



## **Assure A Smile Publishes New Holistic Health Guides for 2014**

*Assure A Smile publishes new holistic health guides for South Florida families looking to live richer, happier lives in 2014.*

Miami, FL ([PRWEB](#)) December 31, 2013 -- Assure A Smile [Miami dentistry](#) publishes new holistic health guides for South Florida families looking to live fuller, richer, happier lives in 2014.

The health guides are now available on the [Miami Dentist Blog](#), providing expert advice on a range of holistic wellness topics including healthy nutrition and weight loss, methods of minimizing exposure to environmental toxins, and reviews on leading cosmetic dental services that are both minimally invasive and bio-compatible.

The first step toward a healthier life is minimizing exposure to harmful environmental toxins. Assure A Smile has published resources to help Miami residents identify toxins in groceries, water, and even in traditional dental procedures that are not bio-compatible in nature. The health guides on the Miami Dentist Blog provide tips for avoiding these toxins, thereby helping the body to naturally heal and grow healthier.

Next, Assure A Smile recommends a diet and nutrition plan not just to lose weight in 2014, but also to create healthy teeth and gums for life. Using the nutritional resources on the Miami Dentist Blog, Miami families will learn to shop for healthy foods that balance the body's alkalinity level, maximize natural nutrient absorption, and promote healthy oral tissues. Follow the nutrition advice on the Miami Dentist Blog, and enjoy a New Year of improved mental, emotional, and physical health.

And because mental, emotional, and physical health are so closely interrelated, Assure A Smile offers cosmetic dental procedures that build confidence and a positive self-image. Procedures are minimally invasive and bio-compatible in nature, ensuring that total body wellness is maintained during treatment. Cosmetic services include Invisalign invisible braces, Perio Protect gum treatment, ZOOM teeth whitening, and other leading treatments for beautiful teeth and gums.

Assure A Smile invites all South Florida families to stay on top of New Year resolutions through 2014 by following the Miami Dentist Blog, South Florida's leading source for holistic health guidance and news. South Florida residents can visit [AssureASmile.com](#) to learn more about holistic dentistry, nutrition, and bio-compatible dental treatments designed to create healthy teeth and gums for life.

For more information, readers are invited to contact Assure A Smile directly at 305-274-0047. A New Patient Special will be available in January 2014, providing a full cleaning and holistic dental exam designed to fast-track patient health goals over the coming year.



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**Online Web 2.0 Version**

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