



BENEFITS OF OIL PULLING

Unlock the Secrets of Oil Pulling

- 1 Improved Oral Hygiene:** Reduces bacteria, plaque, and toxins for better dental health.
- 2 Teeth Whitening:** Naturally brightens and removes surface stains.
- 3 Stronger Gums:** Strengthens and lowers the risk of gum disease.
- 4 Headache Relief:** Eases tension and sinus headaches.
- 5 Clearer Skin:** Enhances complexion by removing toxins.
- 6 Better Sleep:** Reduces inflammation for improved sleep quality.
- 7 Enhanced Taste:** Improves taste perception for a healthier diet.
- 8 Improved Digestion:** Supports metabolism and nutrient absorption.