



# **Your Path to Healthier Dentistry: A Holistic Approach to Keeping Your Teeth for A Lifetime**

*Dr. Alex Shvartsman*

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# Your Path to Healthier Dentistry: A Holistic Approach to Keeping Your Teeth for A Lifetime

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Today dentistry is changing at a rapid pace. It is a truly exciting time to be a dentist. However, it is an amazing time to be the patient. New advances in all disciplines of dentistry have made it possible to provide comfortable, esthetic, long lasting and healthy dental care. It is also a scary time to be the patient. Globally and in the USA tooth decay and gum disease are on the rise. The impact of oral disease on the total health of the body can no longer be denied or ignored. Do not fear, for in the following pages you will gain the knowledge of how to keep your teeth for a lifetime and become your own dental health care advocate. This book will make you laugh, shock you, anger you but most importantly it will empower you with knowledge to help you make better decisions about healthier dental care. Dr. Shvartsman explains in easy to understand language what is available to the health conscious dental consumer. Subjects like Root Canal Therapy, Dental Implants and Mercury Toxicity form amalgam fillings are thoroughly discussed. A must read for the holistic minded person seeking a healthier approach to dental care.

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