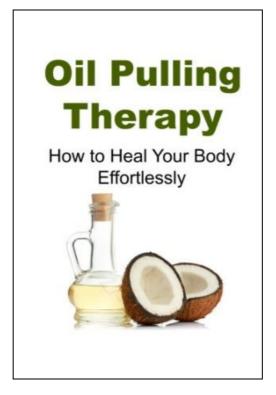
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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. Oil Pulling Therapy: How to Heal Your Body Effortlessly Mouth is the gateway to a plenty of germs which can enter your body. So it is very important that you control the germs at the root level if you want to stay healthy. For this you must maintain a proper oral hygiene. Brushing and mouthwash everyday is not enough for proper oral hygiene. You have to prevent the germ build up in your mouth and keep your mouth devoid of toxins. This can be done by oil pulling. Oil pulling is an ancient ayurvedic practice which keeps your mouth healthy and teeth white. Oil pulling can be done with coconut oil or sesame oil and other kinds of oils too. This eBook will discuss all about oil pulling, how to do it and plenty of other things.

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