



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

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## Oil Pulling Instructions

Originating in Auryurvedic tradition from India, oil pulling has developed into a well-attested technique as people began experimenting with different oils, adding anti-bacterial and anti-viral essential oils, and having substantial and noteworthy documented reports of personal success. While **Sesame Oil** and **Sunflower Oil** are the two oils used traditionally, according to findings by well-known coconut researcher Dr. Bruce Fife, **Coconut Oil** is also a wonderful choice for your oil pulling needs. You may read more about this in his book: [Oil Pulling Therapy: Detoxifying and Healing the Body Through Oral Cleansing](#).

### INSTRUCTIONS:

First thing in the morning, before brushing your teeth, eating or drinking, take 1 TBSP of your choice of organic cold-pressed 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 white foam when you finally spit it out. If it's still yellow, you haven't swished long enough. If your mouth feels too full, and you have an urge to swallow, spit out a small amount, as you need to, and continue swishing.

- **DO NOT SWALLOW THE OIL.**
- **DO NOT GARGLE IN THROAT.**  
*It now contains parasites and bacteria, and toxins!*  
THE OIL IS MEANT TO BE SWISHED IN THE MOUTH ONLY
- **DO IT SLOWLY.**

You can do this two more times during the day if you want to detox faster. Make sure you do it on an empty stomach, however. Spit the used oil into a disposable cup, paper towel, or into the toilet when you are finished. Thoroughly rinse your mouth more than once. If desired, use a tongue scraper or spoon to scrape the residue from your tongue.

Follow by drinking 2 - 3 glasses of water.

You may also substitute lemon water or herbal tea for some of the follow-up liquid.

### REPORTED BENEFITS:

Many individuals report changes and symptomatic improvements of many types. Several examples are listed below:

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|--|---|
| • Softer, Smoother Skin                      | • Improvement of Bad Breath               |
| • Reduction of Acne                          | • Brightening and Whitening of Teeth      |
| • Calmer Attitude                            | • Improved Mouth and Organ Disease Issues |
| • Deeper, More Peaceful Sleep                | • Improvement of Hypertension             |
| • Improved Sinus Conditions                  | • Lowering of High Blood Sugar            |
| • Relief of Joint and Muscle Aches and Pains | • Relief From Constipation                |

How will YOU benefit?