



## Oil Pulling with Essential Oils

### *The 8 Secrets to Optimal Breast Health*

Oil Pulling is an ancient practice of rinsing with oil to “pull” bacteria and toxins from the mouth. These toxins can cause a variety of dental problems, as well as illness in the body that can eventually lead to disease.

**Please Note:** *These statements have not been approved by the FDA or endorsed by doTerra. Consult your own healthcare provider with any questions prior to use.*

**Disclaimer:** *A professional dental examination is always warranted before starting any new oral home care program.*

### **Oil pulling is best done prior to breakfast or on an empty stomach.**

#### **1. Choose Your Base Oil (1 Tbsp)**

Make sure it is cold-pressed and organic

- Sesame Oil: Considered the most effective oil because it greatly detoxifies the mouth from fungus and bacteria. It can clear up acne, and help your vision.
- [Coconut Oil](#): Improves the color of gums and brightens your teeth. *If you use virgin coconut oil, spit it out into the garbage, since it can solidify in your sink's drain.*
- Sunflower Oil: Improves bleeding gums and canker sores.
- [Castor Oil](#): Helps fight body odor.
- [Flaxseed Oil](#): Helps clear bronchitis and works as a decongestant.

## 2. Add Essential Oil (3-6 drops)

Make sure you are using a high quality, ingestible essential oil such as doTerra.

Add your essential oils based on issues. They might include, but are NOT limited to:

- **Clove:** Mouth and gum, analgesic, antibiotic, and antiseptic.
- **Frankincense:** Analgesic, cold & flu, mouth surgery, mouth trauma, antiseptic, anti-inflammatory.
- **Geranium:** Mouth and gum, throat, laryngitis, analgesic, antiseptic.
- **Grapefruit:** Cleansing, detoxifying, antiseptic, antibacterial.
- **Lemon:** Cleansing, detoxifying, colds, sore throat, antiseptic.
- **Lemongrass:** Herpes, halitosis.
- **Melaleuca (Tea Tree):** Cold & flu, immune system, braces irritation, mouth sores, congestion, herpes, anti-inflammatory, antibacterial, antiseptic.
- **Myrrh:** Mouth, teeth and gum, cold & flu, tonsillitis, anti-inflammatory, antibacterial, antiseptic.
- **On Guard:** General immune system, mouth and gum health, tooth issues, halitosis, cold & flu, sore throat, virus.
- **Oregano:** Cold & flu, virus, sore throat, swollen glands, cold sores, herpes, anti-inflammatory, antibacterial, antiviral.



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### 3. **Pull (15-20 min)**

Place both the base oil (1 Tbsp) and essential oil (3-6 drops) into mouth and gently swish, pull, suck, and move through teeth. Move the oil slowly in the mouth for 15-20 minutes.

- This process thoroughly mixes the oils with saliva.
- Swishing activates the enzymes which then draw toxins out of the blood.
- Oil pulling draws toxins and poisons out through the mucous membranes of the mouth.
- As the process continues, the oil gets thinner and white.
- DO NOT swallow the oil, since it has now become toxic.

### 4. **Spit:** Do not swallow; spit oil into trash

### 5. **Rinse** and wash out your mouth with one of the following water solutions:

- 1 teaspoon of sea salt with 8 oz of water
- 1 teaspoon of aluminum-free baking soda with 8 oz of water
- 1 capful of hydrogen peroxide with 8 oz of water
- 6 drops of On Guard essential oil with 8 oz of water

The oil-pulling/swishing process can intensify your body's metabolism. Many people feel this leads to improved health. For many, the most striking result of this process is the fastening of loose teeth, the healing of sores, the elimination of bleeding gums and visible whitening of teeth.

To accelerate the healing process, oil pulling can be repeated three times a day, but it's always best before meals on an empty stomach. Remember, do not swallow.

The oil should be spit out.

***Medical Disclaimer:** The information provided is for educational purposes only and is not intended as a substitute for advice from your physician or healthcare professional. You are, however, advised to share and discuss the information with your physician or healthcare provider. You should not use the information found herein for diagnosis, treatment, or prevention of any health problem or as a substitute for any prescribed medication or other treatment. You should not stop taking any medication without first consulting your physician. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ OR ACCESSED HERE.*