Mindluster Platform

About the course Oil Pulling benefits

Oil Pulling benefits course, in this course explore the potential benefits of oil pulling, an ancient oral health practice. Learn about its purported advantages for oral hygiene, including improved dental health, fresher breath, and reduced plaque buildup. Gain insights into the scientific evidence supporting oil pulling benefits and discover practical tips for incorporating this traditional practice into your daily oral care routine. Whether you're curious about natural oral health remedies or seeking to enhance your dental hygiene, this course will provide valuable information on the potential benefits of oil pulling.

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **Coconut Oil and the Boost in HDL â€œGoodâ€ Cholesterol**

Lesson 2 : **What About Coconuts Coconut Milk and Coconut Oil MCTs**

Lesson 3 : **Coconut Oil and Abdominal Fat**

Lesson 4 : **Oil Pulling Benefits for Plaque and Gingivitis**

Lesson 5 : **Does Oil Pulling Help With Cancer**

Lesson 6 : **Oil Pulling for Teeth Whitening and Bad Breath Tested**

Lesson 7 : **The Risks of Oil Pulling**

Lesson 8 : **Eczema Treatment with Coconut Oil Mineral Oil vs Vaseline**

Lesson 9 : **Does Coconut Oil Clog Arteries**

Lesson 10 : **Does Coconut Oil Cure Alzheimer s**

Related courses

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