

Oil Pulling

We all like a great smile but mouth washes and teeth whitening products are full of chemicals and highly toxic to our bodies.

'Oil Pulling' is a great natural way to improve oral health including a natural teeth whitener.

Oil Pulling is an Ayurvedic remedy for oral health and detoxification.

You can use organic Coconut Oil, traditionally cold pressed, or organic Sesame seed oil is used.

The lipids in the oil begin to pull out toxins and bacteria from the saliva by swishing the oil around the mouth between 10 and 20 minutes.

What to do –

As soon as you get up in the morning

Start with a teaspoon and graduate to a Tablespoon. As it mixes with the saliva it swells.

Swish for 10 minutes building to 20 minutes.

Spit out in the rubbish bin, then rinse with water with a pinch of salt

Enjoy your day! Smile!

The claims of many other health benefits are many, but what I can say for sure is it is great for the teeth and natural!

Namaste

Anna

xx