



Mouth Stones:

The mouth stone is made from the green stone and has a mRem reading of .05-.1. It is also has an electrical charge to promote stimulation and healing.

There are two mouth stones, one for each side of the mouth. They can be placed one in each side of the mouth while in an upright position for 1-2 hours per day. **DO NOT USE THESE WHILE SLEEPING, OR IN A TOTALLY RECLINED POSITION.** It is possible to work up to longer time periods. Contact your wellness instructor for more information.

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