



The Poop-Poop Report

For Folks Who Have Bad Body Odor and No Clue!

This report may be given away for free. Never Sold!

This is for those that have BO (body odor) and wonder why. Sometimes it is sickness and disease or something we may have eaten. Let us get down to the basics. You SMELL because you have not bathed in a manner that kills bacteria that causes odor!

This short report is an instruction guide on how to present the best impression of yourself every day that you leave your home and greet the world and to remain healthy while you are out there in it.

Here is what you will learn

- How to shower and stay fresh all day
- How often to shower to stay healthy and free from sickness
- How to brush your teeth and have fresh breath all day
- How often to brush and floss daily to maintain fresh breath
- How to wear perfumes and colognes

How to Shower and Stay Fresh

Let us start with showering and staying fresh. Did you know that 2 oz. of hydrogen peroxide in 8 oz of liquid soap will help clear up bumps, sores and breakouts if used daily?

Here is how you do it. You can use any liquid soap or even your favorite liquid soap for this purpose. Add 2 oz. of 3% hydrogen peroxide that is found at the store to the soap and shake it up. Get into the shower and take some of this mixture into your palm and apply it to your dry face as a mask and let it stay on for five minutes or so. Take some more of this mixture and apply it under armpits, butt crack, and genital area. Then wash and rinse your hands off with some soap while in the shower. Start washing your neck, ears, back, chest, stomach, navel and armpits with a clean washcloth. **DO NOT WASH THE PRIVATE PARTS YET.** Here is why! After you wash the upper body, you are going to wash your face. By this time the hydrogen peroxide soap mixture will have eliminated the excess bacteria in the skin and will have sanitized the area. This will bring under control skin breakouts. Wash your hair with your favorite shampoo. Rinse off hair, face, ears, neck, back and chest well.

Next wash the genital areas, butt crack buttocks' whatever you want to call it! Clean that butt mud or shit out! Wash under rolls and flaps of skin if you are overweight! Always wash down **NOT UP!** Then wash your legs and feet. **YES YOU'RE FEET TOO!** Clean that toe jam away! Now rinse well and rinse the soap out of the genital areas with lots of water. Step out of the shower take the washcloth and put it in the laundry to be washed. Start with a clean washcloth everyday! You know where that washcloth has been. **DO YOU WANT TO PUT IT ON YOUR FACE THE NEXT DAY? COME ON DUMMY!!!**

Always moisturize after every shower while you are still wet. Coco butter with vitamin E reduces stretch marks and keeps the skin soft all day. Then pat yourself dry. Always dry yourself **DOWN** not **UP!** Now apply your deodorant. Women always carry feminine wipes!

How Often To Shower

ALWAYS shower in the morning and at night before you go to bed. Showering at night after the day's activities promotes good sleep. Shower **BEFORE ALL MEDICAL APPOINTMENTS, DENTAL APPOINTMENTS and BODY PIERCINGS!!!!!! PLEASE!!!!!!**

How to Brush Your Teeth

Flossing is important! You get rid of food and bacteria that causes bad breath and decay! If you don't floss you leave the areas between your teeth to store up old food and form plaque which causes decay and eventually tooth loss. **WHO IN THEIR RIGHT MIND WOULD WANT TO**

KISS ON ALL THAT! YUCK!!!! Do you want to be known as the one with the DRAGON BREATH?!!!!

Let's get down to basics. Floss first!! Then brush all surfaces of your teeth with your favorite toothpaste. Brush your back teeth too. Just because they in the back and people don't see them don't mean it's not important to brush them. Brush your tongue as well to remove the coating of plaque and bacteria which again causes bad breath. Your tongue should be healthy and pink. Not coated with yellow, brown plaque or hairy fungus!! OH YUUUUUUUUUCK!!!

Now rinse with 1 oz of hydrogen peroxide. Swish this around in your mouth and gargle in the back of your throat for 20 seconds. Then spit it out. Do not rinse. Hydrogen peroxide starts a foaming action which kills bacteria around the gums, reducing stains on your teeth, gets rid of sore throats, reduces bad breath and soothes ulcers in the mouth. If you wish after a few minutes you can rinse with a gentle mouth wash. I prefer Crest Pro Health.

How Often To Brush

Brush and rinse with hydrogen peroxide in the morning. Then follow with mouth wash after a minute or two. At night FLOSS, BRUSH, RINSE WITH HYDROGEN PEROXIDE and then mouth wash. This gives your mouth, teeth and gums a chance to rest from being dirty for a few hours. The healing process can start.

How to Wear Perfumes and Colognes

Have you ever smelled BO (body odor) covered over with perfume or cologne? HOLLY \$*#%! Come On Folks!!!!!! Always SHOWER before you put on perfumes or colognes! WASHING UP AT THE SINK IN THE MORNING JUST DOESN'T GET IT!

Now you can spice up things by wearing a [PHEROMONE OIL](#) along with your favorite perfume or cologne. AND IT REALLY CAN MAKE THING INTERESTING!!

For perfumes that are very strong and over powering you don't just want to spray it directly on. You place a dab on the pulse areas like your neck, behind the ears, wrist, under the breast and behind the knees. Later in the day if you want to freshen up, just spritz a cloud into the air step into it and let it settle on to you. I call that full cover effect and it is not over powering.

For men place the cologne or aftershave on your face, and on your hands. You can use body splash after showering in the morning before you go out or at night just before you go to bed. [PHEROMONES](#) can also be used on those special intimate situations!

It is important to keep up good personal hygiene. You will present a good impression to whomever you may meet out there in this world. Good hygiene promotes good health. Good health is very attractive!

Have you had your shower today???

Resources

Stay clean on the inside by having good evacuation habits. Drink at least eight 8 oz glasses of spring water or filtered water every day. Flush your system at least 4 times a year. You can find many products for this purpose at the health food stores in your local area.

Get plenty of oxygen into your cells every day! You will find these products online and in the health food stores.

[Pheromone Love Potions](#)

[What Are Pheromones](#)

[The Secret Weapon of Dating](#)

[Pheromone Oil for Men and Women](#)

[Fragrances, Perfumes and Colognes](#)

D. Laurette P.