



Oil Pulling Therapy: Healing the Human Body Through Holistic Means and Oral Cleansing (Paperback)

By Darren Sternberg

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Live Longer By Oil Pulling 20 Minutes A Day! Oil pulling is also commonly known as pulling oil or oil swishing. In many ancient literature it is referred as Kavala gandusha or gandusha. It is type of ancient practice which involves moving oil around in and your mouth in order to remove toxins. In the last couple of decades, the technique has become popular as an easy and effective way to improve oral health without putting up much of an effort. The actual oil pulling technique is mentioned in Charaka Samhita which is written in 200-400 BCE. Oil pulling is currently on the upswing, and although no conclusive research has been conducted, it is in the process. Majority of people who practice oil pulling swear by it and the health benefits speak for themselves.



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Reviews

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