



Oil Pulling Revolution: The Natural Approach to Dental Care, Whole-Body Detoxification and Disease Prevention

By Michelle Coleman

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Oil Pulling Revolution: The Natural Approach to Dental Care, Whole-Body Detoxification and Disease Prevention, Michelle Coleman, A new, up-to-date guide to the rediscovered trick that's been a dental health solution for thousands of years Holding and swishing organic oil in your mouth is an amazingly simple yet powerful technique for cleaning your teeth and detoxing the entire body. The Oil-Pulling Revolution combines ancient teachings and modern techniques to incorporate this healthy habit into your daily routine. Using the tips and instructions provided here you can: *Remove harmful bacteria *Eliminate cavities *Reduce plaque *Whiten teeth *Freshen breath Beyond dental care, this book details how oil pulling benefits your entire body for glowing skin, more energy, improved heart health, fewer migraines and a healthier overall lifestyle.



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Reviews

Complete guideline for ebook enthusiasts. It really is loaded with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Very useful to any or all group of folks. It really is rally interesting throug reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mrs. Dorris Wintheiser**