

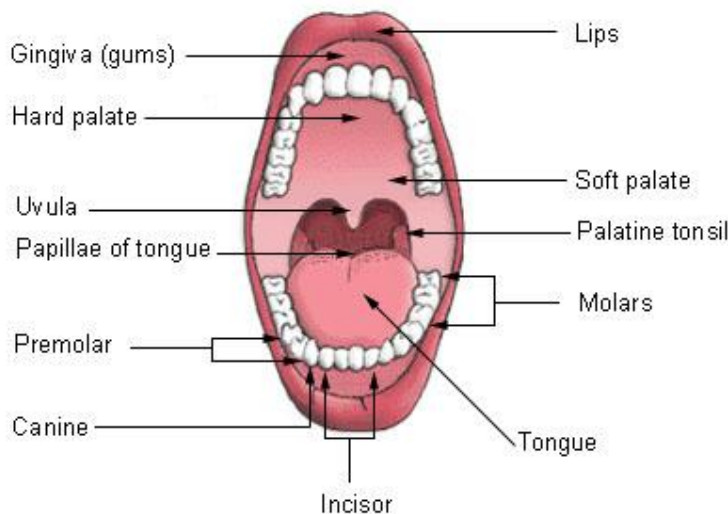
# Mouth Cleanse (Oil Pull)

Food is processed in alimentary canal. The human body eliminates a lot of toxins through the skin, nose and ears in addition to regular channels. We have two endings of the alimentary canal. The first is in the mouth and second is in the anus. Whatever solid/semisolid waste is created by the body is mostly excreted through the anus but a lot of poison is excreted through the mouth as well. If we could improve upon it, a lot of good can happen to the body.

Try an experiment. Lick your wrist with your tongue. Let it dry for a minute and then smell it. If it smells fresh, then you do not need a mouth cleanse. But if it smells bad – as it is most likely to be the case, then start a mouth cleanse today.

In ancient and medieval kingdoms the ultimate poison to kill the enemy was created in the following way: Poison makers used to keep some grains of uncooked food in their mouths for 15-30 minutes every morning. All the toxins of the body reach the mouth and are stored there. They would get absorbed by the grains. These grains were then dried and preserved. They were clandestinely sent to the enemy, where their cooks used them for food. It worked as a slow poison. This is an indication of the toxicity which the mouth cleanse (oil pull) can draw from the alimentary canal.

## Mouth (Oral Cavity)



Many health problems have been associated with the mouth and the unhealthy bacteria flourishing inside.

Poor oral health can make you very sick, yet oral hygiene is almost never included in most cleansing protocols. In order to enable your cleansing regimen to get a kick start towards total wellness, whether the liver, digestive tract, kidneys or heart, it is imperative that cleansing be initiated in the mouth. Your mouth is a 24-hour war zone that supports more than 200 species of bacteria which, if unchecked, can easily lead to gum inflammation and many other diseases.

Holistic medicine encompasses the health of the entire body. Signs of body illness are almost always first seen in the mouth due to the quick turnover of oral tissue cells. Common pharmaceuticals for health concerns such as insomnia or high blood pressure can cause xerostomia (dry mouth) which can then lead to other oral health concerns. There are some pharmaceuticals that can cause the gingiva (gums) to overgrow. Diabetes can diminish the body's ability to fight disease and cope with infections, especially oral infections.

**63% urban Indians have 'Periodontal' disease.**

The latest medical research reveals that poor oral health is not just about losing teeth. It is linked to an increased risk of stroke, heart disease, arthritis, diabetes, bronchitis, pneumonia and premature births. Mouth cleanse is designed to target more serious oral conditions such as periodontal disease, gingivitis and tooth decay while creating a climate that is favourable to good health.

Gingivitis is an early form of gum disease caused by plaque, the sticky bacterial film that forms constantly on your teeth. These bacteria carry toxins that cause gum irritation. The surface of healthy mucous membrane in the mouth is rich with antibodies called "immunoglobulins" that protect us from viruses and bacteria. As we age, the body makes less of them and we have less resistance to the 200 kinds of oral bacteria. When oral bacteria enter the bloodstream through a gum tear they have a direct pipeline through the carotid arteries to the brain.

This same bacterial plaque that causes periodontal disease can trigger an immune response and inflammation that in turn can cause the arteries to swell. The swelling of the arterial walls results in blood flow constriction that can lead to a higher rate of stroke and heart disease.

The good news is that gingivitis is an entirely preventable condition by performing daily and weekly mouth and gum cleanse. Even if you have developed oral disease already, you can reduce it and even reverse it.

Make it a goal to become 'dentally self-sufficient' by practicing good mouth and gum cleansing. The progression of periodontal disease is usually painless so you may not even be aware of its presence. Make it a priority to keep your mouth cleansed and disease-free.

### **Daily Mouth & Gum Cleanse Instructions**

- Perform this routine 2-times daily – morning – before breakfast and evening – before bed.
- Put a bit of any homeopathic toothpaste on your toothbrush.
- Brush teeth and gums for at least one minute—preferably two minutes. Make sure to brush around gum lines in a circular motion. Use a soft bristle brush and do not brush 'hard'. Also do not use a toothbrush with hard bristles, since it damages the enamel. Remember that nature intended no brushing of teeth. We need it because we eat cooked food.
- Rinse mouth with water.

### **Mouth Cleanse (Oil Pull Therapy - OPT)**

Dr Med Karach, a Russian, introduced a simple healing process for the human body by using raw oil in the mouth. Any oil, such as sesame oil, sunflower oil, groundnut oil etc. will do.

Though it initially causes doubts, I found that the results were astonishing. Then I was convinced of the effect of this wonderful oil mouth cleanse therapy which heals many illnesses without medicines. I now do it on a daily basis.

## **What You Will Need – One teaspoon of any edible oil**

The process is very simple. Take one teaspoon of any oil in the mouth on an empty stomach early in the morning, before eating or drinking anything. Without much effort or speed slowly sip, suck and pull the oil through the teeth with the mouth closed, for 15 to 20 minutes. During this process the oil becomes a thin, white liquid like milk. Then spit the liquid out and wash your mouth. Do not swallow the oil as it contains toxins and harmful bacteria drawn from the body through the saliva. Continue this process everyday for better results.

The best time for oil pulling is in the morning before breakfast. For acute health problems and faster healing process, repeat oil pulling treatment 3 times a day but always before meals and on an empty stomach.

Do not swallow the oil while swishing. The oil will be contaminated with toxins as it draws them out from the stomach. If you do swallow it, nothing terrible will happen to you – it will just be eliminated through your bowels but better not to swallow it. Never gargle or swallow the oil. Pull the oil through the teeth often and this oil will pull all the toxins from your body through the saliva. This process has to be carried out for at least ten minutes, preferably for fifteen to twenty minutes or till the oil turns into thin white foam.

At any time during the period of oil pulling, if you find that your health condition has worsened, do not panic as it is a sign of healing reaction and the toxins are being pulled out. Do not stop oil pulling. Your health problems will be cured completely.

(If you are allergic to a particular brand of oil, change the brand of oil or the oil itself to a different kind).

This can be practiced by all, from the age of 5 onwards for any type of health problems. Anyone from the young to the old can start this therapy. It is more beneficial for curing. This is not only curative but also preventive for health problems.

In this way it is possible to heal everything at once – cells, tissues and all other organs. Since the process destroys harmful mouth germs, the destruction of the human body is stopped.

When you chew, you move your chin and a lot of saliva is drawn, which means mouth digestion. Obviously, poisons are drawn from the blood through the mucous membrane of the mouth. That is why, in no case, the oil should be swallowed because it has become poisonous. Initially, the oil is viscous but gradually it becomes thin, liquid and white, like milk. Then you spit it out. (If the liquid is still yellow, you did not work with the oil long enough).

If you look at a drop of this liquid under a microscope, you will see all kinds of moving fibres – these are microbes in the first stage of their growth. Pulling oil eliminates these disease elements from the system (body) and restores health.

It is important to say that during oil pulling, our metabolism is increased greatly and that is why the body remains in a persistent healthy state.

How long should one do the oil pull? Do it till the original strength of your body, freshness and a calm sleep is regained. After awakening in the morning, you should feel refreshed and you should not have black circles under your eyes. A good appetite, a good sleep and a good memory indicate good health.

Do not stop when your state gets worse. There is no reason to interrupt the treatment even when the body temperature gets higher (it is healing temperature). You should go on without interruption, even when these signs occur. Healing only takes place during the time of oil pulling. Temporary worsening of your health is a sign that your disease is disappearing. Only the patient himself can determine the duration of the therapy. Whether he needs more or less depends on how he feels.

Acute diseases will be cured very quickly in two or four days. Chronic diseases normally need more time, sometimes a few weeks. So please do not give up.

Before you try oil pulling, I highly recommend doing an intestine cleanse. Intestine cleansing helps eliminate toxins, faecal matter and plaque from your intestine, which in return rejuvenates your health and vitality.

Tabular summary of Mouth Cleanse Process:

**Step 1:**

First thing in the morning, on an empty stomach and before drinking any liquids (including water), pour one tablespoon of mustard, sunflower or sesame oil (or whatever oil you have chosen) into your mouth.

**Step 2:**

Swish the oil around in your mouth without swallowing it. Move it around in your mouth and through your teeth, as if it was mouthwash (do not tilt your head back to gargle though). You will find that the oil will start to get watery as your saliva mixes with it. Keep swishing. If your jaw muscles get sore while swishing, you are putting too much effort into it. Relax your jaw muscles and use your tongue to help move the liquid around the inside of your mouth. When you do this correctly, you will feel very comfortable. Pretty soon, it will become second nature.

**Step 3:**

As the end of the oil pulling session approaches, you may notice the oil-saliva mixture in your mouth has become thicker and the quantity of liquid in your mouth has increased. This is quite normal, since it is pulling out toxins from your body. When 20 minutes are up, spit out the oil into the wash basin.. Do not be alarmed if it looks yellowish – this is also normal.

**Step 4:**

Rinse out your mouth a couple of times with plain or warm water and spit into the toilet. Rinse with a good mouthwash.

This can be done twice or three times a day initially for quick results. Wash your mouth thoroughly and brush it as usual after spitting the foam.

Oil pulling works because it heals our cells, which are damaged every day by toxins. We all hear a lot of commotion about how good antioxidants are. Well, by oil pulling, we are essentially doing what antioxidants are doing. By oil pulling, we are ensuring that wellness is the norm for our body, not sickness and cell damage.

From the experience of various people who have practiced oil pulling therapy, they have reported relief and cure from acidity, asthma, bad smell in the mouth, bronchitis, cracked feet, eczema, headaches, heart problems, intestinal diseases,

joint pains, kidney diseases, lung and liver problems, nose block, problems connected with nerves, stomach, tooth pain, thrombosis, ulcers and women's gynaecological problems, in addition to various other health problems. Chronic blood disease and sleeplessness are cured. Some of the obvious results are the fixing of loosened teeth, the stopping of bleeding teeth flesh, whitening of the teeth, cure of cough and cold, digestive problems, pimples, cracking of feet etc.

Some of the ailments that many people have successfully treated with oil pulling include headaches, bleeding gums, leukaemia, as well as acne and digestion problems. For me, oil pulling has given me visibly softer skin, better sleeping habits, and a higher boost of energy throughout the day. Oil pulling therapy is something I will continue doing and I recommend that all of you try it for two days to see what it does for you! Then do it for a week.

## Frequently Asked Questions

### **Who can practice oil pulling therapy?**

Everybody above the age of five years can practice. For children of five years and above use only a teaspoon (five ml) of oil for oil pulling therapy. People with dentures should remove them and practice. Women can practice oil pulling therapy during periods and also pregnancy. During periods, it will ensure smooth flow. It reduces pre-menstrual symptoms of leg cramps, mood swings etc.

### **What is the best time to practice oil pulling therapy?**

Ayurveda advised oil pulling therapy in the morning on an empty stomach, after brushing teeth and cleaning the tongue. We advise oil pulling therapy before breakfast on empty stomach. One hour after drinking water or tea or coffee or liquids in the morning but before breakfast. The best time is when you do not feel well due to any health problem - do oil pulling therapy on empty stomach.

### **How much time gap is required to eat or drink after oil pulling therapy?**

After doing oil pulling therapy, wash your mouth and then you can eat or drink. No time gap is required.

### **What oils can be used for oil pulling therapy?**

Some people use refined sunflower oil. Sesame oil was prescribed in Ayurveda texts for oil pulling therapy. Both oils worked well for curing health problems. Some found sesame oil better. Other oils have been used by some practitioners on their own and they did not report desirable results to enable me to recommend them. Some other oils may be suitable for particular problems but I do not recommend them for daily practice.

### **The quantity of 10 ml of oil is too little for oil pulling therapy. Can we do with 20 ml of oil?**

When we do oil pulling therapy the entire oil should become thin, like water and no oily feeling should be left. When that happens, we will have utilized the entire oil for the purpose of oil pulling therapy. This happens within 15 to 20 minutes for most of

the oil pulling therapy. If the quantity is increased it takes more time to become watery and white and many would not like to spend more time on pulling. Spitting when it is still oily is waste of oil. If you feel a few ml of more oil is required, there is no harm. This is also the reason for suggesting only five ml of oil for children.

**Can we do any other work while doing oil pulling therapy?**

No. It is advised to do oil pulling therapy slowly, chin up preferably in sitting position, to see that oil is pulled through the teeth and touches all portions of the mucous membrane in the oral cavity. However, if you are short of time, then you can also do any other work during mouth cleanse.

**Is there any difference in the practice of oil pulling therapy for acute and chronic diseases?**

Acute diseases will be cured in two to four days by practicing oil pulling therapy three times a day on an empty stomach, before breakfast, lunch and dinner. Chronic diseases need more time, may be up to one year or more depending on the condition of disease, age, habits, general state of health of the person, etc.

**What problems arise during mouth cleanse?**

- a. Oil does not become watery or thin even after 30 minutes and it appears that the oil is being absorbed and reduces in quantity
  - b. Nose block due to accumulation of mucus
  - c. Sneezing and coughing
  - d. Phlegm in the throat gets loose and comes into the mouth
  - e. Urge to pass urine or stools.
- (a) Oil does not become watery because there is inadequate salivation and the mouth is dry. In most cases, it happens in the morning and in some cases, in the evening also. Under normal circumstances, oil will not get absorbed in the mouth. The main reason is lack of adequate salivation due to lack of fluids in the body. In all such cases, you must drink two or three glasses of water, go for a walk of 30 to 45 minutes and do oil pulling therapy after returning.

- (b) To avoid nose block during oil pulling therapy wash, clean and blow your nose before starting the oil pulling therapy. Slowly blow out through each nostril to clear your nose while holding the oil in the mouth. Repeat if necessary as you continue oil pulling therapy.
- (c) Sensation/irritation may cause sneezing or coughing while doing oil pulling therapy. Do oil pulling therapy slowly in a relaxed state to avoid such irritation. Stop oil pulling therapy and relax when irritation or sensation to sneeze is felt. It will subside. You can sneeze or cough while holding oil in the mouth. If you have to sneeze or cough through the mouth, do it in the sink or some such place to avoid oil dribblets spraying all over or cover your mouth with tissue paper.
- (d) If phlegm comes into the mouth, making pulling inconvenient, spit and do pulling with fresh oil again.
- (e) Urge to urinate or pass stools will arise only if you have not gone through nature's call before oil pulling therapy. In all cases of urge to pass stools or urinate during oil pulling therapy, the best thing is to relax on the commode and do oil pulling therapy.

### **How long will it take to cure a particular disease?**

How long it takes to cure a particular disease is difficult to specify because it depends on the age, state of health and disease, food and other habits etc. of each person. Chronic diseases may take one year whereas acute diseases can be cured in two to four days. Practice until the original strength, freshness, calm sleep, good appetite and good remembrance are back again.

### **How does oil pulling therapy cure/heal Diseases?**

"The oil therapy heals tooth pain totally. Obvious results are re-fixing of loose teeth, stopping of bleeding gums and whitening of the teeth.

Oil pulling therapy is called '*KAVALA GRAHAM*' in the Ayurveda texts. In Charaka Samhita sutra sthana chapter, it is given: "by oil pulling therapy with til-taila (sesame oil) teeth are not affected by cavities and they become firm rooted. Teeth pain and

sensitivity to sour items will be healed and one will be able to chew the hardest items. One amazing result of oil pulling therapy is fixing loose teeth which no dentist can do.

Those who have cited their experience are mentioned in specific diseases under teeth and testimonies, where they give the results of oil pulling therapy and its effect on solving teeth problems.

Oil pulling therapy will relieve your tooth pain, remove infection, stop further decay, reduce/eliminate sensitivity of teeth and fix loose/shaky teeth.

Oil pulling therapy is analgesic in relieving pain, antibiotic in eliminating infection, anabolic in fixing loose teeth, reduces sensitivity of teeth like Sensodent and also ensures oral hygiene. Oil pulling therapy makes this possible by its influence on the nervous, endocrine and immune systems and the transition it causes towards a state of balanced health from an unbalanced ill-health state.

In a similar way, oil pulling therapy will cure/heal headaches, migraine, sneezing, cold and some pains in a few days. Hangover will be relieved within two or three times of doing oil pulling therapy in the morning. These also can be experienced in a few days. Judge oil pulling therapy by your experience. In a similar manner, oil pulling therapy cures all other diseases and the time taken will be different for each person.

### **Are there any reactions and can regular medicines be used and/or continued?**

Normally there are no reactions and the curing is smooth, gentle and pleasant. Sometimes in some cases, there might be an aggravation or worsening of a disease. At such times, there is nothing to worry. Aggravation of the disease is a sure sign of cure. In case the aggravation is not tolerable, you may stop for few days or take any medicine for relief and then continue oil pulling therapy.

If medicines are being used, gradually reduce their intake as you find improvement through the practice of oil pulling therapy and finally stop the medicines and continue oil pulling therapy to fully eradicate the disease from the body. In case of any chronic disease, if you are taking medicines regularly and do not wish to reduce chemical

medicines, oil pulling therapy will not be effective in curing your chronic disease but will certainly reduce the side effects of the remnants of chemicals drugs.

Some people in whom various illnesses are simultaneously manifest, an apparent worsening of condition is possible. This is due to the primary infection being depleted first, causing secondary infections to dominate temporarily. After a few days, the secondary infection will disappear while another may be stimulated into activity. Such symptoms are usually apparent in people suffering from chronic or terminal illnesses. Under these circumstances the affected person should steadfastly continue the treatment even if fever is initiated more than once. Just when these symptoms appear, the oil treatment will facilitate rapid healing. Should the treatment be broken for one reason or another, the overall effects will be slowed down. An apparent worsening of health is an excellent sign that disease is progressively being removed from the body.

**Examples of reactions:**

- a) Itching of the skin during infection and inflammation of an injury or wound. The same itching may be present in an aggravated manner during the cure of the wound/injury.
- b) A bone breaks due to an accident. The pain at the time of setting is more severe and also during the process of healing.

Advice on how to deal with healing reactions:

**Do oil pulling therapy as usual or increase it to two or three times a day or even stop for a few days depending on the severity and your reaction.**

Take medicine under the advice of a doctor for a minimum period for relief and continue oil pulling therapy after the reaction is over.

It is not necessary that there will be healing reactions in all cases. Most of the cases are chronic and the patient has been suffering for a long time and is possibly under treatment. In such cases, the healing reaction appears more severe and one gets the feeling that the disease is aggravated. At such times, one is inclined to stop OPT. Do not stop but continue oil pulling therapy. This is a sure sign before cure.

Recognize it as a reaction and continue oil pulling therapy. You will be cured within a short time and you will realise the state of disease free health, which makes you happy.