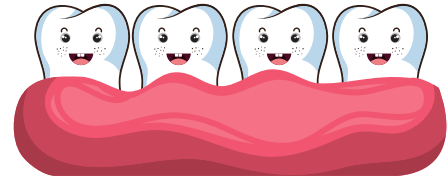




Essential #5 - – Embrace Biological Dentistry

Your Healing Journey Action Steps

___ Take inventory of how many amalgams and root canals you have.



___ Read the book *It's All in Your Head* by Hal Huggins.

___ Find a biological dentist in your area by using the suggested web sites

___ Make sure to interview the dentist using the “Real Deal” questions. It is YOUR health and YOUR body. It’s OK to say no thank you.



___ Begin a dental detox if you presently have metals in your mouth or if you ever had metals in your mouth.

___ Get tested for heavy metal toxicity.



[Click to Shop](#)



Essential #5 - – Embrace Biological Dentistry

Your Healing Journey Action Steps

___ Check for gum disease and bacterial pockets

___ Ask your dentist about the Periopath saliva test

___ Find out if you have cavitations by having a 3D Beam Bone Scan

___ Practice Oil Pulling to help remove pathogenic bacteria.

___ Use clean, non-toxic toothpastes and essential oil products to improve dental hygiene.

___ If you start your dental work with a biological dentist, make sure you detox afterwards with the proper nutrients. (Radicalmedicine.com)

