



AYURVEDIC OIL PULLING

Oil pulling has been practiced for thousands of years to pull mucus and bacteria not only out of the mouth but the whole body!

Our mouths are full of bacteria and viruses. These germs and waste products in our mouth cause gum and tooth decay and can contribute to many other health problems ... and oil pulling has a powerful detoxifying effect. Even heavy metals are also removed with the oil. Many people have noticed healthier gums and teeth and even loose teeth reattach with regular practice.

Oil pulling also helps whiten your teeth, increase your taste buds and decrease the wrinkles around your mouth.

Aside from mouth related healing there have been many healing claims from people who oil pull regularly from better memory and less headaches to a decrease in back pain.

What do you have to loose!

How to practice:

To do this simple practice put about a tablespoon of sesame, sunflower or coconut oil in the mouth and simply swish it around for ten to twenty minutes. Swishing activates the enzymes and the enzymes mix with saliva and draw the toxins out of the blood. When you spit it out do it through closed teeth. The oil should be white when expelled. If it is still yellow, you have not swished long enough. Rinse your mouth afterwards and scrape your tongue. Enjoy!