



The Beginner s Guide to Oil Pulling: Nature s Therapy: Learn How to Heal Your Body by Using an Ancient Oral Detox Therapy (Paperback)

By Kate Evans Scott, David Pearson

Kids Love Press, United States, 2014. Paperback. Book Condition: New. 196 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER:: An Ancient Healing Modality That Actually Works and is Available to Everyone Oral health is the key to a healthy body and happy life. An ancient Ayurvedic therapy, Oil Pulling is now entering the spotlight as one of the quickest and most effective natural therapies available. In addition to the foods you consume, your tongue is highly permeable, so it s no surprise that the mouth is the entry way for most toxins that reside in your body. The simple practice of swishing high grade oils in your mouth can have surprising (if not miraculous) health benefits for your entire body - not just the mouth. In a short period of time, you will discover that various chronic illnesses can be remedied by integrating this practice into your daily routine. In The Beginner s Guide To Oil Pulling, you ll find the information you need to begin transforming your health with this incredible natural remedy. Inside you ll find explanations as to why chronic health problems and oral health are intimately linked, as well as...



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