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Future Health! Personal Care - Caring For Your Teeth & Gums



Synopsis

In my experience, health is not about taking dozens of supplements. I make it very simple for you and give you seven different areas to introduce healthy practices. In each module, I give some information about the topic but then spend most of the time on how to do it, what can get in your way, and how to overcome obstacles to achieving your goal. In Future Health! I simplify the complexities of health into "Seven Pillars" that you need to support your body and mind and spirit. Module 66 is in Pillar Two: Personal Care. In 13 of the modules covering Personal Care, I'll share strategies about skin and hair care, sun exposure, repelling mosquitoes, staying cavity-free, underarm deodorant, cleansing baths, oil pulling, oral hygiene, saunas, self-massage, nasal lubrication and even show you how to properly sit on a toilet!

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Customer Reviews

Throughout the book she refers to all her other books that will give more indepth information, otherwise I would have given 5.

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