

The Health Benefits of Oil Pulling

The human mouth has been found to house numerous types and large numbers of pathogens (microorganisms capable of causing disease) whether the teeth and gums appear to be in perfect condition or not. As a result, the immune system uses a high percentage of its resources in efforts to keep this situation from getting out of control. The pathogens most commonly found in the human mouth are the following:

- staphylococcus aureus
- staphylococcus epidermidis
- streptococcus mitis
- streptococcus salivarius
- staphylococcus mutans
- enterococcus faecalis
- streptococcus pneumoniae
- streptococcus pyogenes
- neisseria meningitidis
- neisseria sp.
- veillonellae sp.
- escherichia coli
- proteus
- haemophilus influenzae
- lactobacillus sp.
- corynebacteria
- actinomyces
- spirochetes
- mycoplasmas

Of interest is the vast clinical evidence indicating that many human diseases have their origin in the mouth. Some sources take it a step further by declaring that **most** diseases originate in the mouth. The afflictions that more or less support this belief are those caused by what we do or don't ingest through our dietary habits.

Many alternative health physicians will agree that the two major causes of chronic disease are, (1) the body lacking a substance or substances it requires to maintain health (deficiency diseases), or (2) a toxic substance or substances in the body that shouldn't be there. These causal factors many times begin via either oral substance ingestion or failing to ingest a necessary substance orally. Toxic substances can also be taken in by breathing airborne toxins or by absorption through the skin

Semantics aside, what we will specifically address here are chronic conditions caused by oral pathogenic contamination of the teeth or gums that find their way to the organs through a network of intricate physiological pathways. This understanding was the basis for the **Focal Infection Theory**, developed centuries ago and long accepted by many members of the dental profession. This theory is now widely accepted as fact, with some well-documented examples being studies proving links between oral infection and the following conditions: coronary heart disease, arthritis, lung/bronchial infections, pregnancy complications, gastrointestinal disturbances, osteoporosis, diabetes, and nervous system disorders (*Oil Pulling, Fife*).

An ancient oral hygiene and overall cleansing technique called Oil Pulling (OP) has proven to be the most effective method known to keep the mouth clean through its ability to significantly reduce oral microbial populations. By doing so, it relieves the immune system from a large portion of this responsibility, thereby freeing it up to deal with problems elsewhere in the body (*Oil Pulling, Fife*).

Directions for the OP procedure are as follows:

1. In the morning before brushing the teeth, mix approximately two tablespoons of sunflower oil (refined or non-refined) with at least eight drops of clove **or** oregano essential oil. Clove and oregano are two of the most powerful essential oils so be careful not to add too much of either one to the mixture. Place the sunflower oil/essential oil mixture in the mouth without swallowing it. Two tablespoons of sunflower oil is a general rule that will vary depending on the size of the practitioner's oral cavity.

Note: Any vegetable oil can be used to perform the procedure. However, some practitioners have reported that using strong oils such as *Extra Virgin Olive Oil* can cause nausea during the procedure, which can lead to vomiting. Refined oils are better to use than non-refined oils in this case. Sunflower and Sesame oil are the traditional oils used, which is probably due to the procedure having its origins in the Ayurvedic medicinal practices of India where these oils are commonly used in food preparation.

2. Vigorously swish the mixture throughout the mouth, between the teeth, alongside the gums, and over and under the tongue. **The oil should not be gargled.**
3. Do this for approximately 20 to 30 minutes, making sure that your chin is tilted slightly upward at times, which allows the oil to contact the back of the mouth around the area of the molars.
4. When done, discard the oil into the washbasin or toilet, which completes the

procedure. As the end of the procedure approaches, the practitioner will notice a decrease in the oil's viscosity (resistance to flow). Upon inspection of the discarded oil, the observer will notice a change in color from its original yellow into a solution of whitish appearance. This change is caused by the combination of oil, saliva, food particles, and pathogens.

5. Rinse the mouth thoroughly when done, and then brush the teeth.

There are differing opinions as to why Oil Pulling works so well. The author believes the following to be the most valid: The membranes (outermost layers) of all the pathogens listed above are composed of lipids (fats). Sunflower and sesame oils, as well as all other vegetable oils, are also lipid substances. When the oil is swished throughout the mouth the lipid-membrane pathogens are captured by the oil, in a manner similar to fly paper catching flies. Any water-soluble substances (e.g., some types of food particles) present would be captured by the water-soluble saliva that combines with the oil during the Oil Pulling procedure, which is also removed when the mixture is discarded.

To learn about other interesting alternative remedies that are scripturally acceptable and numerous, thought-provoking, scripturally-related health subjects, refer to *The Creator's Guide to Better Health -- The Science Behind Intelligent Design*, R.E. Wynter, Outskirts Press. Click [**here**](#) for more information.

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