

Oil Pulling For Detox

by Solay Wellness

Dating back thousands of years, the practice of oil pulling was a popular Indian Ayurvedic treatment. Oil pulling is the process of swirling and pulling oil around the mouth and in between the teeth. When done, the used oil is spit out and then one rinses their mouth with water. The purpose of oil pulling is to remove toxins, contaminants, and bacteria, and infection pus from inside the mouth and in between the teeth.

A person will use one tablespoon of oil and rinse their mouth one to three times a day for about 20 minutes. As the oil mixes with the saliva, the composition will change from its thick consistency to thin, foamy, and a yellow color. The gargling action will trigger enzymes to activate and they will pull out toxins from the blood. You will know it is working because as you continue swishing and swirling, the oil gets thinner and becomes white. Those who study oil pulling report that movement of oil in the mouth causes the sublingual muscles to expel toxins. However, others say the saliva mixing with the oil stimulates the release of stored toxins. It is important not to swallow the oil when done because it contains the toxins and bacteria. Make sure you rinse your mouth out at least 3-4 times with warm water after pulling because toxins are still in the mouth. Research scientist have shown that after oil pulling, fluids were magnified 600 to 800 times and what was found was live organisms.

Organic, unrefined sunflower, sesame seed and cold pressed oils are the most recommended oils to use. Experts state that oil pulling should be performed on an empty stomach because you may vomit if you have a full stomach. As well, the recommended time to perform oil pulling is in the morning and a couple of other times throughout the day and evening.

Oil pulling is a component of the Ayurvedic custom of holistic medicine. Health conditions it is used for include: strengthening the jaw, gums, and teeth, as well as for bleeding gums, bad breath, tooth decay, dry throats, and cracked and chapped lips. After a few weeks of use, one will normally notice such results as whiter teeth, a pink tongue, and better breath.

Indications that oil pulling is working is that one will experience an increase of mucous flow from the sinuses and throat. As it builds up, you can spit it out and start again with a fresh tablespoon of oil. It is normal to feel a little nausea because your body is experiencing the toxins being removed. Your body is actually being cleansed and detoxified. These symptoms will gradually diminish as you get healthier. That is, there is a reduction of toxins in the body.

There have been some astounding benefits reported such as bleeding of the gums will stop, loose teeth will tighten, whitening of the teeth occurs as stains are removed, and there is a reduction in migraines. **As well, oil pulling treats the whole body and there have been improvements in such conditions as blood disorders, kidney disease, women's hormonal troubles, leukemia, bronchitis, meningitis, arthritis, eczema, Intestinal disease, peritonitis, heart disease, diabetes, and illnesses such as cancer, AIDS, and other long term diseases.**

Another benefit of oil pulling is that it is inexpensive and easy to perform. It is completely safe for people, that include children, elderly, and pregnant women. For one looking to embrace a healthier lifestyle by pulling out toxins, pus, bacteria, and other unhealthy elements from the body, oil pulling may be a way of working to achieve that lifestyle.

Dr. Paul's Herbal Formulas "Food For Your Soul"

Order your products Today Online

www.DrPaulHerbs.com

215-779-7355