

Ancient Secret to Healthy Gum





People Who Will Benefits

If you are facing these problems:

- Tooth decay
- Gum disease
- Bad breath
- Loose teeth
- Bleeding Gum
- Sensitive Teeth



Continuous Problem

If have been trying these methods:

- Longer brushing
 - Flossing every single teeth
 - Tried all brand of mouth wash
 - Visit your dentist every 6 months
 - Seen a gum specialist
- and still facing gum problem.

Now the secrets.....



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What is Oil Pulling?

- This is a 2000 years old Ayurvedic healing method that originated in India.
- It involves swishing a small amount (tablespoon) of **pure/organic/virgin coconut oils** around one's mouth for 20 minutes daily, with the goal of 'pulling' out toxins.



Steps for Oil Pulling

- 1) Pour 1 tablespoon of Pure/Organic/Virgin coconut oil and put it into your mouth
- 2) Set a timer on your smartphone if you have one to 20 minutes and gently swish the oil around in your mouth.
- 3) While swishing, read, watch youtube or do something to past time.
- 4) After 20 minutes, spit into a bag as you do not want to clog your sink.
- 5) Do your normal brushing and flossing.



Important Points

- 1) Use Pure or Virgin or Organic coconut oil.
- 2) Swish the coconut oil around your teeth.
- 3) Progressive increment from 5, 10, 15 till you can do a full 20 minutes.
- 4) Do not swallow the oil as it contains your mouth toxins.
- 5) Do it daily before your bed time before brushing and flossing your teeth.

You will be surprise that you are cure of gum and teeth problem from now onwards. Cheers.



An Oil Pulling a day, Keeps the Dentist Away.

**Please Download and Share this message with your
family or loved ones.**

Who knows, another gum might be saved.

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