ABOUT THE AUTHOR:
ALVIN DANENBERG, DDS

Dr. Dan, as his patients call him, has been a periodontist for over four decades. He divides his career into two periods: before and after the laser, coupled with the dynamics of ancestral nutrition. The laser-based LANAP®, protocol and the importance of ancestral nutrition, he believes, are revolutionizing the treatment of gum disease. His Power Nutrition Program, based on evolutionary nutrition, assists patients in eliminating unhealthy lifestyle routines and poor food choices by replacing them with healthy ones. The body needs nutrient-dense foods and healthy gut bacteria to create amazing results. Poor nutrition and unhealthy gut bacteria lead to various medical and dental diseases and imbalances.