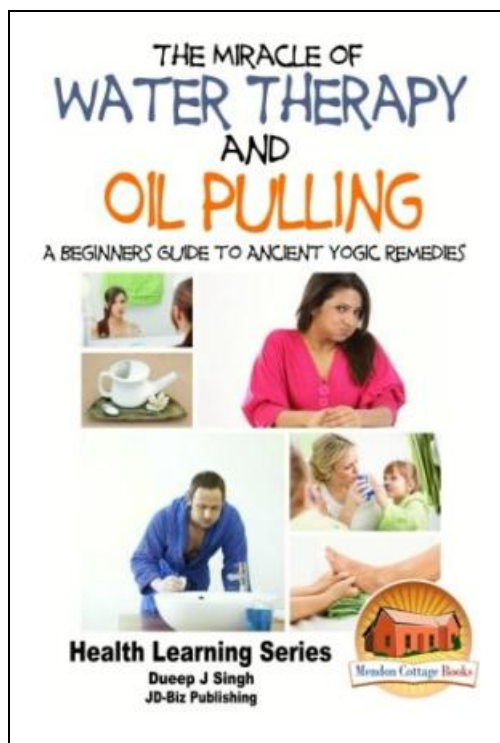


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THE MIRACLE OF WATER THERAPY AND OIL PULLING: A BEGINNERS GUIDE TO ANCIENT YOGIC REMEDIES

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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 is religious, and is based on Hindu practices. I would like to clear up this point once and for all. These practices are definitely not based to people belonging to one religion. Besides, the people who wrote these exercises and rules for right and proper living, and practiced them millenniums ago were Aryans and they gave this knowledge in their religious and spiritual books to the people of India who were practicing Hinduism. Practicing Hinduism? What do I mean by that? Consider Hinduism at that time to be a way of life, practicing nonviolence and following the wise teachings of...



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