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

Dr. Michelle Coleman

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

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