



How to Do Oil Pulling

Performing oil pulling is fairly simple. First, choose a high-quality sesame oil or coconut oil.

Here are some steps to follow if you want to try oil pulling at home:

- Put a tablespoon full into your mouth.
- Swish the oil around your mouth. Just be careful not to swallow.
- Start by oil pulling for 5 minutes, then gradually increase your time as you get used to the feeling.
- To get the most benefit, make it a goal to swish the oil for 5 to 20 minutes each day. According to Ayurvedic practices, that gives the oil enough time to draw out toxins and leave your mouth clean.
- Swish it from side to side and force it through your teeth. You want the oil to pick up other liquids and air, increasing the volume as you pull.
- You may feel like you have to spit before you're done doing the oil pulling. If this happens, spit a small amount of oil into the trash, not down the drain because it can clog your sink.
- After spitting a little, keep swishing.

- When you're done, spit the oil into the trash. It will look frothy and white after being swished around for so long.
- Brush your teeth and rinse your mouth well to remove any remaining toxins or oil from your mouth.
- Oil pulling is a time-tested method for improving oral hygiene that is endorsed not only by Ayurvedic practitioners, but Western doctors, scientists, and dentists too.⁸

Benefits of Oil Pulling

1. Fresh Breath
2. Healthy Teeth and Gums
3. Healthy Sinuses
4. Detoxification Support
5. A Balanced Routine

The practice of oil pulling is a wonderful addition to brushing and flossing your teeth!

The ritualistic aspect of it is not only beneficial for oral hygiene but also for adding a sense of consistency and balance to your daily life.

Who should I call for questions?

Orofacial Professionals

0321 8299789