

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

OIL PULLING FOR HEALTH

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Oil pulling is an ancient Ayurvedic method for detoxification and rejuvenation. It's a simple practice with quite remarkable results. Many have heard of it, but never actually tried it. But what exactly is it? What does it do? To oil pull, simply swish your choice of unrefined, high quality oil in your mouth; similar to the way you would use a mouthwash. My favorite is coconut oil. Traditionally, oil pullers used virgin sesame oil. The reason I prefer to use raw coconut oil is because it has antimicrobial, anti-inflammatory, and enzymatic properties. This provides the added benefit of killing any unwanted bacteria that may be residing in the mouth, while leaving behind healthy probiotic strains. The best time for oil pulling is in the morning before eating breakfast, but it can be done before any meal. Here is how you do it: Scoop 1/2 to 1 full Tablespoon of oil into the mouth; if it is cold, allow the oil to melt. The oil is "worked" in the mouth by pushing, pulling, and drawing it through the teeth for a period of 15 to 20 minutes. The used oil is discarded and the mouth rinsed out with water. The oil is never swallowed because it is now loaded with bacteria, toxins, and mucus. Once your time of oil pulling is over, spit the oil into the trash or toilet, but never the sink—the oil could solidify and clog your drain. Now rinse your mouth with clean water two or three times. Finally, drink a glass of water and relax. You should be feeling refreshed and rejuvenated. A popular reason for oil pulling is to find relief from congestion in the sinuses and throat. It is unbelievable how quickly it will work! Immediately after rinsing, you will find yourself blowing your nose and clearing your throat. I have worked with people struggling with chronic sinus congestion who experienced relief unlike anything else, after oil pulling only once! Their condition improved and the congestion eventually went away completely. As simple as it is, oil pulling has a very powerful detoxifying effect. Our mouths are the home to billions of bacteria, viruses, fungi and other parasites and their toxins. Candida and Streptococcus are common residents in our mouths. These types of germs and their toxic waste products can cause gum disease and tooth decay and contribute to many other health problems including arthritis and heart disease. Our immune system is constantly fighting these unfriendly organisms.

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If our immune system becomes overloaded or burdened by excessive stress, poor diet, environmental toxins and such, these organisms can spread throughout the body causing secondary infections and chronic inflammation, leading to a number of health problems. Oil pulling can work its magic almost instantly. Some people report relief from certain conditions after doing it only once. Minor problems often clear up within a few days. More serious, chronic problems may require a few weeks or several months or more, depending on lifestyle issues. Toxins are pulled from the body the very first time you try it. One of the first cleansing symptoms you will experience is an increased flow of mucous from your throat and sinuses. Mucous drainage is one of the body's methods of removing toxins. While you are pulling, mucous may build in the back of your throat. You may even have to expel the oil and clear the mucous from your throat before reaching a full 20 minutes. That's okay, take another spoonful of oil and continue until you have pulled for a total of 15—20 minutes. Oil pulling is incredibly effective in brightening teeth, healing gums, preventing bad breath, soothing inflammation, and healing oral infections. It is also effective in treating many systemic conditions throughout the body. Oil pulling is cheap; the only expense is the oil you use. Unlike other methods of detoxification that last for only a short time, oil pulling should become a regular part of your daily schedule, like brushing your teeth. Oil pulling traces its roots to oil gargling practiced in Ayurvedic medicine. Oil pulling as we know it today, was introduced in 1992 by Dr. F. Karach, MD. He claimed that oil pulling could cure a variety of illnesses ranging from heart disease and digestive troubles to hormonal disorders. He said it cured him of a chronic blood disorder of 15 years duration and within three days it cured his arthritis, which a times was so painful he was bed ridden. Dr. Karach used the method in his medical practice with great success.

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Thomas Jefferson

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