

DETOXIFY YOUR BODY: OIL PULLING

Oil pulling most likely originated with Ayurvedic medicine, and has been used for centuries. Currently, it has gained enormous popularity through Hollywood celebrities, notably Shailene Woodley of the movie *Divergent*. The popularity is not ending there. My mother in Poland just told me that the Polish media are now running special programs and reports on oil pulling, as it is a hot thing to do. And within just a few weeks, I was interviewed by **Washington Post**, Baltimore Magazine, and ABC2 News about it. I suppose this is because I have been teaching all my detox participants how to pull oil for several years now, as long as I have been running **the 30-Day Whole Foods Detox Program**.

HEALTH BENEFITS OF OIL PULLING

Oil pulling is touted as an antidote to modern health ailments, especially relating to oral health and general toxicity as in support of the lymphatic system and the liver. There are claims that oil pulling can cure up to 30 systemic diseases, from headaches and migraines to diabetes, arthritis, sinus, eczema, congestion, kidney function, insomnia, and even handover, to name a few. It has been used for centuries for oral cavities, bleeding gums, loose teeth, and to whiten teeth. But while there are many anecdotal stories, research has been limited to date. Here is what is confirmed by studies so far, and I am sure more studies will come:

1. A study in 2007 confirmed a positive effect of oil pulling on gingivitis when compared to controls.
<http://www.ncbi.nlm.nih.gov/pubmed/?term=2009+study+on+gingivitis+and+oil+pulling>
2. A study in 2008 showed a remarkable decrease in *Streptococcus mutans*, a pathogenic bacteria in our mouth, as a result of oil pulling.
<http://www.ncbi.nlm.nih.gov/pubmed/18408265>
3. A study in 2008 published in African Journal of Microbiology Research confirmed sesame oil pulling as an effective defense against tooth decay. E Effect of oil-pulling on dental caries causing bacteria. <http://academicjournals.org/journal/AJMR/article-abstract/21CA7A911094>

MECHANISMS BEHIND OIL PULLING

1. Sesame oil, the preferred oil for oil pulling, has a particularly high antioxidant activity thanks to sesamol, sesamin and sesamol. It has antibacterial properties: antibacterial and antifungal. Coconut oil and olive oil also have antifungal properties. The oil literally disinfects the oral cavity when pulsed long enough.
2. Toxins from saliva may bind to the oil since toxins are typically fat soluble. Saliva is part of our internal mucosa and if there are toxins in the blood stream, some will make it to the mucosa and to saliva. We may secrete up to 8 cups of saliva a day. Repeated oil pulling, therefore, may help rid of a degree of toxic load that is in circulation. When toxic load is decreased, liver and lymphatic system are less overburdened. As a result, we may suffer from fewer ailments.
3. Oil also acts as an emulsifier in oral cavity. It becomes soap-like when it mixes with saliva. That also may be helping to cleanse the oral cavity. When you spit out the oil, observe how it has changed its structure and color. It will look like milk.

HOW TO PULL OIL:

1. Swish 1 tablespoon of good quality sesame, olive oil or coconut oil in your mouth for 10 and better up to 20 minutes.
2. Do it before tooth brushing, while in the shower, and while getting dressed. Move the oil slowly and get it to move through all spaces in your mouth
3. Spit the oil into the garbage bag, especially if it is coconut oil, or it may solidify in your drain.
4. Rinse your mouth with warm water (with a pinch of salt if you can)
5. Scrape your tongue with a scraper and brush your teeth.
6. Do that once a day for up to 45 days.
7. If you have more serious detox needs, repeat three times a day.
8. **NEVER swallow the oil.**

Do not Pull Oil if you have:

- Asthma
- Vomiting
- Fever
- Mouth ulcers
- Cough
- Thirst