-related health products, especially those made with CBD—a cannabinoid that has healing properties without the psychoactive effects of THC. Cannabis and CBD for Health and Wellness demystifies cannabis and its history, and explains in simple and straightforward language how to use it to treat myriad health and lifestyle issues. With information on cannabis forms (tinctures, topicals, edibles, flowers,

concentrates), methods of ingestion (smoking, vaping, capsules, patches, creams, and more), dosing and microdosing, safety and storage, caregiving, and effectiveness for self-care, physical fitness, sexual arousal, aging, and more, this is the only book you need to start using cannabis—in a targeted and safe way—for better health.

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