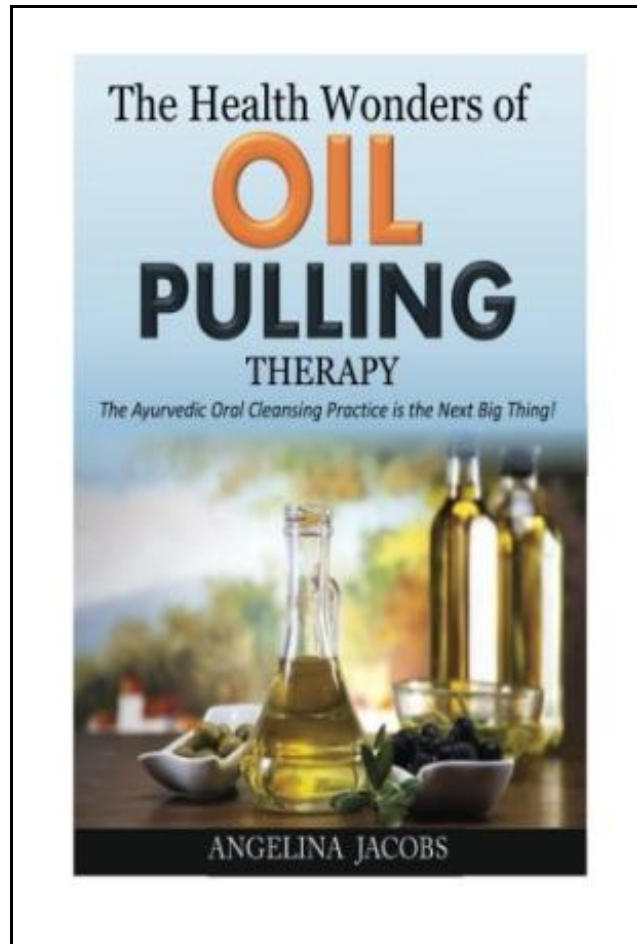


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Health Wonders of Oil Pulling Therapy: The Ayurvedic Oral Cleansing Practice is the Next Big Thing! What This Book Has For You I can t say this without shocking you, but there are significant claims about real results people achieved with oil pulling. Also known as oil swishing, it is an old, folk remedy where you simply swish or hold oil in your mouth. Practitioners claimed that oral therapy is capable of improving systemic and oral health, including various health benefits such as migraines, headaches, asthma, diabetes mellitus, and acne. Not only this, there are great benefits hidden for whitening your teeth using this amazing oral practice. But is it really true? Are there any scientific findings that support the claims? Why should anyone believe in something so simple as swishing oil in your mouth? While these are all valid questions popping in your head right now, the answers are revealed in this book. This book covers in detail the following topics: 1.Introduction to oil pulling and how traditional Ayurvedic methods are combined with modern-day practices to give great health results 2.Details about the origins of oil pulling and how it gained all the popularity after being practiced only by a few traditional Ayurvedic practitioners 3.Details about the current usage of oil pulling and the benefits associated with this unique idea 4.Details about scientific findings and claims from experts and experimenters on the benefits of oral cleansing and detoxification method 5.Step by step method to perform oil pulling the right way and for maximum great health benefits 6.Benefits of oil pulling associated with treating mouth diseases like periodontal and gingivitis 7.Benefits of oil pulling...



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