

OIL PULLING GUIDE

First thing in the morning, place **ONE TABLESPOON** of Skinny Coconut Oil in your mouth and begin to swish for **5-20 minutes**.



Move the oil around your mouth, teeth and gums as if it were mouthwash, without gargling or swallowing it. The oil will begin to liquify, **keep swishing**. You may also notice that the oil mixture will thicken the longer that you "pull".



After the **5-20 minutes**, spit the oil mixture into the trash. Rinse out your mouth with warm water and brush your teeth.

Now enjoy fresher breath, whiter teeth, and a brighter smile! **For best results, pull daily.**

ONLY 100% RAW COCONUT OIL
NEVER HEATED ABOVE 100°F
12 COCONUTS IN EACH JAR
WILD-HARVESTED FROM THE
JUNGLES OF VIETNAM



**CHANGING
THE
WORLD**



GIVES 10% OF PROCEEDS
BACK TO VIETNAM...

- BUILDS SCHOOLS
- TEACHES ENGLISH
- FUNDS YEAR-ROUND FARMING

Join the Movement:



skinnycoconutoil



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**PULL
DAILY**

ORAL HEALTH BENEFITS



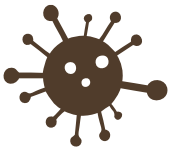
**STRENGTHEN
IMMUNE SYSTEM***



**NATURALLY
WHITEN TEETH***



**REDUCE GUM
INFLAMMATION***



**LESSEN
BAD BREATH***

"At first I thought, 'How in the world am I going to oil pull for that long?', but in retrospect, I don't know how I went without it! With Skinny, my teeth are whiter and my health has been very stable; I haven't been sick all year!"

- Brooke Randolph, LMHC

OIL PULLING FOR A BRIGHTER SMILE AND BETTER HEALTH

The first thing you will notice when you begin oil pulling is an improvement in oral health. Teeth become **whiter**, breath becomes **fresher** and your gums take on a **healthy** pink color.

By collecting and **expelling toxins** from the mouth, oil pulling not only assists with oral care, but overall health as well. *Skinny*, containing more than 50% lauric acid, has been shown to **promote healthy immune function**. This medium chain fatty acid is prevalent in only one other source, breast milk.

Being **100% RAW**, *Skinny* is the most effective coconut oil for oil pulling.

Chronic problems such as bleeding or inflamed gums, loose teeth and bad breath can be **greatly improved**; all while maintaining blood sugar levels already in the normal range.

"I have seen a significant improvement in the oral and periodontal health of my patients who practice coconut oil pulling with *Skinny*."

- Dr. Ted Reese, DDS,
MAGD

