

OIL PULLING INSTRUCTIONS:

The Method

In the morning before breakfast on an empty stomach you take one tablespoon of sesame oil in the mouth but do not swallow it. Move oil slowly in the mouth as rinsing or swishing. (sip, suck and pull through the teeth) for fifteen to twenty minutes. This process makes oil thoroughly mixed with saliva. Swishing activates the enzymes and the enzymes draw toxins out of the blood. The oil must not be swallowed, for it has become toxic. As the process continues, the oil gets thinner and white. If the oil is still yellow, it has not been pulled long enough. It is then spit from the mouth. The oral cavity must be thoroughly rinsed and mouth must be washed thoroughly. Just use normal tap water and good old fingers to clean.

Because the spit contains harmful bacteria and toxic body waste, it is very important to clean the sink properly, using antibacterial soap. One drop of this liquid magnified 600 times under a microscope would show microbes in their first stage of development.

It is important to understand that during the oil-pulling/swishing process one's metabolism is intensified. This leads to improved health. One of the most striking results of this process is the fastening of loose teeth, the elimination of bleeding gums and the visible whitening of the teeth.

The oil-pulling/swishing is done best before breakfast. To accelerate process, it can be repeated three times a day, but always before meals on an empty stomach.

INSTRUCTIONS: First thing in the morning, before brushing your teeth, eating or drinking, take **1 TBSP** of either **sesame** or **sunflower oil**. Put the oil in your mouth, tilt your chin up and slowly swish, suck, chomp and pull through the teeth. Do this for at least 10 minutes. 15 - 20 minutes is better. You want the oil to become a thin, white foam when you finally spit it out. If it's still yellow, you haven't done it long enough.

You can do this 2 more times during the day if you want to detox faster. Make sure you do it on an empty stomach, however. Spit it out in the toilet when your mouth is full and rinse your mouth out well.

Follow with 2 - 3 glasses of water.

DO NOT SWALLOW THE OIL.

It now contains parasites and bacteria!

DO NOT GARGLE IN THE THROAT.

THE OIL IS MEANT TO BE SWISHED IN THE MOUTH ONLY.

DO IT SLOWLY.

HOW IT WORKS:

The oil pulls all mucous, bacteria and toxins from your body through your saliva. According to Ayurvedic medicine, mucous is a poison that must be removed.

Note #1:

Keeping the chin tilted up makes sure the oil gets to the back molars.

Note #2:

Only sesame and sunflower oils produce favorable results.

Note #3:

If after meals, wait at least 4 hours before you Oil Pull. After drinking, wait 1 hour.

Note #4:

A worsening of symptoms is an excellent indication that the disease/ailment is being cured.

Note #5:

Do not stop Oil Pulling if you feel aggravated symptoms or heightened side effects. Your body is healing.