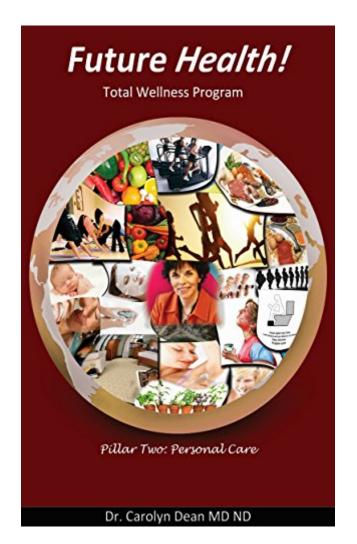
The book was found

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 â " 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 to how toâ | properly sit on a toilet!

Book Information

File Size: 1980 KB Print Length: 39 pages Simultaneous Device Usage: Unlimited Publication Date: April 20, 2014 Sold by: Â Digital Services LLC Language: English ASIN: B00JTVL2G2 Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #1,598,166 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #52 in Books > Medical Books > Dentistry > Caries #4398 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting #5874 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy Living

Customer Reviews

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

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