

# The Oil Pulling Miracle: Detoxify Simply and Effectively

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# Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe. (Newton Runolfsson)

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# THE OIL PULLING MIRACLE: DETOXIFY SIMPLY AND EFFECTIVELY



Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, The Oil Pulling Miracle: Detoxify Simply and Effectively, Birgit Frohn, 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.

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