



AYURVEDIC ORAL PULLING

By DR. JACQUELINE FIELDS M.D | May 2014

Oil pulling originated in India, as an ancient Ayurvedic medicinal practice. This technique can help detoxify the body and aid the digestion.

How to: Oil pulling

All you need is oil. Sesame oil is a good choice because it has additional antimicrobial properties, but you can also use coconut or safflower oil. My favorite is Dale Audrey Ayurvedic oral pulling rinse. This formula is sesame oil enhanced with Neem, Myrrh and Clove oil. It is number 1 for Gum Health, and now available at The Healing Gardens Store.

In the morning or the evening, swish 1 teaspoon of oil in your mouth for about 5 to 10 minutes if you're using Dale Audrey oil or 20 minutes with just sesame or coconut oil.

That sounds like a long time to swish, but relax and enjoy the cinnamon taste. You do not need to swish too aggressively, just gentle swish all around your teeth and gums. Then spit into a napkin or garbage as to not harm or clog your drains.

By the time you spit, the oil will have changed from clear/yellow to a milky white color. Don't swallow! After oil pulling, brush and floss normally. For the best benefit, repeat four times per week.

What are the benefits?

Your mouth is the gateway to your health. When the mouth is clean, your whole body benefits. Oil pulling gets your mouth super clean, acting as an anti-viral and anti-bacterial agent. It's especially helpful for those with receding gums or periodontal disease (though oil pulling is not a replacement for the dentist). One study has shown that oil pulling can reduce cavity-causing bacteria in the mouth. Because bacteria are absorbed by the oil, oil pulling may also be of benefit to those with sinus issues. Oil pulling also helps stimulate digestive enzymes, which can help your body process nutrients efficiently. As soon as you smell or put food in your mouth, even if you don't ingest it, enzymes in the gallbladder and liver are triggered to break down food and efficiently use it for fuel, rather than storing it as fat.

A clean and healthy mouth can also help reduce inflammation throughout the body. Oil pulling also helps improve bad breath.

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