



## The Health Wonders of Oil Pulling Therapy: The Ayurvedic Oral Cleansing Practice Is the Next Big Thing! (Paperback)

By Angelina Jacobs

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...



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