

## Oil Pulling for Oral Health

### An Oral Health Epidemic

An estimated 80% of disease symptoms are caused by problems in the mouth, and millions are exposed to disease-promoting dental procedures every day! Oral health is one of the most overlooked health issues in conventional and integrative medicine, yet experts claim that. It's possible to even *reverse cancer* by properly eliminating oral infections.

- \* 90% of all heart attacks are caused by oral pathogens.
- \* Autoimmune disorders can be resolved by getting rid of toxic dental materials.
- \* Reversing gum disease can help you get rid of digestive problems
- \* Root canal procedures increase your risk of cancer and other degenerative diseases

### Coconut Oil Pulling

Coconut oil pulling is a lost key to our oral health. Used primarily in Ayurvedic medicine, oil pulling is a fantastic oral detoxification procedure that is simply done by swishing a tablespoon of coconut oil in your mouth for 10-20 minutes. Many mix essential oils to the coconut oil to further enhance this key to health. Oil pulling has been used for centuries to cure and prevent bad breath, bleeding gums, cracked lips, throat dryness, and tooth decay in addition to strengthening gums, jaws and teeth, and whitening teeth. Some believe it can cure some 30 systemic diseases ranging from headaches and migraines, to diabetes and asthma.

### Pulling Techniques

To help detox your mouth, heal teeth and gum problems, and keep your teeth whiter, mix essential oils with unrefined, organic coconut oil. Here are some tips:

- \* Like most other detoxification procedures, the best time to oil pull is first thing in the morning right after you get out of bed.
- \* All you do is swish between 1-2 tablespoons of coconut or sesame oil in your mouth for 20 minutes.
- \* Immediately afterwards, rinse your mouth out with warm water. Use salt water for added antimicrobial properties.
- \* Be sure NOT to swallow the oil.
- \* And don't spit out the oil in the sink, because it WILL coagulate and clog your drains.
- \* Don't be shocked if the oil/saliva mixture you spit out is milky white or yellow.
- \* Finally, brush your teeth as normal.
- \* I recommend oil pulling 3-4x per week.

**Note:** Oil pulling should be a relatively relaxing process, so don't think that you need to swish your mouth with oil for the entire time or else you're bound to wear out your jaw muscles. Simply move the oil in your mouth and through your teeth without swallowing any of it.

### Adding Essential Oils

To enhance and maximize the effects of oil pulling, you might consider adding some antimicrobial essential oils to the mix. Essential oils carry some of the most potent antibacterial and anti-fungal properties on the planet. Plus, as the essential oils get absorbed by the oral mucosa, the body will enjoy their antioxidant and medicinal powers. Also, because the oil pulling oil acts as a carrier oil, there are no harmful effects of using some of the more potent oils like clove.

\* Add 1 drop each of clove, orange, lemon, and peppermint with 1-2 tablespoons of coconut oil. \* If you're battling and infection, you can change it up and mix clove with oregano and tea tree as a homeopathic remedy. \* Oils from herbs such as cilantro, basil, and thyme are also very pleasant. \* Frankincense and myrrh is a sacred mixture.

\* At the end of the day, you have nothing to lose, but everything to gain from oil pulling. There are relatively no known side effects and the list of benefits is remarkable.

## **Morning Immune Booster**

Arguably the most potent EO out there, recent research studies suggest, is that of Frankincense (kills cancer). It also promotes health and vitality in neighboring non-cancerous cells. To help prevent getting sick and boost your immune system, simply: \* Add 1 drop of frankincense to a tsp honey, maple syrup, or coconut oil. Take first thing in the morning, You can also add 1 drop to 4 oz of water and drink. Oil pulling works by detoxifying your oral cavity in a similar way that soap cleans dirty dishes. Because most toxins are fat-soluble, it literally sucks the dirt (toxins) out of your mouth and creates an antiseptic oral environment that contributes to the proper flow of dental liquid that is needed to prevent cavities and disease. In addition to oil pulling, try using EO instead of (or in addition to) toothpaste. One drop of clove, peppermint, or orange on your toothbrush will supercharge your fluoride-free toothpaste, or if you want to make your own remineralizing toothpaste, just combine Himalayan pink sea salt, baking soda, unrefined coconut oil and essential oils. Some favorites are:

- \* Citrus oils like orange, grapefruit and lemon
- \* Peppermint, eucalyptus and tea tree
- \* Clove, orange and peppermint

## **Everything you put on your skin goes into your body!**

Just think about the price of beauty when you consider the long-term effects of putting chemicals on your body every day. Here are some suggestions for replacing your body care products:

\* Put 5 drops each of eucalyptus, peppermint, tea tree, and lavender in 1 cup unrefined coconut oil. This is a great natural anti-fungal, antibacterial mixture that works great as a lotion for the entire body and can substitute for deodorant.

\* Add 10-15 drops of any oil that you'd like in a 1-2 oz glass spritzer bottle for an all natural, non toxic hand sanitizer. And the list goes on.

## **Aromatherapy – *Tabernacle Style***

God utilized essential oil diffusion for the health and well-being of Moses, Aaron and other priests serving inside the Tabernacle of Moses. This was also done for the Israelites generally for the purpose of eliminating vermin and deadly plagues (see Num. 16:46-50). Many utilize multiple essential oil diffusers in their homes running throughout the day. Not only does this make the home smell refreshing, but the diffusers emit aromatic essential oil “volatiles” that have proven to have significant medicinal properties. Research studies have linked inhaling diffused lavender oil to the following:

- \* Decreased oxidative stress
- \* Reduced postnatal depression and anxiety
- \* Improved mood for people suffering with PTSD
- \* Enhanced sleep and decreased moodiness
- \* Increased overall health status
- \* Prevent allergic reactions Applying diluted lavender EO directly on cuts and burns has also been shown to speed up healing.
- \* For burns or eczema, mix lavender with coconut oil in a 1:5 ratio to speed up the healing process.
- \* For sunburn or dry skin, add 5 drops of lavender in 1 oz aloe vera or coconut oil.

Essential oils brands are not created equal. In fact, many on the market are worthless for your health because they are over processed. Others include synthetic, non-organic ingredients. When buying essential oils, make sure they are pure, therapeutic grade. Take note of those oils that are “food grade” compared to cosmetic grade. If you wouldn't swallow an essential oil, then don't put it on my skin, where it is also absorbed into your body.

Best wishes in your oral health improvements!