

## Oil Pulling

This is a useful treatment for anyone with mouth infections or gum disease. It is an ayurvedic method which has been used for centuries. It is said to aid detoxification and boost overall health though I am not aware of any research to back up this.

Take a tablespoonful of pure oil such as olive oil, coconut oil, cold-pressed sesame or sunflower oil. Swirl it around in the mouth for 15 minutes. This process is thought to absorb toxins (which tend to be lipophilic or fat-soluble and hence get pulled into the oil). Then spit it out and rinse out the mouth.

It also helps with reduce decay-causing bacteria and helps whitening of the teeth.