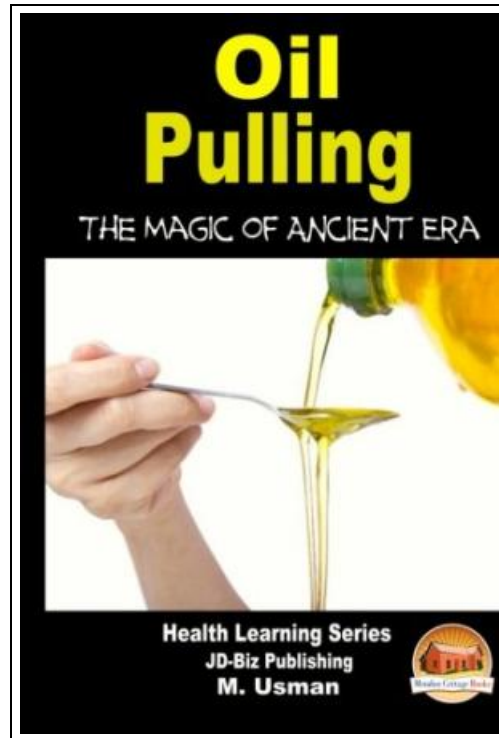


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Oil Pulling - The Magic of Ancient Era Table of Contents Preface Chapter 1: Introduction 1.1 Background 1.2 Recent Resurfacing Chapter 2: The Optimum Methodology 2.1 Important Notes to Methodology Chapter 3: Purpose and Effectiveness 3.1 Consequence of an Unhealthy Mouth 3.2 Linking your mouth to the body 3.3 Benefits for the mouth 3.4 Benefits to other regions 3.5 Scientific evidence on claims Chapter 4: Oil as a Supporting Actor 4.1 Expert s advice 4.2 Systemic effects Chapter 5: Multiple Options Conclusion Author Bio Publisher Preface Oil pulling, the magical phenomenon, is still a mystery for the masses. In this book we shall try to unveil the things behind this ayurvedic technique, which will make your oral healthcare easier. Oil pulling is an ancient phenomenon revisited in the early twentieth century by Dr. Karach. We have tried to provide you with all the oil pulling questions that befuddle you. We have started off with a history and the background for you so that you can come to terms with this non-medical medicine for your mouth. Once you are familiar with its roots, we explain the precise methodology, using several references of various sites and amalgamating the accurate ones. Oil pulling has several benefits, as you will come to know, but what is important to understand is that oil pulling is not a magic potion that will heal everything. Basically, as emphasized by several doctors, our mouth is the main source for the entrance of germs and diseases and what oil pulling solely helps in doing is to keep our mouths bacteria free. However, the benefits outweigh the problems, as you will find that there are no side effects to...



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