

Presenter:

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50 SHADES OF INFLAMMATION: THE MOUTH BODY MIND CONNECTION!



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Uche Odiatu BA, DMD is a professional member of the American College of Sports Medicine and a practicing dentist in Toronto, Canada. This busy health care professional and father of four is an NSCA (National Strength and Conditioning Association) Certified Personal Trainer, Certified Yoga Instructor, Certified Boot Camp Instructor.

50 Shades of Inflammation: The Mouth Body Mind Connection!

Want to learn about “permanent lifestyle change” and QUENCH your patients’ FLAMES & their disease risk? There is an avalanche of evidence demonstrating the connection between your patients’ mouths with their modern lifestyle habits: lack of sleep (saps their discipline), shift work (after 4 night-shifts blood sugar is elevated), poorly managed stress (shows up in every cell of their body), overeating (high fat & processed food boosts inflammation), and sedentary living (did you know “Sitting is the New Smoking?”). And it’s bi-directional; the oral environment has far reaching effects on the rest of the body.

Patients appreciate the dental health professional who sees the bigger picture and can Calm the Burn in the body, mind & mouth. Set yourself apart from the pack and develop a VALUE-ADDED PRACTICE. Stop the fiery cascade with specific dental & lifestyle solutions guaranteed to change your patient’s health destiny. This fact filled & inspirational program is a ‘call to arms’ against “HOT SPOTS” of inflammation –“let’s douse the flames!”