



Kiss Your Dentist Goodbye: A Do-It-Yourself Mouth Care System for Healthy, Clean Gums and Teeth

By Ellie Phillips

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You brush, floss, use mouthwashes, and are concerned about the foods you eat, yet you still require fillings or lengthy cleanings at the dentist. In *Kiss Your Dentist Goodbye*, Dr. Ellie Phillips teaches how anyone can achieve and maintain a truly healthy mouth. Empower yourself as you improve the look and feel of your teeth between dental visits. Your dentist will be amazed at the changes he sees, and you will be thrilled as cavities and gum disease become a thing of the past. Traditional dentistry cannot prevent dental disease. But Ellie's do-it-yourself daily routine can. Discover how easy it is to reduce plaque buildup, strengthen tooth enamel, repair small cavities, eliminate tooth sensitivity, and improve your overall oral health. Learn about products that hinder your efforts and the risks of bleaching, dental sealants and the wrong use of fluoride. It is time to achieve healthy, clean teeth and gums and wow your dentist at the next appointment.

Praise for *Kiss Your Dentist Goodbye*:

"An excellent, simplified discussion of complex issues you need to understand to achieve optimal oral health."

--Richard Carmona, MD, MPH, FACS, 17th surgeon general of the United States

"This book, despite its intriguing title, does not denigrate dentists. What it really does is tell readers how best to work with dentists to achieve true preventative care."

--Milton B. Lederman, PhD, retired director of public aff airs, University of Rochester Medical Center; co-author of *Co-existing with Cancer*

"As a dentist, the title of this book is shocking! But the information in the book is vital to anyone who wants to minimize dental problems, maximize dental health, and enjoy their smile for a lifetime."

--Corky Willhite, DDS; fellow, American Academy of Cosmetic Dentistry

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Editorial Review

About the Author

Dr. Ellie Phillips is a dentist specializing in preventive dental care. She has years of dental experience caring for geriatric patients, special needs children, and adults and the developmentally disabled. She was in private practice for many years, and particularly enjoyed working with the fearful and phobic.

Dr. Ellie is a member of the American Dental Association, the New York State Dental Association and the American Academy of Pediatric Dentists. She is a graduate of Eastman Dental Center, Rochester, NY with qualifications in pediatric and general dentistry. She is an honorary member of the Eastman Academy, University of London, England. Recently Dr. Ellie was the pediatric outpatient clinic director at the Eastman Dental Center and a faculty member at the University of Rochester. A mother of five, she currently lives with her husband in upstate New York.

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Linda Gabriel:

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