



Healthy teeth for a healthy living in today's world of temptations: A complete guide to preventive oral care

Dr Raji Aluru

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A preventive oral care guide to understand the ABCs of cavities, gum disease, sensitivity and more to keep the teeth the way they are supposed to be. Explains the basics in an easy to read format – colorful and picturesque with loads of practical tips on good dental care, right brushing technique both for kids and adults and a balanced diet for healthy teeth and healthy living! By a dentist and more importantly, by a mother of a 6 year old who inherited a big sweet tooth!

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