

THREE SEASONS AYURVEDA



Oil Pulling

Oil pulling is a traditional Ayurvedic practice that was first documented in the ancient Ayurvedic textbook, the Charaka Samhita published around 100-200BC and states *“Oil gargling provides strength in jaws and voice, development of the face, maximum taste and relish of food. One does not suffer from dryness of throat; lip cracking and teeth become firmly rooted. The teeth do not ache or become sensitive and can chew the hardest food items”*

The process of oil pulling is quite simple, harmless, and very inexpensive. Simply take one tablespoon of medicated oil and pull it through the teeth and swish it around the mouth for 2-5 minutes, making sure to spit it out and thoroughly rinse the mouth out with water.

During this process, the oil mixes with the saliva, creating a thin, white liquid. Swishing activates the enzymes, and the enzymes draw toxins out of the blood. More specifically, lipids in the oil help to extract toxins from the saliva of the mouth. As you swish the oil around your mouth, teeth, gums, and tongue, the oil continues to absorb toxins while later turning thick and white. At this point, the oil becomes toxic; this is why spitting the oil out instead of swallowing it is an important last step, as you don't want to reabsorb the toxins. While you can do this process anytime during the day, it is most beneficial upon rising, before eating or brushing your teeth.

The benefits of using sesame and coconut oil are many, including: balances hormones, lowers blood pressure, promotes healthy skin, relieves constipation, boosts oral health preventing cavities and removing dental plaque, removes internal parasites, detoxifies the body, kills candida, improves digestion, moisturizes skin, reduces cellulite, decreases wrinkles and age spots, balances blood sugar, improves energy, benefits immune and nervous systems and reduces LDL cholesterol.

Echinacea	Bi, Pu/C	PK-V+	Stimulates immunity, fights all viral and bacterial infections and inflammatory
Boswellia	Bi, Pu, AS, Sw/W/C	VPK-	Pain reliever, anti-inflammatory, destroys toxins, rejuvenative and bone mender
Haritaki	Sw, So, Pu, Bi, As/H	VPK=	Fights gum disease and gingivitis
Neem	Bi/Cooling	PK-V+	Heals wounds, destroys poisons and benefits oral hygiene
Turmeric	Pu, Bi, As/H	VPK-	Anti-Inflammatory and antibiotic
Sesame Oil	Sw, Bi/H	V-PK+	Strengthens and lubricates
Coconut Oil	Sw/C	VP-K+	Unctuous and is heavy in nature
Peppermint Oil	Pu/C	PK-V+	Moisturizes, cures sores and nervine