



# Secret Gateway to Health: The Single Most Important Thing You Need to Know for a Long Healthy Life

*Flora Stay*

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## **Secret Gateway to Health: The Single Most Important Thing You Need to Know for a Long Healthy Life** Flora Stay

Your Mouth Has a Lot to Say, Even if You're Not Talking. The mouth is one of the organs in the body that is the least understood by the general public, yet one of the most important. It effects our heart, our immune system, chronic illness such as diabetes, and makes an important impact on our self confidence. Dentist Flora Stay, felt it was time to help everyone, especially baby-boomers who are concerned about their health, to get a better understanding of the mouth connection to overall health. Having an integrative health approach, ""Secret Gateway to Health"" covers conventional treatment, alternative approaches and how to partner with your dentist to bring about health of your mouth. Dr. Stay, being an educator (professor at U.S.C. School of Dentistry), and a scientist, the book exposes fake treatments and debunks myths, yet recommends alternative treatments that do work. Even toothpaste is discussed and why many have a warning on the back.

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