

OIL PULLING

Try this hygiene habit to boost your oral health and achieve a healthy smile.

Oil Pulling is an ancient Ayurvedic ritual dating back over 3,000 years. It involves placing a tablespoon of oil in your mouth and then swishing it around between 5-20 minutes, pulling it between your teeth, before spitting it out and rinsing. We recommend using 2GO Coconut Oil from this month's box for this exercise. Whatever you do, do not swallow the oil as you will ingest the toxins you are trying to wipe out.

Afterwards, brush your teeth with an all-natural fluoride-free toothpaste. And you're done! It really is that easy.

Why use Coconut Oil?

Coconut oil is preferred because it contains Lauric Acid (one of the fatty acids in coconut oil) is proven to be antimicrobial... it can kill bacteria, viruses and fungi.



Learn more on the blog:
RosehiveSuperfoods.com/Recipes

THE HEALTHY GLOW BOX

Glow From The Inside Out: High ORAC Value Foods & Healthy Fats

BARUKAS THE INCREDIBLE BARU NUT

The exotic flavor of the baru [bar·oo] nut has been described as a mix of almond, cashew and peanut – only better – and with less calories. But it's the nutrients packed inside that'll blow your mind. Anti-aging antioxidants, good fats for brain fuel, plenty of fiber, muscle-building protein, and incredible amounts of disease-fighting, micronutrients your body is craving.



FULL GREEN SWEET POTATO RICE

Made from nothing but sweet potatoes, Full Green has 61% fewer calories than white rice. This convenient pouch is BPA-free and preservative free, too! Sweet Potatoes have a high ORAC value. They contain an abundance of antioxidants and make a delicious fix for Vitamin A, an antioxidant that maintains a healthy-looking skin, and prevents acne.



PURE ORGANIC DIATOMACEOUS EARTH

Introducing an amazing vegan alternative to collagen! Diatomaceous Earth comes from ancient fossilized algae (essentially, fossil shell flour!). It is comprised of 89% silica. Science shows that plant silica actually boosts collagen production by 50%, to keep your skin, hair, and nails strong. Pure Organic's brand is mined in the desert of Nevada and cleaned, washed, to be handled as a certified food grade mineral.



How to use: Diatomaceous Earth is basically tasteless with a gritty texture. Mix it into water or another liquid of your choice such as juice, yogurt or a smoothie. Start small - about one teaspoon with water once a day. It's best used on an empty stomach at least one hour before or two hours after eating

RUNA GUAYASA CLEAN ENERGY DRINK

Guayusa is most common as a tea and has been found to contain 50% more anti-oxidants than green tea with the second highest ORAC score of any other food product tested! Tests also show Guayusa to contain 90 mg of caffeine/ 8oz cup making it the second most caffeinated plant on earth next to coffee but with many more health benefits! RUNA products are also Fair Trade Certified™ which means a fair price is paid to the farmers.



SQUEEZE DRIED APPLE CIDER VINEGAR

Squeeze Dried ACV is a blend of apple cider vinegar, lemon, cayenne, cinnamon, ginger, and probiotics. Apple Cider Vinegar is an amazing beauty food for good skin. It's main benefits include being high in potassium, as well as assisting in maintaining body and skin pH balance.



How to use: Give it a try! Simply add 1 stick of our ACV powder to your water and enjoy, on-the-go.

2GO COCONUT OIL WITH MCT OIL

A unique blend of organic virgin coconut oil with MCT oil. It's naturally antibacterial and antifungal, which makes coconut oil for skin is an excellent moisturizer or for use internally thanks to the lauric acids found in the high fatty acids content. Have you ever tried oil pulling? Give it a try with 2GO's easy on-the-go pouches!



CV SCIENCES CBD OIL SAMPLE

#NOTPOT. The hemp plant has over 100 cannabinoids (chemical compounds that trigger neurotransmitter releases in the brain). This CBD oil has NO psychoactive effects but tons of benefits and no "high".



DISCOVER WHAT'S INSIDE