

The 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 *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

Growing Popularity of oil Pulling

It has taken long enough, but oil pulling has finally gained some popularity in the U.S. In fact, I believe that it's one of the lost keys to abundant life health.

Used primarily in Ayurvedic medicine, oil pulling is a fantastic oral detoxification procedure that is simply done by swishing a tablespoon of oil in your mouth for 10-20 minutes. This unbelievably effective procedure has been used for centuries as a traditional Indian folk remedy to cure and prevent bad breath, bleeding gums, cracked lips, throat dryness and tooth decay in addition to strengthening gums, jaws and teeth. In fact, oil pulling is mentioned in the Ayurvedic *Chakra Samhita* where it claimed to cure about 30 systemic diseases ranging from headaches and migraines to diabetes and asthma.

The Best Way to Oil Pull

To help detox and keep your smile bright and shining, mix EO (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. Easy peasy!

- * Don't worry, you won't even notice 20 minutes have gone by if you do this during your normal morning routine (i.e. while you shower, put your clothes on and prep for the day).
- * 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: This 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.

Here are a few ways to use essential oils during your morning oil pulling routine:

- * Add 1 drop each of clove, orange, lemon, and peppermint with 1-2 tablespoons of coconut oil.
- * If you're battling an 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

Throw away the glade plug-ins and wall flowers. They emit toxic chemicals that have been linked to neurotoxicity and cancer, which is why every house should have multiple diffusers running throughout the day. Not only will they help make your house smell and feel refreshing, but they also emit aromatic essential oil “volatiles” that have significant medicinal properties. Research studies have linked inhaling diffused lavender EO to:

- * 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.

Remember that not all essential oils are created equal. In fact, many on the market are veritably worthless to your health because they are over processed, include synthetic ingredients and are not organic. When buying EO, make sure they are pure, therapeutic grade. Take note of those oils that are “food grade” compared to cosmetic grade. Personally, if I wouldn't swallow it, I wouldn't put it on my skin. So keep a look out for that as well.