

# Oil Pulling 101: A Step-by-Step Guide



## Revitalise Your Oral Health with Oil Pulling - A Simple and Effective Daily Practice

Oil pulling is a powerful ancient Ayurvedic practice that can help to improve the health of your gums and detoxify your body. By swishing and pulling high-quality oils around your mouth, you can remove toxins and bacteria, leading to fresher breath, healthier gums, and a cleaner mouth.

Follow these steps to begin your oil pulling journey:

- **Choose Your Oil:** Measure out 1-2 teaspoons of oil and place it in your mouth. For optimal results, opt for organic coconut oil, renowned for its antibacterial properties.
- **Swish & Pull:** Gently swish and pull the oil around your mouth and between your teeth. Begin with a few minutes and gradually increase to 10-20 minutes daily. Avoid swallowing the oil to prevent ingestion of toxins and bacteria.
- **Dispose Properly:** When ready to dispose of the liquid, ensure it goes into the garbage to prevent potential pipe blockages.
- **Rinse & Refresh:** Rinse your mouth thoroughly with water or salt water to remove any residual oil.
- **Brush & Shine:** After rinsing, brush your teeth to remove any remaining residue. This step is optional and can be incorporated based on your personal routine.
- **Gratitude & Smile:** Take a moment to smile in the mirror and express gratitude for prioritising your oral health.

Oil pulling not only reduces gum inflammation and prevents gum disease but also detoxifies the body, promoting better oral and overall health.

Start incorporating this simple and effective practice into your daily routine now and experience the benefits for yourself!

