

Oil Pulling



The Natural Way To Whiter, Healthier Teeth

How To Oil Pull



Step 1. Brush your teeth and rinse.



Step 2: Put a spoonful of coconut oil in your mouth and wait for it to melt.



Step 3: Gently swish the liquid for up to 20 min.

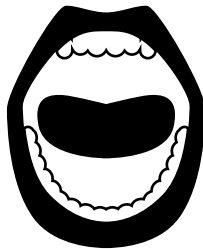


Step 4: Discard in the bin, not down the drain to prevent clogs.

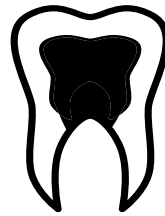
Benefits Of Oil Pulling



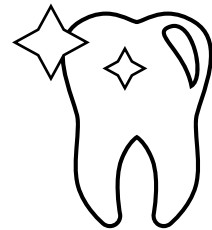
Prevents tooth decay



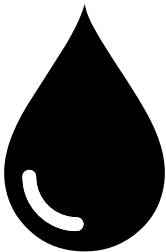
Prevents bad breath



Reduces Inflammation



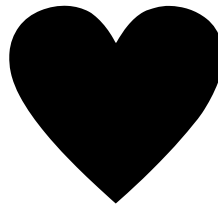
Helps naturally whiten teeth



Soothes throat dryness



Heals cracked lips



Boosts Immunity



Strengthens gums and jaw

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