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## The Miracle of Water Therapy and Oil Pulling: A Beginners Guide to Ancient Yogic Remedies

By Dueep Jyot Singh, John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Miracle of Water Therapy and Oil Pulling A Beginners Guide to Ancient Yogic Remedies Table of Contents Introduction What is Ayurveda What Is Yoga? Oil pulling Procedure When to Do Oil Pulling Tips Ailments cured by Oil pulling Water Therapy Water Therapy through Nostrils- Jal Neti Buying the Right Neti Pot Himalayan Salt Is Best How to Use a Neti Pot The Pot Procedure Benefits of Neti -based Water Therapy Precautions during Water Therapy. Pressure points for improving Eyesight Conclusion Author Bio Introduction Being very interested in alternative medicine forms like Ayurveda and being taught yoga as a part of our Academic curriculum, in our student days, I soon began to understand why the ancients in the East considered yoga to be an integral part of their lives. This book is going to introduce you to some of the more common ancient natural healing traditions practiced in the Indian subcontinent since ancient times. I was talking to an American audience about alternative Indian medicine, when I spoke about Ayurveda and yoga. A friend immediately said, But that...



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