

Oil Pulling¹⁰¹

HOW TO

1. Hold ~1 Tbsp oil in your mouth (if using solid coconut oil, you will have to let it melt).
2. Swish around like mouthwash for 10-15 minutes.
3. Spit in the garbage (oil can coat pipes).
4. Rinse your mouth with water and floss/brush as normal.
5. Repeat daily or a few times each week.

Oil pulling is a traditional technique used to cleanse your mouth and teeth. It supports a healthy microbial balance, cuts through plaque, and freshens your mouth! A great time to oil pull is in the morning (as you shower or get ready for the day).

BENEFITS

- kills harmful bacteria
- improves bad breath
- prevents gingivitis
- soothes & strengthens gums
- cuts through plaque
- pulls toxins
- reduces inflammation



*coconut and
sesame oils are
popular choices*

*similar to
mouthwash*