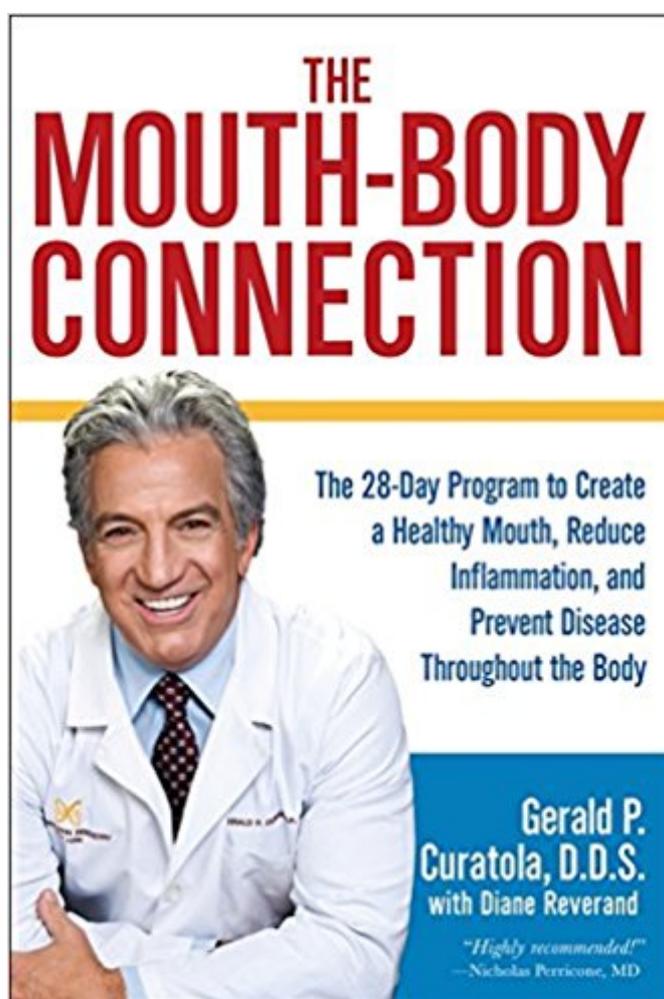


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# The Mouth-Body Connection: The 28-Day Program To Create A Healthy Mouth, Reduce Inflammation And Prevent Disease Throughout The Body





## Synopsis

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.

## Book Information

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## Customer Reviews

"Inflammation is the final common pathway in a host of diseases, often starting in the mouth with gum disease. Untreated, major diseases in all organ systems can and do result. Dr. Curatola delivers an excellent, easy-to-follow program to combat inflammation while maintaining the critical balance of our oral microbiome, the unique ecosystem of the mouth. Solidly scientific, informative and engaging. Will bring the reader to new heights of health and well-being. Highly recommended!"

— Nicholas Perricone, MD, FACN, CNS, and author of *The Perricone Promise* and *The Perricone Prescription*

Dr. Gerry Curatola, a dentist with more than thirty years experience, is the founder of Rejuvenation Dentistry<sup>®</sup>, a holistic approach to oral and overall health care. Dr. Curatola studied neuroscience at Colgate University and attended dental school at the New York University College of Dentistry where he now serves as Clinical Associate Professor in the Department of Cariology and Comprehensive Care. He studied nutrition and wellness at the Pratt Institute, Harvard Medical School's program in complementary and alternative medicine, as well as numerous programs on natural health. He lives with his wife Georgia in New York City and Southampton.

great

very good book

"Inflammation is the final common pathway in a host of diseases, often starting in the mouth with gum disease. Untreated, major diseases in all organ systems can and do result. Dr. Curatola delivers an excellent, easy-to-follow program to combat inflammation while maintaining the critical balance of our oral microbiome, the unique ecosystem of the mouth. Solidly scientific, informative and engaging." Who would have ever thought that simply by looking in to the mouth, gums and tongue of someone would you be able to tell the state of their health? I remember distinctively visiting a Chinese herbalist in Los Angeles, who asked to look at both my tongue and mouth and new what what going on with my body. Did you know that your mouth can be an indicator for things like cancer, diabetes, anemia, liver disease, Hepatitis C, Crohn's disease, stress, Non-Hodgkin's Lymphoma, HIV, Leukemia and others? Your mouth, gums and tongue can give up oral symptoms of these diseases often times before other signs begin to show up in your body. Dr. Curatola provides the details in how we can ensure that we live a more healthier and happy life simply by what we take into our mouth and how our bodies react to it. He instructs readers on how to restore

the microbiome balance in our mouths and reduce health-destroying inflammation by means of diet, supplements, exercise and stress reduction. This book even includes 4 weeks of meal plans and recipes that will convince you that eating for balance can be a treat! I received *The Mouth-Body Connection* by Dr. Gerry Curatola compliments of Center Street Publishing, a division of Hachette Book Groups. I absolutely believe that everything that is plaguing our bodies is based on what we are eating and drinking. We are seeing more evidence of diabetes, obesity and disease on the rise with nothing to stop it. Our lifestyles are too busy to allow us the time to educate ourselves that we are virtually eating our way to early death and disease when we don't have to. I absolutely LOVE this book and the insights it offers on how to get healthy and even more importantly how to have more energy and vitality to live our lives better than we thought possible and eliminate drugs to get us back on a healthy way of living. I give this book a 4.5 out of 5 stars.

Ã Â My own personal dentist hasn't shared even close to the quality of information that Dr. Gerry shares here. After reading his book I'll never be able to look at dental care the same way ever again. Thanks so much for all of your effort and dedication to writing this book!

Ã Â This is one of the best books I have ever read on medical related information. I am so impressed about the in-depth and integrity of Dr. Gerald Curtaola

I have ongoing issues with gum disease and with the latest I read about the importance of maintaining good bacteria, his approach does feel like the right next step. I can't wait to try the recipes he has in the book and the purchase may be worth those alone. (Maybe nothing groundbreaking but nice to have a lot of good recipes in one place as I try to change my diet.) I also look forward to changing my toothpaste and trying the exercise program that he recommends.

I had the opportunity to meet Mr. Curatola, and WOW - what an impressive professional. Not only does the book completely redefine the parameters of oral health, the toothpaste is truly better than any other I've had in my life. I highly \*\*recommend\*\*

Dr. Curatola's very enjoyable-to-read book sets the right tone for a deeper understanding of the potent connection between systemic inflammation and oral health. His lifelong commitment to dentistry and total body wellness shines through the entire work. I love that he made this more than a simple explanation, but gives highly actionable items related to diet, exercise and

supplementation  
Much more than one would expect from a book about oral health.  
Excellent read!

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