OIL PULLING

Oil pulling, also known as "kavala" or "gundusha," is an ancient Ayurvedic remedy for oral health and detoxification. It is a dental technique that involves swishing a tablespoon of oil in your mouth on an empty stomach for around 20 minutes. This action draws out toxins in your body, improving oral health as well as overall health

Cold pressed organic sesame oil is considered one of the best oils for this practice. Other oils such as extra virgin cold pressed coconut, sunflower and olive oil can also be used. It is recommended by some that alternating oils every couple of days will produce a full benefit.

Sesame oil is particularly high in the antioxidants sesamol, sesamin, and sesamolin. It also holds a high concentration of Vitamin E and polyunsaturated fatty acids. These antioxidants have been found to stop the absorption of negative forms of cholesterol in the liver. Multiple studies have shown the antibacterial capacities of sesame oil.

Oil Pulling Instructions

1- Put 1-2 teaspoons of oil into the mouth.

2- Swish for 20 minutes. Timing is key, according to Dr. Bruce Fife, author of *Oil Pulling Therapy*. This time is long enough to break through plaque and bacteria but not long enough that the body starts re-absorbing the toxins and bacteria. The oil will get thicker and milky as it mixed with saliva during this time and it should be creamy-white when you spit it out. Expect the oil to double in volume during this time due to saliva. At first, it can be difficult to make it the full 20 minutes so you may like to begin with 10-15 mins in the beginning.

3- Spit all the oil out into the bin. The oil may thicken and clog pipes if you spit into the basin. Do not swallow the oil as it is full of toxins that have been drawn from the body.

4- Rinse well with warm water. You may also rinse with warm salt water.

5- Brush well. Use a non-fluoride toothpaste to finish rinsing after the oil pulling. Indian stores have some very good Ayurvedic toothpastes. Neem toothpaste is a very good antibacterial product.