



RACHEL HAMEL
WHOLISTIC CRANIAL
CHIROPRACTOR

Oil Pulling

What is oil pulling?

Oil pulling is an age-old remedy rooted in Ayurvedic medicine that uses natural substances to clean and detoxify teeth and gums. It has the added effect of whitening teeth naturally and evidence even shows that it may be beneficial for gum health and that certain oils may help fight harmful bacteria in the mouth!

What is Oil Pulling?

Short answer: Oil pulling is the act of swishing oil (usually [Sesame](#), Sunflower or Coconut) in the mouth for up to 20 minutes to improve oral health.

The basic idea is that oil is swished in the mouth for a short time each day and that this action helps improve oral health. Just as with [Oil Cleansing for the skin](#), the principle of “like dissolves like” applies, as oil is able to cut through plaque and remove toxins without disturbing the teeth or gums.

The practice of oil pulling (also called gundusha) started in India thousands of years ago, and from my research, was first introduced to the United States in the early 1990s by a medical doctor named Dr. F. Karach, who used it with success in his medical practice.

How to Oil Pull

The concept is incredibly simple. Swish a couple of teaspoons of fractionated coconut oil with two drops of On Guard Essential oil in the mouth for 20 minutes and then spit it out and rinse well. Oil pulling is best done in the morning, before eating or drinking anything, though Dr. Bruce Fife suggests that it can be done before each meal if needed for more severe infections or dental problems.

Oil Pulling Instructions

1. **Put 1-2 teaspoons of oil into the mouth.** The oil traditionally used in oil pulling is organic sesame seed oil, and this is also the oil that has been the most studied for use in oil pulling. It is also possible to do oil pulling with fractionated coconut oil, which I like best. Whichever oil you choose, place 1-2 teaspoons in the mouth, and add two drops of Doterra OnGuard Essential Oil.
2. **Swish for 20 minutes.** Apparently the timing is key, according to Dr. Bruce Fife, author of [Oil Pulling Therapy](#), as this is long enough to break through plaque and bacteria but not long enough that the body starts re-absorbing the toxins and bacteria. The oil will get thicker and milky as it mixed with saliva during this time and it should be creamy-white when spit out. It will also double in volume during this time due to saliva. At first, it can be difficult to make it the full 20 minutes, and I didn't stress if I could only swish for 5-10 minutes when I first started.
3. **Spit oil into the trash can.** Especially if you have a septic system like I do... don't spit into the sink! The oil may thicken and clog pipes. Do not swallow the oil as it is hopefully full of bacteria, toxins and pus that are now not in the mouth!
4. **Rinse well with warm water.** Warm water seems to clean the mouth better (my opinion). I swish a few times with warm water to get any remaining oil out of my mouth. Some sources recommend swishing with warm salt water.
5. **Brush well.** I prefer to brush with OnGuard toothpaste to make sure any bacteria isn't hiding.