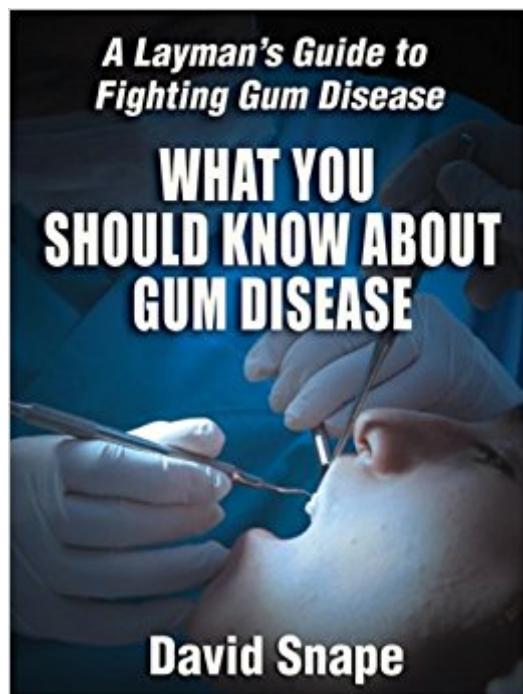


The book was found

# What You Should Know About Gum Disease



## Synopsis

How to Fight Gum Disease For The LaymanI love this book. It is a great resource for those interested in improving or achieving periodontal health. •Stan Wint, DDS PeriodontistDavid speaks for thousands of compliant patients who visit dental professionals regularly. These people follow directions, use recommended products yet never reach the conclusion of their treatment plan. Is oral health beyond control? Is damage caused by insufficient care? David shines a bright light on these concerns. Read, enjoy and start to question authority! •Ellie Phillips, DDSDavid Snape saves!!! He may save teeth, money, time, and pain, but most importantly, he may save lives. Now that links have been established between the infection of chronic periodontal disease and many systemic illnesses like Diabetes, Heart Disease, Stroke and Low-weight pre-term birth his words are invaluable! Dave's new guide, "WHAT YOU SHOULD KNOW ABOUT GUM DISEASE" is a great layman's handbook about how to care for your teeth and gums. He has thoroughly researched gum disease and has written an easy to read guide for people to help themselves, yet gives balance to the need for professional care. This book is a must read for people who are afraid to go to the dentist, people in underserved areas or those who just can't afford professional dental services. Dave makes the reader aware of the signs of gum disease and what they can do to help themselves.This book should be in dentist and doctor's office waiting areas and health clinics for the poor and working poor. He is respectful to the importance of Dentists and Hygienists in their role in helping people achieve good oral and systemic health, but also helps inform the public how to be better patients! Definitely a valuable book to have handy on everyone's bookshelf!•Hillary Yasmer Shemin, RDH, BSDH Marquette University Class of 1974, Holland, PADavid Snape really gets it. Only you, the individual, can keep your- self from slipping through the many cracks in our well-meaning, but overly generic health care system. Perhaps not glamorous enough to command constant media coverage, Periodontal Disease, nonetheless has far reaching health implications for every individual, affecting both quality of life and longevity.Drawing from his own in-depth experience and knowledge on the subject, Snape enables his reader to go easily beyond the minimal preventive care offered to most Americans. The results will empower his readers to take charge of this vital, yet often-ignored aspect of good health and well being. I only wish I had this book twenty years (and several lost teeth) ago. •John Corso, MD, author of Stupid Reasons People DieThe book IS wonderful, and very informative! It's down to earth, in layperson language, and gives direction where one can begin searching for dental health and improving overall periodontal care. •Dr. Tamerut Adams, D.O. Board Certified in Internal MedicineDental professionals tell us that up to 75% or 3 out of every 4 people have this problem, in their mouth,

right now! What are the odds that you are NOT one of them? Every family needs this information, whether they know it or not. Get it right now and find out What You Should Know About Gum Disease...

## **Book Information**

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## **Customer Reviews**

The Good:It's cheap. You basically learn how to pull out all the stops, if you are desperate to save your teeth (as I am). There is definitely some good advice for some things to do and I learned some things. I give him credit for that. This is by far the best part of the book. It's a fairly quick read.

The Bad:The author is most likely being compensated in some way by Hydro Floss and the manufacturers of some of the chemicals he is plugging in this book, in my opinion. Or, he is selling Some of the products direct from his website to make a profit, I can't tell which, frankly. This set off my "conflict of interest detector" constantly, so I felt I had to filter out what is good advice and what was sales pitch. This feeling was bolstered by my going to the websites he promotes as being information sources, finding them to be retailers, and seeing the author's face plastered all over them. The advice in the book could have been given in literally 20% of the space used. The other

80% is filler used to get the thing to a word count high enough to be able to call it a book, I guess? As others have said, way way WAY too repetitive. You have to skip over huge portions of the book to get to the meat. Overall: it's worth a read, but be prepared to do a lot of filtering, and don't believe everything you read. You are paying for a book that is in part an advertisement, or it sure seems like it is anyway.

Update: May 5, 2017 Again, I wanted to say that this book has been a help to me. And I have followed the advice in this book and my Gum health has improved. And I follow a daily waterflossing and brush after meals and snacks, eat a healthy diet. Recently I had a dental checkup and my dentist and hygienist said my gums were a healthy pink and pockets 1s and 2s with one 3. This has taken me time and very hard work, but it has been so worth it. I still have to have cleanings EVERY 4 to 5 months due to my tartar, but my gums and teeth are healthy now. My opinion is that Gum disease can be controlled (but it is an ongoing process). And daily dental home care is a must. Updated review February 6, 2014: So I am continuing to follow this book as I found very helpful to me personally as I am on a dental health journey to improve the health of my gums. (I have Gingivitis. And I wanted to find a book that would guide me in home care and overall suggestions for dental care for my gums and teeth. For me, I found this book informative, helpful and insightful and I recommend it to you. Why should you consider this book over the other ones? Well, personally, for me, I have used the tips in this book and my gums are improving each day as I follow this book and it works for me very well. Results after two months of following this book: My gums no longer bleed when I brush (see why below), and they have changed in color from a deep red to a healthy looking pink). The best parts of this book I found is: \*\*\*\* Chapter 3 is the best chapter called Home Care. This chapter lists the things needed for helping the gums improve AT HOME! This chapter gives info on brushing/flossing and sanitizing the toothbrush! And he lists HOW to BRUSH PROPERLY (this really helped me with my gums and teeth as I had been brushing too firmly and with a medium toothbrush, now I use a very soft toothbrush), and the section on Hydro Floss (but I use a Water Pik with wonderful results and my gums are improving each day) and there are other great tips here I found. Overall I am very happy that I purchased this book. For the low cost of 99 cents, it has been worth every penny that I spent! Highly recommend this book!

## GOOD READ

As a person who's gums were in really bad shape, I was very happy when I stumbled onto this

book. Dave gives great insight on what a person should do to maintain optimal oral hygiene to prevent the development and progression of gum disease such as gingivitis and peritonitis. These diseases can very easily creep up on someone because often a person does not know the signs and symptoms of these conditions or how to combat them. Dave talks about the consequences that failure to maintain one's oral hygiene results in. This is a must read for anyone who would like to be more informed about gum disease. Reading this book, I have learned that 80% of the population has some form of gum disease. If you or someone you know feel that you have some sort of dental problem be it gum disease or cavities, it is of the up-most importance that you go see a dentist as soon as possible. This book alone will not solve your dental problems but it will sure go a long way in helping you be informed on the seriousness that is gum disease and the continuous battle in helping to keep it at bay as well as halting it's progression as best as possible. Dave talks about tools that he uses to help keep his mouth disease free as much as it can possibly be but he also recommends going to a dentist for a cleaning regularly as no combination of tools alone without having a professional cleaning is effective in combating dental disease. He also recommends first checking with your dentist before using any of the mentioned tools. A highly informative and recommended book.

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