

## “Oil pulling”

### Procedure:

In the morning, before breakfast on an empty stomach, take one tablespoon of any good vegetable oil in the mouth, but do not swallow it. Move the oil slowly around the entire mouth, sucking and pulling through the teeth for fifteen to twenty minutes.

Through this process the oil is thoroughly mixed with saliva. Swishing activates the enzymes and the enzymes draw toxins out of the blood.

The oil must not be swallowed, because 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, either into a deep hole in the ground, or into a wash basin. If you spit it out onto the ground – nothing will grow there because it is toxic. If you use a wash-basin, clean it thoroughly, ideally with boiling water or hot guava tea. This is because the spittle contains harmful bacteria and toxic bodily waste. If one were to see one drop of this liquid magnified 600 times under a microscope, one would see microbes in their first stage of development.

The entire mouth must be washed thoroughly. Just use normal tap water and the fingers to clean. A little salt may be dissolved in the water to improve its cleaning effect.

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

This simple method was discovered by the Ukrainian doctor Dr Karach.

### Benefits:

1. To improve dental health. Teeth become whiter, gums pinker and healthier looking, and breath fresher. Loose teeth become firm again and bleeding gums are healed. This is the most significant benefit.
2. People have reported being healed of or finding relief from the following: Acne, Allergies, Arthritis, Asthma, Back and Neck Pain, Bad Breath, Bronchitis, Chronic Fatigue, Colitis, Crohn's Disease, Constipation, Dental Cavities, Dermatitis, Diabetes, Eczema, Haemorrhoids, Hypertension, Insomnia, Migraine Headaches, Mucous Congestion, Peptic Ulcers, PMS, Periodontal Disease, Bleeding Gums, Sinusitis, Tooth Abscess.

Dr. Karach himself claims to have cured his own chronic blood disease of 15 years standing using the oil therapy and that the same method healed an “acute arthrosis” (which had made him bed-ridden) within three days.

### How does it work?

It is not easy to understand how this simple process of “oil-pulling” in the mouth can have so many benefits. During the oil pulling / oil swishing process one's metabolism is intensified. Further, each section of the tongue is connected to the kidneys, lungs, spleen, liver, heart, pancreas, small intestines, stomach, colon, and spine. Oil-pulling, therefore, stimulates each of these organs. In addition, our mouths contain billions of bacteria, viruses, fungi and other parasites and their toxins. If our immune system becomes weak, then it will fail to deal effectively with these troublemakers, which then cause problems in other parts of the body.

For more information, see <http://www.oilpulling.com/>