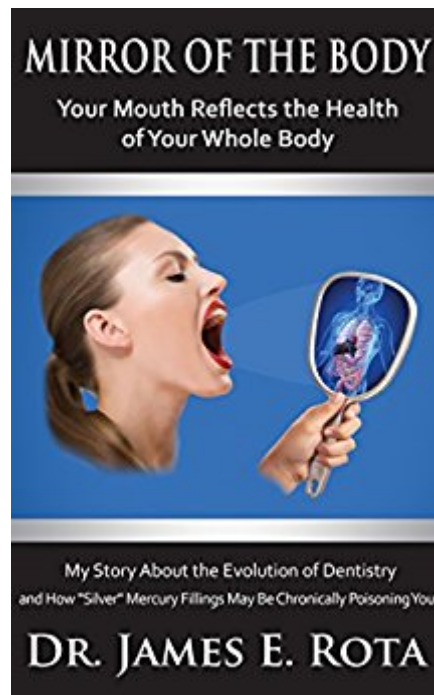




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Mirror Of The Body: Your Mouth Reflects The Health Of Your Whole Body



Synopsis

Dr. James Rota is a pioneer in holistic dentistry. After 50 years in dentistry, he is sharing his uncommon story about biological dentistry, the dangers of mercury fillings, and what you can do to save yourself and to stop the madness of mercury in dentistry. Dr. Rota answers questions that the American Dental Association may not want you to ask: 1. Why don't dentists know or speak about mercury in the dental filling? 2. How are teeth connected to the rest of the body? 3. What is the scientific basis for the position of both the ADA and anti-mercury filling groups? 4. How are "silver" dental fillings related to chronic diseases? Mercury is a highly toxic element and has played a central theme in Dr. Rota's life, from his childhood and throughout his dental career. "Silver" fillings contain 50 percent mercury. It made him sick, causing Chronic Fatigue Syndrome, burnout, depression and Epstein-Barr Syndrome, among other diseases. As one of many people hoping to ban the use of mercury in dentistry, Dr. Rota stands by the importance of safe mercury removal protocols. *Mirror of the Body* chronicles his life, delving deep into the Amalgam Wars and scientific evidence, offering dentists, health professionals, and consumers an expert and revelatory view on the toxins in dentistry and their effect on the rest of the body. "Mirror of the Body is an important book for people to become aware of the impact of dentistry on the rest of the body. Dr. Rota's knowledge and care went beyond giving celebrities a television smile. Over the past forty years, we have both explored health practices that have a positive impact on our wellbeing and longevity. Considering, I am celebrating my 90th birthday in good health, I would say we both did a great job!" -- Dick Van Dyke "It's wonderful that Dr. Rota is sharing his exceptional insight in the field of dentistry. His analysis that "teeth are the mirror of the body," is right on target. What happens with dentistry can impact your whole body. I'm thankful that his treatment of my teeth for many years has benefited my overall health and wellness." -- Raquel Welch "Dr. Rota is the rare dentist who addresses the intimate connection between the teeth and the health of our body. Mercury from amalgam fillings is a toxic co-factor in many people who suffer from chronic diseases. Dental and medical detoxification is essential to restore health and wellbeing. It has been my privilege to work with Dr. Rota as part of an integrated dentist-physician team and watch a true master at his art." -- Hans Gruenn, MD - Detoxification & Longevity Expert "Spurred by troubling professional questions and his personal health challenges, Dr. Rota became an early pioneer in the field of holistic dentistry. This book is a story of truth triumphing over suffering." -- Leo Cashman, Executive Director, DAMS - Dental Amalgam Mercury Solutions

Book Information

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Customer Reviews

Dr. Rota takes on a thoughtful journey not only through his impressive career as a Professor at the UCLA School of Dentistry and "dentist to the stars", but he also gets candid about his own personal experiences; as he unknowingly suffered from mercury poisoning both as a child, and again after many years of practicing as a conventional dentist, and how that changed his life and his practice. He also enlightens us on the corrupt history of American dentistry itself, which continues to focus on the "drill, fill, bill" dictum, instead of seeing the mouth as a gateway to the rest of the body. But thanks to Dr. Rota, and the growing number of dentists out there leaning more toward holistic approach, I think a change is taking place. But what I really like about this book, aside from the engaging storytelling and interesting information, is that Dr. Rota comes across as a truly compassionate and gracious person, who has learned much in his life and has definitely profited by it. As a Functional Medicine Practitioner, I meet people with chronic, debilitating conditions all the time. And after reading Dr. Rota's book, one of the first things I ask them is: how much metal is there in your mouth?

Dr. Rota was my dentist for many years, and I am so grateful to have found him! He was a wonderful and caring dentist. This book gives insight into his early recognition of the toxicity of mercury in silver dental fillings, and his determination to create awareness of this issue. He was a true pioneer in the field of holistic dentistry.

Highly recommend this book. Very easy to read. Well researched information, and very helpful for making dental choices that may affect overall health. Not your typical book about dentistry or health. The general public needs to know this information.

Reading this is life changing. There are some very simple things anyone can do to restore their health and vitality. Dr. Rota shares this information by sharing about what happened to him and what he did to help his patients. If you read any book on health, read this one!

Finally, one of America's pioneers in biological dentistry and strong advocate for getting mercury out of dentistry has shared his knowledge and his passion with us in written form. Dr. Rota's engaging storytelling style will draw in any reader, even those who can't imagine reading a book about dentistry. He takes the reader on a journey from choosing dentistry as a career and committing to being the best dentist he could possibly be through his own evolution to awakening to the potential perils of dental practice's affinity with mercury amalgam fillings and his subsequent commitment to biological dentistry. He explains the intricate ways that one's mouth health "mirrors" one's body health in a way that is easily accessible to any audience. He also shares the way that his own professional growth led him to a kind of spiritual awakening, which allowed him to shape a model for treating the patient in a more holistic way. I highly recommend this book to everyone. The story of this man's journey and unusual experience with mercury throughout his life is engaging on its own. Many reading this book may find unexpected answers to the possible causes of serious health issues. Parents of children should read this book, because it will help them to make more informed dental care decisions. Dentists who are skeptical of the concern about mercury toxicity resulting from allopathic dental practices should be sure to read this book, as Dr. Rota so eloquently and compassionately describes the evolution of his beliefs and resulting passion for advocating for change. This book is a gift to the world and future generations.

Mirror of the Body represents the collected thoughts and observations of a brilliant and inquiring dentist. Dr. James Rota, a general practitioner of dentistry whose life focus has been on holistic health, courageously raises important and vital questions concerning commonly accepted medical and dental procedures which can adversely affect the health and wellness of every individual. As a fellow first generation biological dentist, I find this a passionate and necessary book - one to read and re-read and prominently place on your bookshelves. Rota asks difficult questions about the future of dentistry. The narrative is gripping, and the writing is marvelous. His life history and the problems associated with being first exposed to mercury as a twelve year old and later on as a practicing dentist are so movingly told, they grabbed and kept my attention throughout this remarkable book. Through five decades, Rota has directly observed the enormous negative impact that mercury – “silver” – amalgam fillings and infective dental toxicity has had on the health of many of his patients. He has also found that the removal and complete healing of sites of infective dental toxicity such as IBD (Ischemic Bone Disease / chronic jaw osteitis / cavitations) and removal of the patient’s mercury amalgam fillings often result in seemingly near-miraculous improvement in many of the patients he has treated. At the very least, Dr. Rota has frequently viewed substantial improvements in the clinical conditions and numerous aberrations in the laboratory profiles of many patients who have had these dental obstacles removed. The chapter called “Show me the Science” further attempts to demonstrate that a very large amount of hard scientific data already exists to support all of the assertions made. He cites, too, the work of the great German doctors and researchers such as Reinhold Voll, Fritz Kramer, Jochen Gleditsch and Ralf Turk, among others – men whose work helped provide the missing link between dentistry and medicine and inspired the approach now known as biological dentistry. The title of the book comes from Osler’s famous quote: “The mouth is the mirror of the body which reflects systemic disease.” Rota, in turn, emphatically states: “The mouth is a sacred part of the body. It is a highly sensitive entrance to the body. It is where we verbalize our thoughts, where we eat our food, where we kiss and experience intimacy, and where we laugh and sing. We instinctually cover our mouths when we are afraid or surprised. We may bite to defend ourselves. We look at other people’s mouths and make judgements based on its size, color, condition and reflection of the current state of emotion. We socialize with our mouths, even from great distances. Some of us will use our mouth to chant the word “Om” to tune into the vibration of the universe. It is considered the frequency energy that connects and joins all things together.” Rota is unafraid to dig

deeply and honestly both within himself and within the dental profession. He raises critical questions that twenty-first-century dentistry must answer if it is to meet the proper needs of its patients as well as of its practitioners. He peels back the veneers, so to speak, revealing the discomforting truths of modern dentistry. There's a maxim Drs. Voll and Kramer liked to share when they taught: "One dentist will keep two physicians busy for the rest of their practice lives because of the ills placed upon them by uninformed dentists." Mirror of the Body does more than just show how this is so; it shows how things can be otherwise.

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