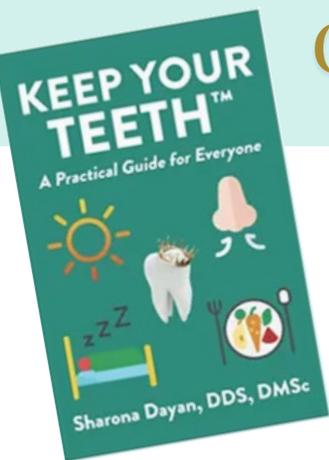


# KEEP YOUR TEETH: A Nutritional Approach to Oral Health and Whole-Body Wellness



## **Discover why you are losing your teeth. It may not be what you think!**

Despite advances in toothbrush technology and better access to dental care, gum disease is still the #1 cause of tooth loss in America.

In today's modern societies, tooth loss is no longer just about brushing and flossing. Our diets, lack of sunshine, sleep apnea, and chronic stress are snatching our teeth away from us.

Gum disease not only results in tooth loss but also releases toxins into the body that cause heart attacks, breast cancer, Alzheimer's and arthritis. Diabetic patients become healthier by treating their gum disease. Find out how a healthy mouth is critical for a healthy body.

While gum disease primarily affects adults, the risk factors are often created right after birth and in early childhood. If you are a parent and want to protect your children from tooth loss later in life, this course provides practical guidance to help you set your children up for a lifetime of strong, healthy teeth.

This course will not only open your eyes to the often-overlooked causes of tooth loss but also provide strategies you can start using right away to reduce your risk.

### **LEARNING OBJECTIVES**

- Discover the surprising lifestyle habits that contribute to tooth loss beyond poor brushing or flossing
- Explore the mouth-body connection and how a holistic approach to oral health supports overall wellbeing
- Describe the role of nutrition - especially vitamins and minerals - in protecting teeth and gums
- Recognize the impact of sleep apnea and poor sleep on oral and overall health
- Understand the link between gut health and gum disease, and how supporting the microbiome can benefit oral health
- Learn how the right amount of sunshine can strengthen your teeth, support your immune system, and boost overall wellness
- Appreciate how chronic stress can silently contribute to gum disease, tooth loss, and overall health decline
- Gain simple strategies to optimize and preserve natural teeth and support vibrant, whole-body health

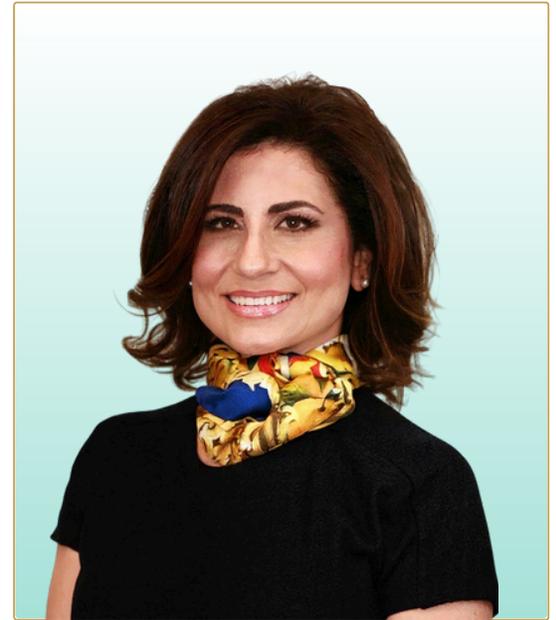
**Suggested Audience: Professionals; Lay Public**

**Suggested Format: Partial Day; Lecture, Workshop, Keynote**



SHARONA DAYAN  
DDS, DMSC

*Keep Your Teeth. Naturally*



## Speaker Packet

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- Harvard-trained, Board-Certified Periodontist
- Author of “Keep Your Teeth: A Practical Guide for Everyone”.
- Owner of Aurora Periodontal in Beverly Hills, CA
- Internationally Recognized Speaker

*Through her dynamic presentations, Dr. Dayan empowers dental professionals with integrative strategies for improving implant success, periodontal health, and patient outcomes by addressing the overlooked roles of nutrition, airway health, and sleep. She is a frequent guest on podcasts, a sought-after expert for media outlets, and has led a dental study club focused on integrating oral health with whole-body wellness.*

## Available Lectures

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- **When Teeth and Implants Fail Without Cause:**  
Bridging Nutrition, Periodontal Health, and Implant Integration
- **When Appliances Aren't Enough:** The Nutritional Keys to Sleep and Airway Health
- **Keep Your Teeth:** A Nutritional Approach to Oral Health and Whole-Body Wellness

## Contact

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