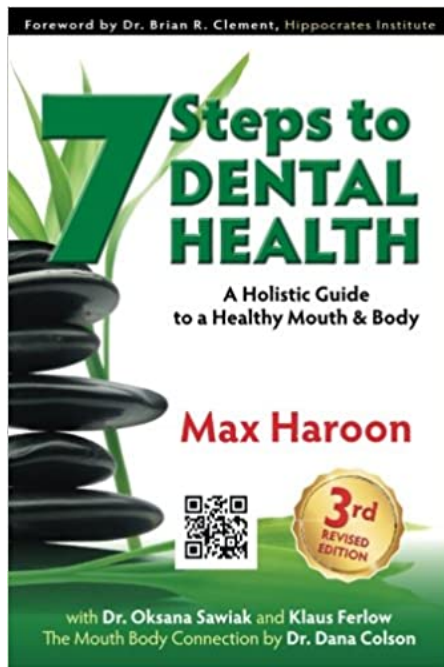


BOOK REVIEW

BY KATHERINE A. CARROLL, NHF EXECUTIVE DIRECTOR



7 STEPS TO DENTAL HEALTH: A Holistic Guide to a Healthy Mouth and Body

By Max Haroon, Dr. Oksana Sawiak and Klaus Ferlow
(ISBN-13: 978-0987882806 (Paperback); 978-0987882820 (eReader); 978-0987882813 (PDF); Life Transformation Institute; 2010-2014, paperback 262 pages; \$25 CAD)

I can always think of a lot more exciting topics to immerse in besides the dental one that usually evokes unpleasant and painful experiences for many of us – that is until one is faced with the decision to undertake a serious dental intervention. In such cases, it is always best to have researched in advance in order to make educated, science-backed decisions since serious dental intervention can, and often does, impact systemic health outcomes long-term, or even for life. Otherwise, prepare to endure the consequences of misplaced trust in often undereducated or close-minded professionals unfamiliar with compelling research or

particular disciplines knowingly and unknowingly closing ranks to protect profits at our expense.

7 Steps to Dental Health not only provides the foundation for excellent, lifelong oral health, but it tackles newly controversial subjects such as root canals and their treatment. The knowledge imparted in this book is particularly important when crossing the dental bridge (pardon the pun) between traditional dentistry practices and beliefs and biological or holistic dentistry. The incredibly comprehensive compilation of information in this book equips the reader to take control as a full partner in making decisions that will determine their future health for better or worse.

Much more than just a dental-health guide, *7 Steps to Dental Health* teaches prevention, which is invaluable if you do not relish time in the chair listening to a drill reverberating in your skull. Three years of research and collaboration among professionals in medicine, dentistry, dental hygiene, and nutrition coalesce into a handy and easy-to-read, empowering instruction manual that will serve you for life. I especially enjoyed the Q&A section at the end, and the sub-sections on nutrition in particular, for the holistic and educated approach in their answers. First published in 2010, I wish I would have read it back then.

The author shreds a lot of myths and sheds light on concepts many of us may have never considered, such as passing oral infections with kissing or catching gum disease from others. While my traditional dentist refers out for root canals, Max Haroon reiterates what I have also read in *The Toxic Tooth* and other holistic dental books: pull that tooth out. He says, “In the thirty years that I was practicing biological dentistry, there was not one case of breast cancer that did not have a root canal, infection or toxic restoration on a tooth on the breast meridian on the same side as the cancer.” You are most likely never going to hear this from a traditional dentist or endodontist. When presented with this statement, my dentist said he did not believe a word of it. He did not have “any problem” with mercury either. Needless to say, we have since parted.

National Health Federation President Scott Tips began speaking years ago at the request of the International Academy of Oral Medicine and Toxicology (IAOMT.org) at its well-attended annual conferences. The IAOMT is an academy of professionals providing mercury-free and fluoride-free biological dentistry and scientific resources to support safety in healthcare. NHF has long been supportive of biological and holistic dentistry and *Health Freedom News* has already published book reviews on the subject.¹ It has also featured articles by holistic dentists such as Dr. Panahpour in our mission to support our NHF members and newsletter subscribers in controlling their health destiny through their oral cavity.² Our latest, not-to-be-missed interview with Dr. Mónica Calderon and Paul Linn is available on the National Health Federation YouTube channel.³

Besides addressing systemic health issues that can destroy one's health seemingly at a distance from a tooth, the author breaks down every homecare dental tool available today and so compellingly that I found myself immediately ordering many of his recommendations that I did not already possess, such as an air-flosser. While we may never completely achieve the high standard and protocol that he sets forth for daily dental care, Max Haroon and the contributing co-authors Dr. Oksana Sawiak (well-respected Canadian dentist) and Klaus Ferlow (neem expert) convincingly explain the need to incorporate more care into our daily dental routine by providing science-backed evidence. Many of their recommendations are simple and easy to achieve when done with even the slightest bit of awareness and effort.

In conjunction with its website, this revised book is a multimedia resource providing extensive links and videos for further research.⁴ The author has built well upon his original work, and further support and education can be found on the book's YouTube channel.

The main topics that you can find in this book are:

- How to assess your oral health and conduct self-examination of your mouth using the 100+ point plan
- An insightful discussion about dental infections and their connection to body health
- A seven-step protocol to clean your teeth and mouth to achieve optimal oral health
- Extensive information about harmful chemicals commonly used in toothpastes and mouthwashes
- The truth about mercury amalgam fillings, vital procedures and protocols to remove these fillings, and safe, metal-free replacement alternatives
- Various tooth conditions and their treatments
- Understanding the practices of holistic hygienists and dentists
- Seven Essential Principles of nutrition for optimal body and teeth health
- Nutritional supplements for your oral health
- Forty frequently asked questions about dental care and
- A dozen appendices of useful information and resources

This book provides a stable and safe foundation for your dental library and is a good launching point to further explore other science-backed writings on the topic. The practical education you receive here will serve you well for the rest of your life.

¹ Leo Cashman, Book Review, "The Holistic Dental Matrix – How Your Teeth Can Control Your Health & Well-being," by Nicholas J. Meyer, D.D.S., D.N.M., *Health Freedom News*, Spring 2020, Vol. 38, No. 1, p. 34, at <https://thenhf.com/2020/05/22/book-review-the-holistic-dental-matrix/>.

² Dr. Alireza Panahpour, D.D.S., "The Root Canal and Breast Cancer Connection," *Health Freedom News*, Spring 2015, Vol. 31, No. 1, at <https://thenhf.com/2019/05/23/the-root-canal-and-breast-cancer-connection/>.

³ Dr. Mónica Calderón, DMD, P.S. & Paul McLinn, "Biological Dentistry Presentation," *National Health Federation - YouTube*; Dec 15, 2020, at <https://www.youtube.com/watch?v=s13bLLcAVpk>.

⁴ Max Haroon, *et al.*, "7 Steps to DENTAL HEALTH, A Holistic Guide to a Healthy Mouth and Body," *Life Transformation Institute*, at <http://7stepsdentalhealth.com>.