



## Loosing Weight Can Cause Tooth Loss

### Learn How To Loose Weight Safely, Permanently, And Easily



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Weight loss is at the top of every resolution list based on independent market research. Roughly 60 billion dollars is spent on weight loss products annually, and yet still 70% of Americans are considered overweight! When will people realize what they are doing isn't working, and more importantly, when will they realize what these weight loss chemicals are actually doing to their bodies. Fad diets promote easy and delicious ways to loose the weight, however, the supplements, beverages, and foods they advise eating are not only laden with chemicals that can cause detrimental health effects, they are highly acidic which will cause detrimental effects to your ORAL health as well.

Chlorogenic acid, alpha lipoic acid, citric acid, the ingredients found in shakes, appetite suppressing powders, energy drinks, and sodas, literally dissolve tooth structure from 1 dental visit to another. Enamel is the hardest substance in our bodies, if these chemicals are eating away at your enamel, imagine what is happening to the lining of your gastrointestinal tract and vital organs.

Liquid detoxification is very popular right now for weight loss, however, most of these processes require patients to consume acidic substances such as lemon juice. Mix this with the maple syrup many "weight loss" experts are suggesting and the combination of sugar and acid will cause massive destruction of enamel leading to cavities, infections, and root canals. Detoxification with natural products (whole foods), devoid of chemicals and acids is the only true way to loose weight and boost your metabolism safely and effectively.

Our dental office and medical spa has taken the ability to loose weight safely and effectively one step further with the adjunct of Doterra essential oils. The combination of an all natural product known as Slim and Sassy in conjunction with black pepper oil will supress appetites and get your metabolism back in shape without damaging your teeth. Additionally, after this basic protocol, if more advanced weight loss help is required, we can provide our patients with an all natural cleanse through Standard Process. After 21 days of detoxification we will monitor you regularly with our Biometric Scanner through Zyto at no charge. This advanced technology monitors body systems such as cellular health, digestion, energy, and metabolism. Through scanning, we can continue to make sure your body is receiving the nutrition it should while keeping the Ph balance of your body systems where it should be.

pH balance is so vitally important not just for the health of your teeth, but for metabolism and organ function as a whole. An acidic enviroment promotes advancement of bacteria, infection, and even cancer growth. A natural healthy pH is 7.0-7.5. The chart below shows how acidic common beverages are. These drinks can drastically change



our body's fluid pH closer to battery acid than that of water where it should be. Phosphoric acids used as flavor enhancers can create millions of pores in enamel in as little as 10 seconds. Again, what is that acid doing to your digestive tract.....eating holes in it.....causing ulcers.....heart burn.....ulcerative colitis.....bloating..... acne (yes acne, it's a bacterial process).....the list goes on. How does this relate back to weight loss? The studies are finally coming out. Energy drinks used or suggested in so many weight loss protocols are significantly more damaging than sports drinks or even soda, almost DOUBLE the acidity was found.

We are not just a dental office. Our goal is to help you maintain not just your ORAL health, but your OVERALL health as well. We have many tools, and natural products to help you not just with prevention of cavities, but with loss of weight and improved wellness. Prevention is always the best medicine and it will save you a fortune on procedures and unhealthy alternatives down the road.

**Call now to either The Spa at Kenlee or Carnicella and Associates and mention the WJ article. You will receive a free pH assessment, salivary test, and free Biometric Scanning with any exam or consultation at no additional cost (a \$175.00 value)**



*At Carnicella & Associates we would love the opportunity to show you what truly exceptional dental care is all about. Our goal is to provide our patients with care that lasts a lifetime, and are happy to be accepting new patients. Our entire team has received special training in providing comfortable, quality dental care, and we love what we do!*



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