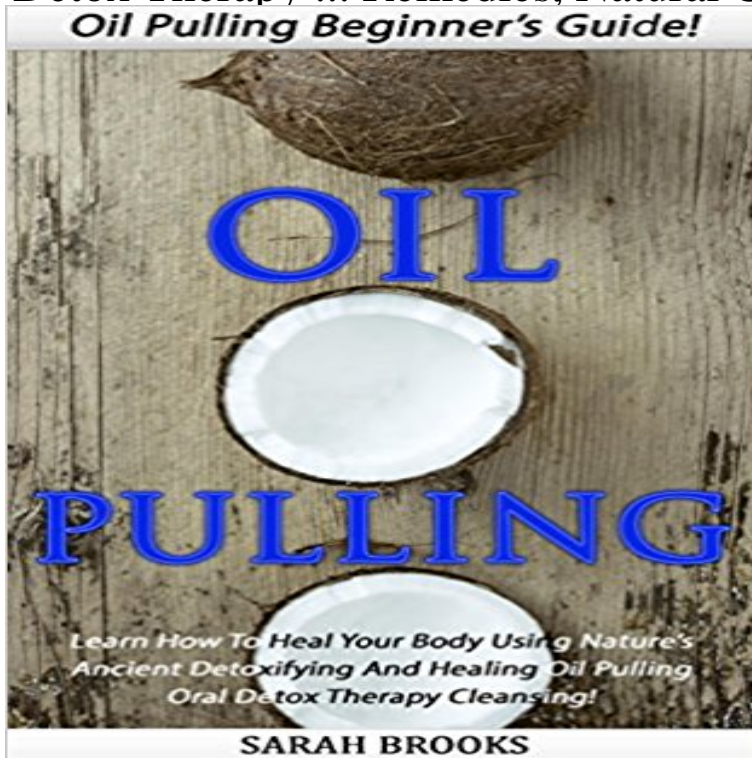


Oil Pulling: Oil Pulling Beginners Guide! - Learn How To Heal Your Body Using Natures Ancient Detoxifying And Healing Oil Pulling Oral Detox Therapy ... Remedies, Natural Cures, Essential Oils)



This Oil Pulling book contains proven steps and strategies on how to make use of the ancient art of oil pulling as a way to achieve better oral health. Today only, get this Amazing Amazon book for this incredibly discounted price! Read on your PC, Mac, Smart Phone, Tablet or Kindle Device. Yes, you are going to be introduced to a way of treating oral health problems that is seemingly complicated but will turn out to be simple as we explore it. As an individual who is a part of a fast-paced modern world, you are aware of the fact that maintaining good oral health is very important but difficult at the same time. It is connected to the health of the entire body which is composed of multiple systems that are responsible for vital physiological processes. With the current health trend of going back to nature and the use of all-natural materials, the reintroduction of oil pulling into the limelight is very timely. Yes, you will be using materials (in their unrefined and cold-pressed state) that are deemed safe to the human body. This book will take you on a learning journey that involves the basics of oil pulling, options for materials, establishing of routines, dos and don'ts, and the advanced or most effective techniques. You don't need to have a background in Ayurvedic medicine to understand the information presented here. Everything has been simplified for you. Remember to keep an open mind and have the motivation to really explore something that could benefit you a lot in the end. Here is a preview of what you'll learn... What Is Oil Pulling? What To Expect And Why It Is Important Best Types Of Oil To Use How Oil Pulling Cures Common Oral Problems Common Misconceptions Of Oil Pulling Other Benefits Of Oil Pulling How Oil Pulling Detoxifies And Cleanses Establishing An Oil Pulling Routine Best Techniques For Oil Pulling Things You Should Avoid While Oil Pulling Much, Much

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