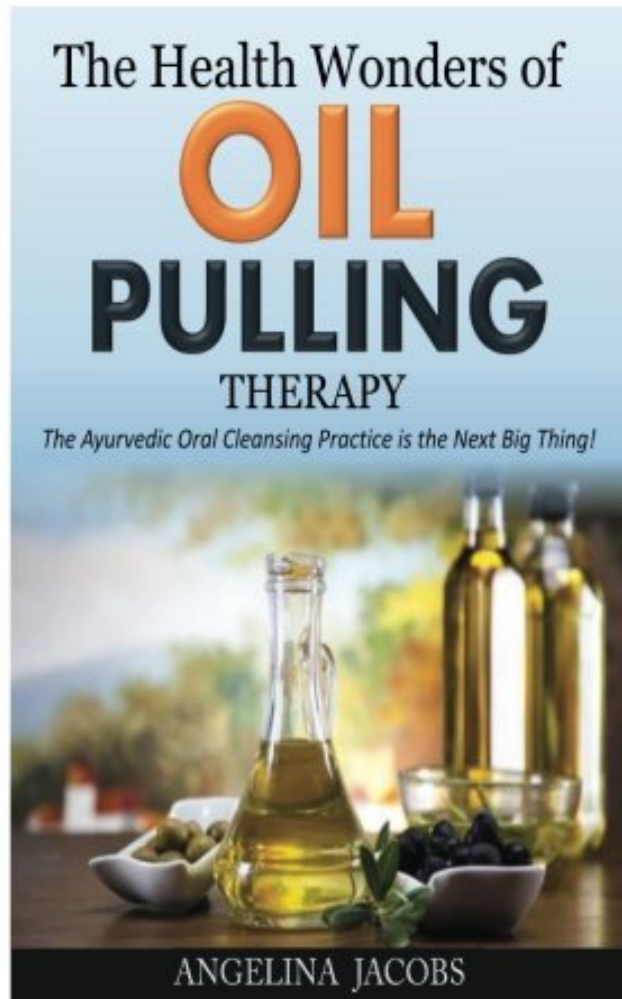


[Free] The Health Wonders of Oil Pulling Therapy: The Ayurvedic Oral Cleansing Practice is the Next Big Thing!

The Health Wonders of Oil Pulling Therapy: The Ayurvedic Oral Cleansing Practice is the Next Big Thing!

Angelina Jacobs

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review helpful. Excellent bookBy Thashmira HemanthaI love reading.So, I received this book from my friend.But, This is the first time when I read such a book. Actually,this is very useful book.According to my personal point of view ,this author Angelina Jacobs has a good ability to introduce many important things in short form creatively.Very attractive. Very useful.The concept is very high.So, I suggest everyone to read this important book.A++0 of 0 people found the following review helpful. NoneBy Laura HolleyThis was a short, fast, concise read on the practice of oil pulling. I found it informative without being overwhelming and enjoyed her touching on the history of oil pulling.

The Health Wonders of Oil Pulling Therapy: The Ayurvedic Oral Cleansing Practice is the Next Big Thing! What This Book Has For You I cant 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 for teeth whitening, fighting fatigue and treating bad breath 8. Interesting facts about oil pulling and how these factors will motivate you to start practicing the oral cleansing today 9. Introduction to different types of oils that are generally used for the purpose of oil pulling, their characteristics and methods of usage 10. Reasons and benefits of preferring coconut oil for oil pulling from the remaining options 11. The basic recipe of oil used for oil pulling With so much information hidden here, I can only say that you are holding the right book in your hand that will answer all of your questions. You dont need to be skeptical about using the oil pulling method anymore. Now you can make the most out of the health benefits it has to offer.