

## OIL PULLING



Several years ago, at a vegan gathering where Victoria Moran was eloquently speaking about her book, “The Main Street Vegan”, she mentioned oil pulling. I was not familiar with this ancient Ayurvedic practice. The method was quickly discussed, and Victoria shared that it whitened her teeth. Immediately following this lecture, I researched this further so I could try it (always an eager guinea pig) and share it with my audience. So after several years of faithful oil pulling, I’m pleased to share that it definitely makes my mouth feel fresher. Weird right- you’d think swishing oil in your mouth would feel slimy and gross. It doesn’t. I feel like the oil ***IS*** pulling bacteria, plaque and lodged food particles out of my mouth.

### ***CARE TO JOIN ME?***

#### **Here’s what to do:**

1. If you don’t already have some in your refrigerator, you need to buy organic cold pressed (unrefined) coconut, olive, or sunflower oil. The experts say these are the best for oil pulling purposes. My daughter and I use virgin coconut oil because it’s fairly tasteless and it has anti-bacterial, anti-fungal, anti-inflammatory, and anti-viral properties. Avoid corn oil, canola oil, cottonseed oil and soy oil as well as oils that go rancid quickly such as flax oil. Do not add flavorings to the oil or buy flavored oils.

2. In the morning, before breakfast on an empty stomach, take 1 Tablespoonful of oil and place it in your mouth. DO NOT SWALLOW! It obviously won't harm you at this point but we are not eating the oil we are swishing the oil.
3. \*Move the oil around your mouth slowly as if you were rinsing or swishing. Dr Karach, Ukrainian Physician and expert on oil pulling describes the movement as, "sip, suck and pull through the teeth." Begin with 10 minutes and eventually swish your way up to 20 minutes. Your goal is to thoroughly mix the oil with your saliva. According to oilpulling.com, the swishing activates the enzymes and the enzymes draw toxins out of the blood.
4. Don't swallow the oil. It is toxic after it draws out impurities from your blood.
5. As you swish and draw out toxins, the oil gets thinner and white. If the oil is still yellow or clear, it has not been "pulled" (swished around) long enough. Set a timer and check the consistency of the oil to make sure you do it long enough for positive results.
6. \*Then spit the oil from your mouth. If you don't want to clog your drain or leave an oil slick in your sink or toilet, spit into a jar or can.
7. Rinse the inside and outside of your mouth thoroughly. You can use regular tap water or filtered water to rinse and clean.
8. The oil pulling process pulls harmful bacteria and toxic bodily waste. If you do spit into the sink you may want to clean it with antibacterial soap.
9. The oil pulling can be repeated 3 times a day but always before the meal on an empty stomach.

**CLAIMED HEALTH BENEFITS:**

- freshens your breath (bacteria causes halitosis)
- plaque prevention
- a decrease in cavities, bleeding gums & gingivitis
- fastening of loose teeth
- visible whitening of teeth.
- helps lubricate your lips, tongue, mouth & throat
- increases metabolism
- anti-inflammatory- helps autoimmune disorders