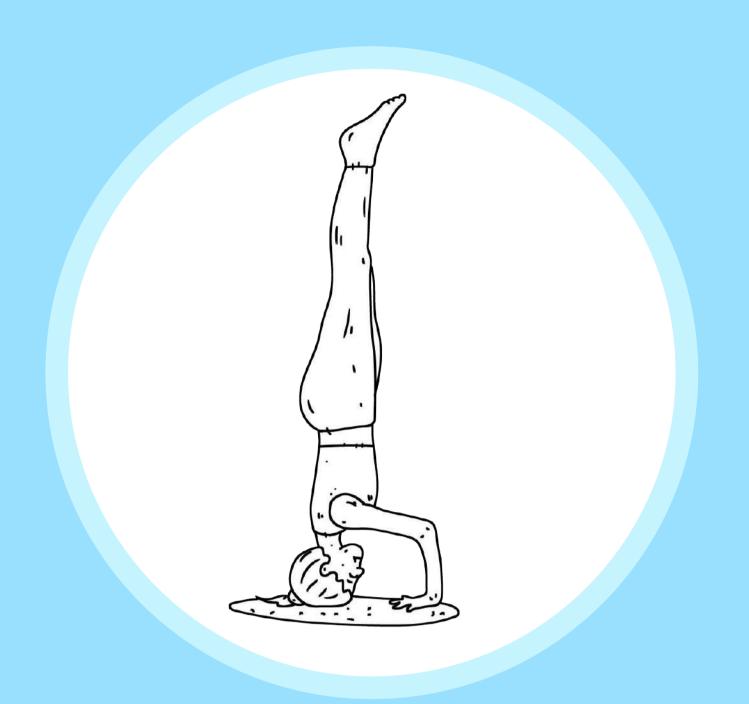
Bad Breath (p. 1 of 3)



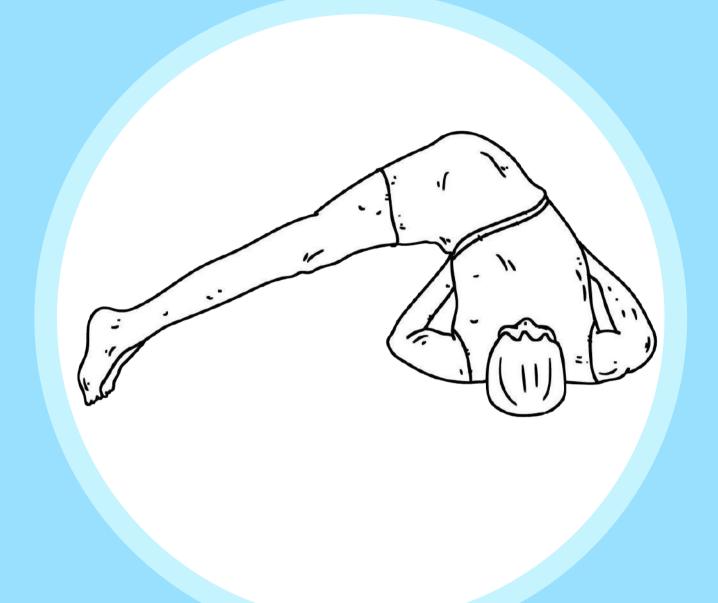
Sirsasana (head stand)



Sarvāngāsana (shoulder stand)



Uttānāsana (forward fold)



Pārśva Halāsana (side plow)



Paschimottānāsana (staff)



Simhāsana I (lion)

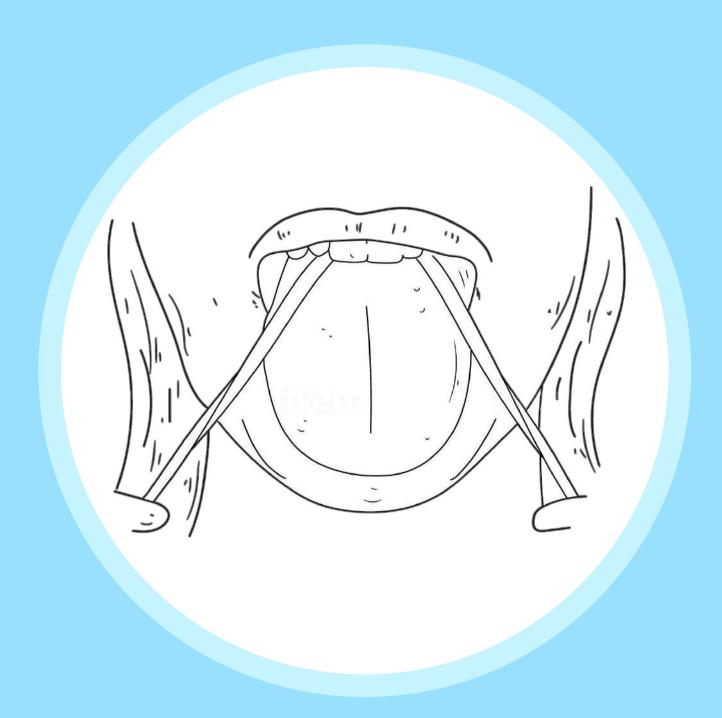
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Bad Breath (p. 3 of 3)



Tonge Scrape



Limit Alcohol

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