

# Oil Pulling



The method of oil pulling consists of swishing, not gargling, coconut oil in the mouth. The oil is “worked” in the mouth by pushing, pulling, and drawing it through the teeth for a period of 15 to 20 minutes. It is done one to three times a day on an empty stomach. The best time is in the morning before eating breakfast, but can be done before any meal. The used oil is discarded and the mouth rinsed out with water. The oil is never swallowed because it is loaded with bacteria, toxins, pus, and mucous.

The oil acts like a cleanser. When you put it in your mouth and work it around your teeth and gums it “pulls” out bacteria and other debris. As simple as it is, oil pulling has a very powerful detoxifying effect. Our mouths are the home to billions of bacteria, viruses, fungi and other parasites and their toxins. It is these germs and their toxic waste products that cause gum disease and tooth decay and contribute to many other health problems including arthritis and heart disease. Our immune system is constantly fighting these troublemakers. If our immune system becomes overloaded or burdened by excessive stress, poor diet, environmental toxins and such, these organisms can spread throughout the body causing secondary infections and chronic inflammation, leading to any number of health problems.

