

Your Mouth, Your Health: Stop and Reverse Aging

Milan Somborac

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Milan Somborac is a man on a mission. He has a bone to pick with “Big Food,” the term he uses to describe the multitudinous profit-above-all-else industries that have denatured nature and sold the American people a deadly bill of goods. *Your Mouth, Your Health* is about so much more than mouth and dental issues. Its main focus is showing beyond any shadow of doubt that the over-consumption of refined carbohydrates and engineered fats are the cause of most of the diseases in modern society. He writes, “One single axiom could eliminate most dental decay, and predictably, a decade or more later, all the other diseases of civilization. One law would have such a profound impact on the lives of all people who have adopted a Western diet that we should elevate it to a commandment: *Thou shalt not refine carbohydrates.*”

Somborac writes with a zeal that is understandable and necessary. Every day in his dental practice he is confronted with the effects of an unhealthy diet. Tooth and gum problems, Somborac reminds the reader on nearly every page, are precursors for heart disease, diabetes, obesity, elevated blood fats, and constipation's various manifestations. All diseases that were mostly unknown before Big Food started refining carbohydrates, engineering fats, and marketing the results to an unsuspecting public.

The first section of *Your Mouth, Your Health* is about the basics of human physiology, the components of a healthy diet, and how *Homo sapiens* ate for all but the last half-second of evolution and should still be eating now. It is this point Somborac returns to repeatedly; humans are not made to eat what they are consuming in catastrophic amounts.

In the second section, he begins by writing about the relationships between dental decay, gum health and disease, and moves on to chapters devoted to several diet-induced maladies. Reading the hard science and the indisputable statistics that simple carbs are the cause of obesity, diabetes, heart disease, and more, is sobering. Though Somborac's single-minded fervor feels a tad redundant at times, one forgives him in the end. People *do* need to be told a thousand times that their diet is killing them because Big Food is telling them a thousand and one times to eat another potato chip and wash it down with a soft drink.

The final chapter is titled, “The Only Guide to Eating You'll Ever Need,” and it is a straightforward manifesto about eating real food in a balanced way, and getting moderate exercise. Somborac goes on to share a sensible weight loss program that he developed, followed by his opinions of most of the popular diets available. He closes with a plea to policymakers that the only way to confront the present health crisis is to expose and tax Big Food, as it successfully did with the tobacco industry.

Your Mouth, Your Health is a compelling and uncomplicated read that would be appropriate and life changing for all ages and education levels.

PATTY SUTHERLAND (February 11, 2011)

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