

OIL PULLING

- 1) CHOOSE A SWISHING OIL...SESAME, OLIVE, OR COCONUT.
- 2) POUR ONE TABLESPOON OF OIL IN MOUTH.
- 3) SWISH OIL AROUND IN MOUTH.
- 4) DO NOT SWALLOW.
- 5) SPIT OIL IN A TRASH CAN TO AVOID CLOGGING THE DRAIN RINSE MOUTH WITH WARM WATER.
- 6) ADDING SEA SALT CAN SOOTHE ANY INFLAMMATION OR IRRITATION AND HELPS RINSE OUT ANY RESIDUAL MOUTH TOXINS.