



Take charge of your health and vitality, *at any age.*

AGE WITH STYLE:
Your Guide to a Youthful Smile & Healthy Living
ForbesBooks, 2018

You only have one life—why not make it the healthiest it can be? Oral health involves more than just keeping your teeth clean and pearly white. In fact, the health of your mouth is foundational to your overall health and ultimately, how you’ll age. This is something Dr. Nammy Patel understands well: a healthy life goes well beyond dental care and includes nutrition, diet, mental, and physical wellbeing.

“I am here to help people live longer, healthier, more joyful lives.”

Dr. Patel leverages decades of experience and a unique, holistic, and patient-centric approach to dentistry. She shares what has been the focus of her practice, Green Dentistry, from the beginning: the effective application of functional, holistic dentistry. *Age with Style*

“When I started Green Dentistry thirteen years ago, I was a trailblazer. But now I’m seeing that progress is needed in the medical and dental fields. A greater focus needs to be placed on treatments that provide long-term solutions.”

In her new book, *Age with Style: Your Guide to a Youthful Smile & Healthy Living*, Dr. Patel is changing the way readers think about oral health and the impact our mouths have on health and aging.

introduces this unique approach which replaces the old “drill and fill” dental treatment with actual, problem-solving methods that get to the underlying cause of any problem.

Give the attendees at your next conference or workshop a more complete picture of dentistry: Book Dr. Patel to speak on the proven methodologies and benefits of holistic dentistry.



DR. NAMMY PATEL was born in Dharotha, India, and immigrated to the United States when she was just five years old. A graduate of the University of Southern California’s School of Dentistry, Dr. Patel is a leader in the movement to bring environmental sanity and well-being into the dental world. She believes in providing her patients with more than just world-class dental care and helps patients recognize the vital connection between dental health and whole-body health. Dr. Patel specializes in holistic, functional dentistry, and prides her office on having the most high-tech equipment with relaxing, luxurious spa-like amenities.

“Do read this book, for it is the future of health and the practice of dentistry. It really is an extraordinary guidebook whose time has come. Dr. Patel has developed an amazing program on how to take care of the whole person and make a huge impact both on patients’ health and the environment. She cares deeply about her patients.”

PAYAL BHANDARI, MD
Integrative Holistic Physician and Medical Director

“Dr. Patel offers us a concise, easy to read and inclusive guide to holistic dentistry, and she’s done it very well. It covers the tools you need to navigate your own health while creating a deeper understanding of biological human needs and how they can be met with the right dentist.”

TIFFANY HUNTER, PHD
Co-Founder and Clinic Director of Healing for People

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