

THE BENEFITS OF OIL PULLING

Oil pulling is an ancient Ayurvedic practice that involves swishing a pure oil around in the mouth to draw toxins from the body



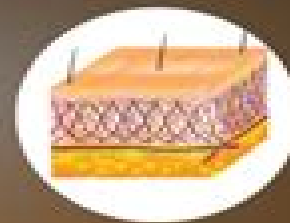
Whitens
Teeth



Improves
Oral Health



Supports the
Immune
System



Improves
Skin Health



Helps
Cleanse the
Body



Improves
Energy
Levels



Helps Prevent
& Improve
Sore Throats



Reduces
Pain and
Headaches



Improves
Sleep
Quality

DIRECTIONS:

Upon rising in the morning, swish 1 tsp of olive oil or coconut oil in your mouth for 10 minutes. You can also add a small drop of tea tree oil for added benefits.



Oil Pulling Oil Pulling

Bruce Fife



Oil Pulling Oil Pulling:

Oil Pulling Jeannie Lambert, 2014-08-24 Discover the wonders of Oil Pulling Would you like a natural safe and effective way to improve your oral hygiene Then oil pulling is a remarkable method just for you The Western world benefited from introduction to the oil pulling technique believed to be an effective complementary and alternative treatment It is done by swishing the mouth and teeth with edible oils such as sunflower coconut and sesame oil The concept of oil pulling is based on more than 3 000 years of traditional belief that swishing the teeth and gums with oil pulls away bacteria and other debris into the oil Our mouths are breeding ground for billions of viruses bacteria parasites fungi and other toxic waste products This causes cavities bad breath gum disease and a range of other oral problems Problems in oral health are also linked to many other diseases such as chronic infections eczema arthritis heart disease and many more Moreover the bacterial processes of changing carbohydrate residues left on the teeth produces an acid that de mineralizes the tooth structure causing dental cavities

Oil Pulling Detoxification Cupido A.I. Saage, 2025-05-22 Discover the ancient wisdom of oil pulling reimagined for modern wellness in this comprehensive guide to natural oral detoxification Oil Pulling Detoxification bridges traditional Ayurvedic practices with contemporary scientific understanding offering readers a practical approach to improving both oral and systemic health The book begins by exploring the fascinating historical roots of oil pulling tracing its evolution from ancient Ayurvedic texts to its growing popularity in today s health conscious world Learn how this time tested practice has been used across diverse cultures as a method of oral cleansing and bodily detoxification Dive into the science behind oil pulling as the author explains the biochemical mechanisms that make this simple practice so effective Understand how lipids bind to toxins and bacteria in the mouth how oil cleansing activates the lymphatic system and what current research reveals about its benefits for oral health The practical sections provide detailed guidance on implementing oil pulling in your daily routine From selecting the ideal oils coconut sesame sunflower to mastering the proper technique and timing you ll learn how to maximize the detoxification benefits of this ancient practice The book also explores how to enhance your oil pulling treatment with beneficial essential oils like tea tree peppermint and lemon Discover the wide ranging health advantages of regular oil pulling including reduced plaque formation strengthened gums fresher breath and potential immune system support The author presents evidence based information on how oil cleansing may help reduce inflammation markers and improve overall wellness The final sections address how to adapt oil pulling for different life stages and health conditions from children to seniors during pregnancy and for those with chronic health concerns Learn practical strategies for incorporating oil pulling into your daily routine for long term health benefits Whether you re new to natural health practices or looking to deepen your understanding of detoxification methods this guide provides the knowledge and techniques needed to make oil pulling an effective part of your wellness journey For this book we relied on innovative technologies including Artificial Intelligence and tailor made software solutions These supported us in numerous process steps brainstorming and

research writing and editing quality assurance as well as the creation of decorative illustrations We aim to provide you with a reading experience that is particularly harmonious and contemporary

Pure Exoticism with Coconut Oil: Natural Remedy for Beauty, Detox, Oil Pulling, Healthy Weight Loss, Wellness & Co. Alisha Moore, 2024-03-08 Pure Exoticism with Coconut Oil Natural Remedy for Beauty Detox Oil Pulling Healthy Weight Loss Wellness Co Unlock the Secrets of Pure Exoticism with Coconut Oil Discover the natural wonders of coconut oil in Pure Exoticism with Coconut Oil Natural Remedy for Beauty Detox Oil Pulling Healthy Weight Loss Wellness Co This comprehensive guide delves deep into the myriad benefits and uses of this tropical elixir offering you a treasure trove of insights to enhance your health and well being Experience the True Power of Coconut Oil Are you curious about the wonders of coconut oil Dive into a world of coconut infused wellness and beauty that goes beyond the ordinary In this book we explore the remarkable array of benefits that coconut oil has to offer from its ability to nourish your hair and skin to its role in achieving healthy weight loss Your Path to Radiant Beauty Achieve the lustrous hair and glowing skin you ve always dreamed of with coconut oil s natural magic Learn the art of incorporating coconut oil into your beauty regimen combatting issues like acne dry skin dandruff and more Unveil the secrets to maintaining your nails and soothing sunburns with the purest of remedies Wellness and Beyond Experience a holistic approach to wellness as you delve into the depths of coconut oil s impact on your overall health Discover its potential in oil pulling and as a natural remedy for Alzheimer s Explore its unique role in promoting the well being of your furry friends Culinary Adventures Await Indulge in culinary adventures with the incorporation of coconut oil into your cooking From the best brands to choosing between virgin refined and extra virgin coconut oil we provide the essential knowledge you need to elevate your meals Preserving the Goodness Learn the art of storing coconut oil to ensure it retains its purity and efficacy for years to come Pure Exoticism with Coconut Oil is your all encompassing guide to unlocking the full potential of this natural wonder Whether you seek beauty wellness or culinary inspiration coconut oil has got you covered Get ready to embark on a journey to radiant health enhanced beauty and culinary delights all with the incredible power of coconut oil Take the first step toward a healthier and more vibrant you order Pure Exoticism with Coconut Oil today Your coconut oil adventure begins here

Oil Pulling Therapy Jay Rhonda, 2015-06-19 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

Oil Pulling and Essential Oils Lindsay Sullivan, Emily V. Steinhäuser, 2014-08-25 Learn to become healthier and happier with essential oils and oil pulling For the first time ever Essential Oils by Lindsay Sullivan and

Oil Pulling by Emily V Steinhauser are available together in one collection Oil Pulling and Essential Oils From the Description of Essential Oils by Lindsay Sullivan Learn the wonderful benefits and incredible uses of essential oils the natural way for you to care for yourself and your family Are you worried about harsh chemicals and ingredients in our cleaners and beauty products Do you worry about what ingredients are inside the medicine you give your children Would you like a more natural more green way to reduce your stress care for your skin or for pain relief Sounds wonderful right But these are all the benefits you could receive by making the switch to using essential oils And this book will show you how This step by step guide offers you tips and recipes to replace many of the common household and personal care products that you use Never worry again about what is in these products Learn how to use essential oils safely and effectively There is nothing stopping you and your family from living a cleaner more natural and better life And Essential Oils is your first step on this amazing journey Don t take your health for granted Learn how oil pulling can help you and your family live healthier and better lives From the Description of Oil Pulling by Emily V Steinhauser The fact that oil pulling is an effective therapy has been shown by in a myriad of scientific studies In one study it has been seen that overall oral health can be boosted through oil pulling with sesame oil It is believed by scientists that bacteria are pulled out by the lipids that the oil contains and bacteria are prevented from sticking to the oral cavity s walls Perhaps most interesting is the fact that harmful bacteria can be cleansed out and fungal overgrowth can be reduced through oil pulling Oils used for oil pulling also potentially prove to be helpful for cellular restructuring and ensuring that the lymph nodes and other internal organs to function properly Oil pulling also has other possible benefits for oral health as well such as Overall strengthening of the gums jaws and teeth Potential holistic treatment for bleeding gums Potential holistic treatment for a sore jaw Prevention of bad breath Prevention of gum and oral diseases such as cavities and gingivitis

Oil Pulling For Teeth Joseph Sweets,2021-05-18 Oral health is a key indicator of overall health well being and quality of life This book discovers a whole new world of complete oral health by using oil pulling Many are turning to this miracle therapy to help with a wide range of medical issues epecially oral health In this wonderful book you will learn how to oil pull the benefits of oil pulling and why oil pulling is becoming so popular After a read of this book you too will become an oil pulling expert Oil pulling with coconut oil is the new way to take care of your oral health You will amaze yourself with the results from oil pulling In just 20 minutes a day you are on your way to a healthier new you

Coconut Oil Breakthrough: Boost Your Brain, Burn the Fat, Build Your Hair BJ Richards,2024-05-28 Frustrated with hair that won t grow and lacks that amazing shine Or maybe you feel like you ll never get rid of that muffin top I understand I was where you are now There s so much out there on coconut oil It was stressful searching through hundreds of articles and websites then trying to keep track of all the bits and pieces That s why I decided to write this book Do any of these problems sound familiar Wish you had long healthy hair that was shiny Find out how cheaply coconut oil can help you Just not as sharp mentally as you wish you were Learn the secrets of boosting your brain safely at home That muffin top making you feel fat

every time you put on your jeans You ll learn how to get it off and feel good about your figure again Plus over 30 home remedies you can start using today that will save you money and help improve your health and home Why wrestle with hundreds of articles and web searches when there s so much reliable help here all in one place Don t waste any more time and hit the buy button now Because you don t need the hassle just the results [The Wellness Mama 5-Step Lifestyle Detox](#) Katie Wells,2020-02-04 Katie Wells author of The Wellness Mama Cookbook and founder of Wellness Mama finally shares the secret of how she manages six kids a company and a career without sacrificing a healthy lifestyle with this step by step comprehensive guide to clean natural living By following her simple detox plan you ll be able to implement a system for better living by reducing toxic exposure transforming your diet and regaining control over your health Katie provides practical tips for slowly incorporating this rewarding lifestyle into an already busy schedule giving you the option to choose what area of life you d like to work on first You can detox your body with whole foods and natural medicines clean up your beauty regime with all natural moisturizers cleansers hair products and makeup get rid of toxic household products that include bleach ammonia and acids try a digital detox for you and your family or learn how to de stress by adopting healthier sleeping habits and finding time for yourself The Wellness Mama 5 Step Lifestyle Detox is the natural answer to matters of home nutrition and motherhood with over 150 homemade versions of essential household and personal products like Citrus Fresh All Purpose Cleaner Unscented Liquid Laundry Detergent Lavender and Honey Face Wash Mineral Foundation Lemon Cinnamon Cough Syrup Chamomile Calming Balm [Oil Pulling](#) Emily V. Steinhäuser,2014-08-24 Secrets behind the wonders of oil pulling revealed Don t take your health for granted Learn how oil pulling can help you and your family live healthier and better lives The fact that oil pulling is an effective therapy has been shown by in a myriad of scientific studies In one study it has been seen that overall oral health can be boosted through oil pulling with sesame oil It is believed by scientists that bacteria are pulled out by the lipids that the oil contains and bacteria are prevented from sticking to the oral cavity s walls Perhaps most interesting is the fact that harmful bacteria can be cleansed out and fungal overgrowth can be reduced through oil pulling Oils used for oil pulling also potentially prove to be helpful for cellular restructuring and ensuring that the lymph nodes and other internal organs to function properly Oil pulling also has other possible benefits for oral health as well such as Overall strengthening of the gums jaws and teeth Potential holistic treatment for bleeding gums Potential holistic treatment for a sore jaw Prevention of bad breath Prevention of gum and oral diseases such as cavities and gingivitis [The Oil Pulling Miracle](#) Birgit Frohn,2015-12-14 Using coconut sesame and other oils to heal chronic conditions strengthen the immune system and prevent illness Details the process of oil pulling including when to do it how long to swish the oil in your mouth and other oral care techniques that complement it Explains the health benefits of 10 different cold pressed oils including sesame coconut and pumpkin seed allowing you to choose the best oil for your needs Includes a step by step 7 day detox plan and information on additional detox techniques that enhance the benefits of oil pulling Oil pulling is

much more than an oral cleansing method Originating in the ancient healing systems of Ayurveda and traditional Chinese medicine where it is well known that disease begins in the mouth this simple health practice triggers detoxification and healing throughout the entire body The mouth and tongue are home to bacteria fungus and many toxins from the rest of the body Oil pulling not only cleanses the mouth and tongue preventing harmful bacteria and toxins from entering the bloodstream it also triggers enzyme production in the digestive tract which in turn activates cleansing processes throughout the entire body Practiced daily oil pulling leads to better dental and gum health a stronger immune system detoxification of major organs including the intestines lungs and liver and healing from many conditions caused by internal toxins and chronic inflammation In this practical guide Birgit Frohn details the simple process of oil pulling including when to do it how long to swish the oil in your mouth and other oral care techniques that complement it such as tongue scraping She explains the specific health benefits of 10 different cold pressed oils that can be used in oil pulling from traditional sesame oil to vitamin packed pumpkin seed oil to highly popular coconut oil allowing you to choose the best oil for your needs She also reveals the vast number of ailments that can be healed and prevented by regular oil pulling practice including Acne Allergies Canker sores Arthritis Eczema Flu and Colds Sinus infections and Bronchitis Cavities and Gingivitis Headaches and Migraines Constipation And many more Frohn also explores additional detox techniques that enhance the benefits of oil pulling and concludes with a step by step 7 day detox plan for those who want to maximize the effects of oil pulling and accelerate their return to better health

Panchakarma Practical Guide for Technicians and Therapists Vaidya Vasant Patil, Atreya Ayurveda Publications is always engaged in bringing the unique and class books in India Now for the first time we are launching the eBook on Panchakarma to reach maximum no of readers all around the globe Intended Audience A complete practical guide for panchakarma technicians massage therapists naturopaths herbalists Spa consultants allied health markets health beginners and ayurveda learners Outstanding Features A quick practical guide which can be used in everyday practice This book will help panchakarma technicians and massage therapists in understanding the principles and practices of Panchakarma therapy All the procedures are explained vividly in easily perceivable manner with scientific reasoning Standard operating procedure for all procedures and practical tips given Illustrative diagrams table photos of procedure are included wherever necessary

The Eight Immortal Healers Mantak Chia, Johnathon Dao, 2017-08-15 A detailed guide to restoring the eight foundational areas of health Explains how each of legendary Taoist masters known as the Eight Immortals has a specific area of health as the focus of his or her teachings Offers practices techniques and guidelines for each of the Eight Immortal Healer teachings including the important roles of oxygen and water in the body nutrition detoxification exercise energy work emotional pollution and spiritual hygiene The Eight Immortals are a group of legendary ancient Taoist masters each associated with a specific area of health or a powerful healing technique These eight disciplines can bestow vibrant health and well being and provide the antidote to the stresses ailments degenerative diseases and toxins of modern

life In this guide to the healing practices of the Eight Immortals Master Mantak Chia and Johnathon Dao share the legends of each Immortal teacher and detail the many ways to apply their wisdom through nutrition exercises supplements detoxification methods spiritual practices and energy work They explain how the first Immortal born during the 8th century AD is associated with oxygen considered in the Taoist healing perspective as the body's primary nutrient They discuss how oxygen deficiency is the main culprit in cancer and virus and provide a number of oxygen therapies including the use of hydrogen peroxide and deep breathing to stimulate the metabolism and immune system The second Immortal Healer centers on water and the authors explain how chronic dehydration can lead to a host of ailments and offer advice for rehydrating The other teachings of the Immortal Healers include Nutrition with guidance on supplements superfoods toxic foods and daily meals Detoxification with detailed guidelines for cleansing the body's organs and glands Avoiding environmental poisons with advice on vaccines dental amalgam fillings sunscreen chemotherapy fluoride and pesticides Exercise with step by step instructions for Inner Alchemy practices yoga and breathing techniques Maintenance of the energy body through acupuncture chi kung healing magnet therapy and photon sound beams and Emotional pollution and spiritual hygiene with a wealth of practices for balancing the emotional body and staying connected to Source including forgiveness meditation and karmic yoga By following these Eight Immortal Healers you can take control of your health remove the root causes of the chronic ailments that inhibit well being and longevity and choose to live life to the fullest in happiness and radiant health

Natural Oral Care in Dental Therapy Durgesh Nandini Chauhan, Prabhu Raj Singh, Kamal Shah, Nagendra Singh Chauhan, 2020-02-11 Because of increasing antibiotic resistance stronger antibiotics are reserved for serious active infection paving the way for a greater use of herbal antibiotics This book helps dentists in implementing safe and effective natural medicine therapies to complement the current practice guidelines Oral diseases continue to be a major health problem world wide Oral health is integral to general well being and relates to the quality of life that extends beyond the functions of the craniofacial complex The standard Western medicine has had only limited success in the prevention of periodontal disease and in the treatment of a variety of oral diseases The dentist needs to be more informed regarding the use safety and effectiveness of the various traditional medicines and over the counter products Herbal extracts have been used in dentistry for reducing inflammation as antimicrobial plaque agents for preventing release of histamine and as antiseptics antioxidants antimicrobials antifungals antibacterials antivirals and analgesics They also aid in healing and are effective in controlling microbial plaque in gingivitis and periodontitis and thereby improving immunity The 26 chapters in this unique book explore all the measures to utilize the natural oral care obtained from plants animals and mineral drugs for dental care

Oil Pulling Therapy Bruce Fife, 2017-08-14 If you have bad breath bleeding gums cavities or tooth pain you need this book If you suffer from asthma diabetes arthritis migraine headaches or any chronic illness and have not found relief this book could have the solution you need All disease starts in the mouth As incredible as it may seem most of the chronic and infectious

illnesses that trouble our society today are influenced by the health of our mouths. Our mouths are a reflection of the health inside our bodies. If you have poor dental health, you are bound to have other health problems. Despite regular brushing and flossing, over 90 percent of the population has some degree of gum disease or tooth decay. Most people aren't even aware they have existing dental problems. Recent research has demonstrated a direct link between oral health and chronic illness. Simply improving the health of your teeth and gums can cure many chronic problems. More brushing, flossing, and mouthwash isn't the solution. What will work is Oil Pulling Therapy. Oil pulling is an age-old method of oral cleansing originating from Ayurvedic medicine. It is one of the most powerful, most effective methods of detoxification and healing in natural medicine. In this book, Dr. Fife combines the wisdom of Ayurvedic medicine with modern science. The science behind oil pulling is fully documented with references to medical studies and case histories. Although incredibly powerful, Oil Pulling Therapy is completely safe and simple enough for even a child.

The Ayurvedic Dinacharya Rohit Sahu, 2021-07-26

Are you yearning to synchronize your life with the rhythm of nature? Do you wish to be disease-free for the rest of your life? Do you want to live a longer, better, and happier life? If you answered yes, then this book is an invaluable asset that will transform your life. In our modern era, we often find ourselves caught in a relentless cycle of stress and busyness. Late nights at work, early morning meetings, and a packed social life contribute to our daily struggles. But the root cause of our distress lies in the lack of a regular routine. Our ancestors understood the importance of a disciplined Dinacharya, a daily regimen that they faithfully followed. This practice not only balanced their doshas, body energies, but also regulated their biological cycles, instilled discipline and happiness, and reduced stress. The absence of a routine can lead to various lifestyle disorders such as obesity, hypertension, stroke, diabetes, coronary heart disease, and many more. It can also manifest as anxiety, insomnia, digestive issues, premature aging, and a host of other ailments. However, simple adjustments to our lifestyle can prevent these health risks and promote overall well-being. Dinacharya, derived from the words *Dina* meaning day and *Acharya* meaning activity, offers fundamental self-care practices that will empower you to create balance, joy, and long-term health. Regardless of your body type, age, gender, or current health condition, embracing a healthy lifestyle is within your reach. A daily routine holds the key to a profound transformation of your body, mind, and consciousness. It fosters equilibrium within your constitution, aids in digestion and absorption, and cultivates self-esteem, discipline, tranquility, happiness, and longevity. Through this book, I will guide you on how to harmonize with nature's rhythm every single day, allowing you to enjoy a lifetime of health and happiness. By following the principles of Ayurveda, the suggestions offered in this book are not only effective but also easy to implement.

This Comprehensive Guide Covers Essential Topics Including:

- What is Dinacharya?
- Importance of Dinacharya
- Dinacharya Benefits
- Daily Cycles and Dinacharya
- The Morning Dinacharya
- The Afternoon and Sundown Dinacharya
- The Evening and Night Dinacharya
- How to Implement Dinacharya in Your Life
- Tips to Boost Your Progress
- Beginners Dinacharya
- Mistakes Don't hesitate any longer. Claim your copy of this book today and embark on a journey towards a healthier, more

fulfilling life **Natural Conservative Dentistry: An Alternative Approach to Solve Restorative Problems** Maha Ahmed Niazy, Hesham El-Enshasy, Shimaa Mahmoud Ameen, 2024-05-03 In nature lies the solution to restore teeth with minimal damage In this groundbreaking book the management of dental challenges is presented from a new perspective Natural Conservative Dentistry An Alternative Approach to Solve Restorative Problems provides evidence based solutions to dental challenges to researchers practitioners and dental service providers The main attribute of all these solutions is that they are all derived from natural ingredients Natural ingredients are an effective alternative for dental care and management in contrast to synthetic products that have multiple side effects This book fills a knowledge gap on alternative and sustainable solutions derived from nature to respond effectively to dental challenges encountered in dental treatment for the conservation of the tooth It is a compilation of the work of expert dentists that has been carried out in clinics for the management of dental problems Key Features Provides an insightful look at the prevention of dental diseases through evidence based interventions using natural products in 9 referenced chapters Contains valuable contributions in restorative dentistry such as caries prevention enamel and dentin remineralization dentin biomodification dentin desensitization vital pulp therapy antioxidants and tooth bleaching Provides an update on the current status of different ingredients used in oral health care products developed for commercial markets Includes notes on pathophysiology and diagnosis on specific conditions and sources of natural ingredients The book is a valuable reference for trainees and professionals who want to enhance their restorative dentistry practice in the clinic Detox Your World Shazzie, 2012-07-17 In this complete detox guide Shazzie identifies the most dangerous toxins in your environment and provides detailed detox plans and over 100 raw food recipes to help you stay clean and healthy If you ve eaten a typical Western diet whether meat based or vegetarian all your life you will eventually start to feel under the weather depressed overweight or ill By lightening your diet and shedding the toxins accumulated from your environment you can alleviate and even remove these problems from your life You will be amazed at the results Enthusiasm for life Deep happiness and bliss A clearer and calmer mind More energy than you had as a child Natural weight loss and maintenance Flawless skin great muscle tone and a younger appearance *Foundations of Periodontics for the Dental Hygienist with Navigate Advantage Access* Jill S. Gehrig, Daniel E. Shin, 2023-07-27 Gehrig Foundations of Periodontics for the Dental Hygienist 6e prepares students for a successful career as a dental hygienist by providing the learner with a foundational understanding of periodontitis focusing the hygienist s role in periodontics dental hygiene students with up to date evidence based coverage of periodontal anatomy the periodontal disease process and classifications of periodontal disease and in a format that is easy to read understand and reference **The Holistic Mother's Guide** Hannah Wilson, 2018-09-14 The Holistic Mother s Guide is designed for all essential oil skill levels Covering 22 of the most common essential oils Helping you learn more about the oils you use regularly Plus this book covers essential oil safety during pregnancy and essential oil safety for the entire family Including essential oil infused natural remedies Also

included in this book is over 60 recipes to help you ditch the toxic products that are in your home Recipes for health beauty children food and more No matter your skill level it is always helpful to have an easy to read safety and recipe guide close by The Holistic Mother s Guide is designed just for that This book also includes blank space for you to add your own recipes and personal thoughts That way all of your essential oil info is all in one place

Detoxification Dr. Angela Fetzner, 2020-01-19

Detoxification the removal of pollutants from the body can look back on a long tradition Since time immemorial people have felt a wish to cleanse their bodies and souls at regular intervals and to rid them of needless and harmful ballast This may be due to the instinctive feeling that purification is a great relief for body and soul and is also needed to maintain or regain health At the same time a thorough detoxification and cleansing of the body is a prerequisite for all deeper processes of healing Among other things detoxification measures are used to activate the body s powers of self healing Only by thoroughly removing pollutants can we remove the precondition for many ailments letting body and soul recover This book describes all natural therapies which have proven to be effective in basic detoxification These measures are down to earth motivating and efficient and include medicinal plant therapy homeopathy Schuessler salts specific cleansing of the organs of detoxification water applications wraps reduction of stress changes of diet and so on With the help of the detoxification cures here chosen and presented you will soon regain your vitality strength and zeal With kind regards from your pharmacist Dr Angela Fetzner

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Oil Pulling Oil Pulling Introduction

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