



***At The Root***  
**My journey to health and healing**

By Kimberly Miles, M.A.

*foreword by Dr. Michael Margolis, DDS*

216 pages, 5.5" x 8.5", Charts,  
Illustrations, Appendices,  
Resources, Suggested Reading

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Contact Kimberly Miles,  
kimberly@kimberlymiles.com



**KIMBERLY  
MILES**  
COMMUNICATIONS

**FOR RELEASE:** Immediately or anytime

**CONTACT:** Kimberly Miles, M.A.

928-274-0757

kimberly@kimberlymiles.com

## **Could Your Mouth Be The Root Cause of Your Symptoms or Illness?**

After the removal of her four wisdom teeth, Kimberly Miles began to suffer from unexplained health problems: recurring pneumonia, unexplained rashes, debilitating fatigue, brain fog and swollen lymph nodes that would not go away. Over the next thirty years her doctors would diagnose Kim with Chronic Fatigue Syndrome, Epstein-Barr virus, and even lymphoma, but they did not really know.

***At The Root*** is Kim's story of perseverance and the necessity to trust and believe in yourself. Ultimately, we are responsible for our own health. Kim shares her thirty-year journey to regain her health and vitality. Kim's belief in her body's ability to heal itself led to her decision to work with a remarkable biological dentist. It was with the help of this controversial approach to dentistry that Kim's body could finally heal, restoring her to full health. Kim's revealing and intimate story portrays the overlooked and little understood importance of the mouth in overall health and well-being.

Kimberly explains her various dental procedures using easy-to-understand language. She makes the larger issues clear and compelling. Well-researched, Kim's book will be thought-provoking for both consumers and health practitioners. Before you go to the dentist — you will want to read this book.



Kimberly Miles, M.A. received a B.A. with Honors from the University of Pennsylvania and a M.A. in art history from George Washington University. While an M.A. candidate she was awarded a Smithsonian Institution Fellowship to pursue her research in American art and culture.

When her health failed thirty years ago, Kim became passionate about natural health and healing as she set out to find the root cause of her symptoms. Her research led Kim to become a student of natural health, nutrition and mind-body techniques. She earned two certifications in nutritional education from Bauman College and certifications from various organizations for mind-body techniques. In 2001, she was nominated as a WETA public radio Hometown Hero in Washington DC.

She is founder of Kimberly Miles Communications, LLC, which specializes in stress management, natural health and personal growth. She lives in Sedona, Arizona.

#### Sample Questions:

- Why did you write *At The Root*?
- When did you first get sick, what were your symptoms and how did your life change as a result of getting sick?
- Why were your doctors unable to help you find the root cause of what was happening to you?
- Why is the mouth important to overall health? What role does the mouth play?
- When did you realize that earlier dental procedures might have something to do with your symptoms? What were these earlier dental procedures?
- What is a biological dentist? What is a dental revision? What is a cavitation?
- Tell us more about natural health and your belief that the body can heal itself.
- Do you expect everyone to have the same remarkable recovery as you did if they undergo a dental revision?
- What did you learn from your experiences?



To request a copy of *At The Root*, to arrange an interview with Kimberly Miles, or for additional information, please contact Kimberly at 928-274-0757 or [kimberly@kimberlymiles.com](mailto:kimberly@kimberlymiles.com)

# REVIEWS

“Kimberly shares her own inspiring story of the body’s ability to heal itself, and how self-love and perseverance helped her to reclaim her health and her life. *At The Root* will inspire anyone to be a powerful advocate for their own healing.”

Sarah McLean, Author,

*The Power of Attention: Awaken to Love and Its Unlimited Potential with Meditation*

“This book is packed full of critical information regarding the health of our mouths and our spiritual health as well. The mix in Kimberly’s story of both physical health and spiritual connection is wonderful.”

Debra Beck, Award winning Author and Mentor,

*My Feet Aren’t Ugly: A Girl’s Guide to Loving Herself from the Inside Out*

“Reading this will open your eyes to the toxic world of hidden dental infections. Sometimes in your quest for health, you end up having to do all the research yourself. Kimberly had to learn what 99% of dentists do not learn in dental school. I applaud Kimberly for her willingness to share her story.”

Dawn Ewing PhD, Doctor of Integrative Medicine,

Executive Director, International Academy of Biological Dentistry and Medicine

“A great blend of science and art. Once digested, you will realize, like I did, that Kimberly Miles’ experiences prepare her for this tedious pilgrimage towards health. Therefore, it is not just a tale of illness and struggle toward health. Kimberly’s experience and awareness have culminated in a philosophical book that is truly remarkable and even magical.”

Kimberly Luyckx for Reader Views

“*At The Root* highlights the problems that can occur when medical diagnoses miss the root cause. Kimberly’s book details her determination to find and resolve her health issues.”

Miranda Esmonde-White, Author of New York Times Bestseller,

*Aging Backwards: 10 Years Younger and 10 Years Lighter in 30 Minutes a Day*

“In the health sciences, books abound in reciting sterile anatomy, physiology, and molecules to the exclusion of the human element — the reality of what illness does to people and their families. “*At The Root*” is the real life story of the devastation of dental cavitation and one woman’s heroic journey to discover and overcome this life-altering, disease which anyone can unwittingly suffer at the hands of well-intentioned Science that fails to understand the holistic impact of bones, nerves and teeth on overall health. Here is a shining example of why modern dentistry must evolve, and why Biological Dentistry is the ethical future of Dentistry.”

WellnessWiz Jack Tips [Ph.D., C.C.N.]