

CHEW ON

Your Mouth
Your Health

THIS!

The Only Guide to Eating



You Will Ever Need!



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About the Author
Milan Somborac, DDS

A graduate of the Faculty of Dentistry at the University of Toronto, Dr. Somborac runs a general practice in Collingwood, Ontario. He also has a special interest in dental implants and holds U.S. and Canadian patents for dental implant designs. He lectures to dental and lay audiences internationally and publishes articles in peer-reviewed dental journals on an ongoing basis. In early youth Dr. Somborac trained as a classical violinist and continues to play as an amateur. He is the founding chairman of the Blue Mountain Foundation for the Arts. Dr. Somborac has been honored with Fellowships in four international dental academies. Between seeing patients 150 days a year, he reads prodigiously and enjoys many outdoor activities in the Blue Mountains area including skiing, cycling and hiking.

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Coming Soon In Book Form!

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Your Mouth, Your Health
The Only Guide to Eating You'll Ever Need

by Milan Somborac, DDS

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Your Mouth, Your Health
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Below is the working table of contents for this exciting new book.

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What do these conditions have in common?

- Dental Decay
- The “Deadly Quartet” (diabetes, elevated blood fats, overweight/obesity, hypertension)
- Constipation (and related varicose veins, hemorrhoids, diverticulitis)
- Colon Cancer
- Heart Disease
- Kidney Disease
- Age-Related Memory Decline and More

The answer: DIET!

What you eat directly impacts not only your dental health, but your overall health as well.

Optimal Lifetime Eating Habits is the final chapter of a book we are preparing for Fall/Winter 2009 release. While it focuses primarily on eliminating dental decay and gum disease, this lifetime eating plan will also significantly lower if not completely eliminate your risk of the above conditions.

All of these conditions are a result of the environment – in this case, eating the wrong foods – combined with genetic predisposition. While you can't do much about your genetics (yet), you do have full control of your environment.

Dental decay shows up first. Consider that a blessing. It acts like the proverbial “canary in the coalmine,” warning of imminent danger and giving you the opportunity to make a change while you still can. If you do not heed the warning, the other conditions can show up anywhere from a few years to a few decades later.

Continue eating the diet that promotes poor dental health and you will get one or more of the listed diseases, guaranteed. The idea of an ominous future can be troubling, but knowing that the future is manageable can be empowering. So, can you lose weight

and keep it off by adopting the sort of diet that keeps you cavity free? Absolutely! Can you avoid the “deadly quartet” and the other conditions listed above? Positively! You have the power to take control of your health by changing what you put in your mouth.

The diet industry is huge, with books, diet food programs, supplements and the like bringing in many billions of dollars, yet obesity is still an epidemic. The Internet is rife with information (some useful, but much of it aimed at selling dieters a “magic pill” for weight loss) – Google the word “diet” and you get 177 million hits!

It’s no wonder there is still so much confusion over what we eat. Our book will put it all in perspective and give you the proven information to help you change your diet and improve your health.

I recently completed a detailed review of the food guides of Australia, Great Britain, China, Canada, France, Germany, Korea, Mexico, Philippines Portugal, Puerto Rico, Sweden and the United States.^{1,2,3,4,5} While they all take into account their country of origin’s unique national dietary preferences, food supply and nutritional standards, the central recommendations contained in every one of these food guides are simple:

- eat mainly vegetables, fruit, whole grains, some meat if you care to;
- don’t eat when you are not hungry;
- stay away from processed foods like sugar, white flour, white rice; and
- get at least half an hour of exercise every day.

Optimal Lifetime Eating Habits, the final chapter of our book, reflects all nations’ existing food guides and tells the whole story. Put into action, you have all it takes. Our book will explain the background and steps toward disease prevention in much more detail. Order your advance copy today by filling out the order form on page 15.

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