



# OIL PULLING?

## What is it and how does it work

**Oil pulling** is an age-old remedy rooted in Ayurvedic medicine that uses natural substances to clean and detoxify teeth and gums. It has the added effect of whitening teeth naturally and evidence even shows that it is beneficial for gum health and that certain oils may help fight harmful bacteria in the mouth!

### What is Oil Pulling?

Oil pulling is the act of swishing oil (usually Coconut, Sunflower or Sesame) in the mouth for up to 20 minutes to improve oral health.

The basic idea is that oil is swished in the mouth for a short time each day and that this action helps improve oral health. Just as with Oil Cleansing for the skin, the principle of “like dissolves like” applies, as oil can cut through plaque and removes toxins without disturbing the teeth or gums.

### It Helps To:

- increase oral health
- remove plaque
- reduce inflammation of gums
- lessen sensitivity of your teeth
- whiten teeth
- remove bad breath, as the bad bacteria is removed

### Oil Pulling Instructions

- Put 1-2 teaspoons of oil into the mouth
- Swish for 20 minutes, as this is long enough to break through plaque and bacteria
- Do not swallow the oil as it is full of bacteria, toxins that are now not in the mouth!
- Rinse well with warm water
- Brush well

**Incorporate this easy trick into your mouth-healthy routine!**



**Dr. Ilona Fotek**

*Always seeking natural ways to improve your health!*

