

PERFECT PRESS BLACK SESAME OIL

OWNER'S HANDBOOK

How to use — **and benefit from** —
your Perfect Press Black Sesame Oil.

ACTIVATION





INTRODUCTION

Thank you again for grabbing YOUR bottle of Perfect Press Black Sesame Oil!

You haven't just made a purchase — you've made an investment in your long-term health.

Your hair, your heart, your immune system...

Let's just say, looking better and feeling better are only the beginning.

Every day you'll discover more and more of the rewards of nourishing your body with black sesame seed oil.

In this handbook you'll discover...

- **General use instructions**
- **Five custom tips for relief using black sesame seed oil**
- **10 benefits of black sesame seed oil**
- **Frequently asked questions**

A dark glass bottle of Perfect Press Black Sesame Oil is the central focus. The label on the bottle features the brand name 'PERFECT PRESS' in a yellow-bordered box, followed by 'BLACK SESAME OIL' in bold yellow letters. Below the text is a vibrant illustration of a purple and white flower with green leaves. At the bottom of the label, it says 'DIETARY SUPPLEMENT' and '2 FL. OZ. (250 ML)'. The bottle is surrounded by a large pile of black sesame seeds, with a few seeds scattered on the white background.

GENERAL USE

Everyone is different and since Perfect Press Black Sesame Oil is an all-natural product, how much you should take depends on you.

Try a little and adjust your dose based on the way your body reacts.

We Recommend:
1.5 teaspoons a day.

One and a half teaspoons a day is enough to give your body a powerful dose of black sesame seed oil's dynamic nutrition and should make your bottle last about a month.

The important thing to remember is to use this oil DAILY. The oil will only work if you take it consistently. If you need more, [click this link](#). It'll take you to our store where you can stock up right now.



FIVE CUSTOM TIPS FOR USING BLACK SESAME OIL

You can customize your black sesame oil experience by trying a few of these five tips...

TIP #1:

Rub it into muscles and joints after a shower to soothe aches and pains. Traditional Chinese Medicine and Ayurvedic medicine have both relied on sesame oil for centuries as a way to balance the inflammatory response.

TIP #2:

Use it in a hair mask recipe for strong, shiny locks.

TIP #3:

Take a spoonful daily for its antioxidant content and to help with blood sugar regulation.

TIP #4:

Drizzle it over oatmeal or add it to a smoothie every morning for delicious cardiovascular support.

TIP #5:

Protect and nourish your skin by using it as a daily moisturizer.



10 BENEFITS OF BLACK SESAME OIL

There are many benefits to taking black sesame oil. **Here are just 10 of them:**
Black sesame oil...

- 1 ...is high in antioxidants.** The antioxidants sesaminol and sesamol found in this oil may have powerful benefits for your cellular health.
- 2 ...supports a healthy inflammation response.** In Traditional Chinese Medicine and Ayurveda sesame oil has been used for centuries to soothe excess inflammation. Massaging sore muscles and joints with warm sesame oil is an age-old practice that many swear by. Recently, studies have been done on animals and *in vitro* that back up that practice.
- 3 ...is good for your heart.** Like most raw seed oils, sesame oil contains an abundance of unsaturated fats, which are great for your heart when consumed daily. Sesame oil is 82% polyunsaturated fatty acids, so it's a great source of disease-preventing fats.
- 4 ...can help your body regulate blood sugar.** While more research is still needed, preliminary studies have shown that regular intake of sesame oil results in significantly lower fasting blood sugar levels.



10 BENEFITS OF BLACK SESAME OIL

Black sesame Oil...

- 5 ...may help alleviate joint pain in arthritis sufferers when taken orally.** While the benefits of rubbing the oil into sore joints have long been celebrated in TCM and Ayurveda as we mentioned above, new research shows that taking sesame oil as a daily supplement also helps to reduce joint pain.
- 6 ...helps to heal wounds.** Preliminary animal studies have shown that sesame oil (and sesame oil combined with pumpkin oil) helps wounds to heal more quickly and with less scarring, when applied directly to the wound.
- 7 ...may protect against sunburn.** Likely due to its antioxidant content, research shows that sesame oil can help protect skin against UV rays. At least one study showed that sesame oil had the ability to resist 30% of UV rays.
- 8 ...may help to improve your sleep.** One study showed that dripping sesame oil onto the foreheads of participants for 30 minutes every other day for two weeks led to better reported sleep when compared with a placebo.
- 9 ...can make your hair shiny and strong.** Compounds in this oil can strengthen your hair from inside and out. You can use it in a hair mask before shampooing but even just swallowing the oil daily will improve your hair health.
- 10 ...can make your teeth gleam.** Sesame oil has been used to promote good oral health in the Ayurvedic tradition for centuries. Oil pulling with sesame oil is a great way to reduce infections in the mouth, bleeding gums and bad breath.

FREQUENTLY ASKED QUESTIONS

What are the ingredients in Perfect Press Black Sesame Seed Oil?

Perfect Press Black Sesame Oil is Perfectly Pressed from nothing but 100% pure, raw, non-GMO, certified organic *Sesamum indicum* (black sesame) seeds.

How is Perfect Press Black Sesame Oil made?

While our pressing process is a trade secret we can tell you that every bottle of Perfect Press Black Sesame Oil is Perfectly Pressed™ from thousands of pure, raw, non-GMO, certified organic *Sesamum indicum* (black sesame) seeds.

Absolutely no heat is used to extract the oil and therefore no nutritional value is lost.

This process is very time consuming but it's why our product is not only unique, but better. Perfect Press Black Sesame Oil is simply some of the best, most nutritious sesame seed oil available in the world.

Can I take too much?

Although this is an all-natural seed oil, there is a limit to how much you should drink.

Remember, every bottle contains the nutrients of TENS of THOUSANDS of raw black sesame seeds. So, while guzzling an entire bottle isn't dangerous, we don't recommend it.



How should I store my bottle?

You need to keep this oil tightly capped and stored in a cool, dry place out of direct sunlight. Refrigeration is not required.

What is the shelf life of Perfect Press Black Sesame Oil?

When stored properly, Perfect Press™ Black Sesame Oil has an extremely long shelf life. The oil will remain fresh for 36 months under the proper conditions.

THANK YOU!

Thank you again for grabbing your bottle of Perfect Press Black Sesame Oil.

Don't think of this as just another purchase. It's not. It's an investment in your long-term health.

I can't wait for you to start feeling the rewards that come from nourishing your body with this wonderful oil.

All I ask is that you don't forget to take it every day. Do that and you'll be amazed by how great you'll feel.

If you have any more questions, we have people waiting by the phone to answer them.

Don't hesitate to call.

Have questions? Call Us!
1-866-271-7595



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