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Oil Pulling: How to Achieve Amazing Results with Oil Pulling (Paperback)

By Jeannie Lambert

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Discover the wonders of Oil Pulling Would you like a natural, safe and effective way to improve your oral hygiene? Then oil pulling is a remarkable method just for you. The Western world benefited from introduction to the oil pulling technique believed to be an effective complementary and alternative treatment. It is done by swishing the mouth and teeth with edible oils such as sunflower, coconut, and sesame oil. The concept of oil pulling is based on more than 3,000 years of traditional belief that swishing the teeth and gums with oil pulls away bacteria and other debris into the oil. Our mouths are breeding ground for billions of viruses, bacteria, parasites, fungi, and other toxic waste products. This causes cavities, bad breath, gum disease, and a range of other oral problems. Problems in oral health are also linked to many other diseases such as chronic infections, eczema, arthritis, heart disease, and many more. Moreover, the bacterial processes of changing carbohydrate residues left on the teeth, produces an acid that de-mineralizes the tooth structure, causing dental cavities.



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Reviews

The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Mrs. Josiane Collins**

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Prof. Valentin Hane MD**