

***“Don’t waste your time in anger, regrets, worries, and grudges. Life is too short to be unhappy.”***

**– Roy T. Bennett**

This quote really hit me because I learned about two weeks ago that a former coworker died suddenly in her sleep. She was only 48 years old and engaged to be married in July. It was a grim reminder that none of us is promised tomorrow. That’s why it’s so imperative that we live life to its fullest and live every day as if it’s our last, because one day it surely will be our last. Life really is short and we can’t let the little things bog us down. Don’t sweat the small stuff. I’ve written for years that happiness is a CHOICE, but instead of choosing happiness, many people CHOOSE to be angry, depressed, irritated, frustrated or resentful. Since life is short, don’t waste your time with people who don’t respect, appreciate and value you. Spend time those who make you smile, laugh and feel loved. Don’t dwell on the past and don’t worry about the future. Focus on living in and enjoying the present. Remember, the best time to be happy is right now.

Yours in health,

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## Have You Tried Oil Pulling?



I’m sure many of you are wondering what the heck oil pulling is. I’ve known about it for years and recently got back into it. Its health benefits are pretty amazing and it’s one the easiest things you can do for yourself. Oil pulling has its origin in India and Ayurvedic medicine, which goes back about 5,000 years. My chiropractor, who is probably the only medical professional I completely trust, is convinced that much of the illness starts in the mouth. Oral health is probably one of the most overlooked health issues and one of the easiest to address. The two most important things oil pulling does is keep the mouth clean and help cleanse the body of toxins. Both of these benefits can help keep you healthy. So let’s jump into it.

Oil pulling so simple to put into practice that I hope you’ll make it part of your daily regimen. Put it on your daily to-do list and make it a habit. All you need to start oil pulling is organic coconut oil and one or two essential oils can help increase the effectiveness. But you don’t have to have essential oils to get started. Here are some of the key benefits of oil pulling:

- Helps whiten teeth naturally by removing stains from the surface of the tooth.
- Helps prevent or reduce cavities and tooth decay
- Helps remove plaque
- Helps fight bacteria and issues with the gums
- Helps improve oral hygiene
- Helps alleviate headaches, skin problems and infections
- Helps eliminate bad breath and cracked lips

Here’s how to do oil pulling:

- Measure 1-2 teaspoons of organic coconut oil. You can either put it in your mouth directly and let it melt or melt the coconut oil in a small glass container and mix in a few drops of essential oil (see some options below). I prefer to use it melted. You can also purchase fractionated coconut oil, which is the liquid version that doesn’t solidify, though it is more expensive. Either way, swish the oil around in your mouth for about 15 minutes. DO NOT SWALLOW IT as it’s full of toxins, microbes and harmful bacteria. Please note that as you swish, the oil will become thinner and whiter as it becomes loaded with those toxins and bacteria.
- Once the time is up, spit it out in either a trash can or outside. Do NOT spit it out into the sink as it WILL coagulate and clog your drain. For this reason, I also wouldn’t flush it down the toilet.
- Immediately rinse your mouth with warm water and then brush your teeth with a spare toothbrush. Don’t use the one you use when you normally brush your teeth as this toothbrush will accumulate toxins over time. Therefore, use a different toothbrush for your normal brushing routine.
- As an option, you can also rinse your mouth out with hydrogen peroxide before brushing.

Why does oil pulling work? The oil helps clean the surface of the teeth by pulling fat-soluble toxins out of your mouth, which helps create a clean environment.

It's not necessary to use essential oils when you oil pull, but I think they can provide some extra benefits to the oil pulling. Here are just a few suggestions, but feel free to use your favorites.

- I personally use clove, but sometimes also add peppermint. For me, clove is an absolute MUST as it helps promote overall oral health and can help boost the immune system. Peppermint has anti-microbial properties that can help freshen breath and fight cavities.
- If you're fighting a cold or other infection, I'd recommend using the clove with oregano and tea tree oil. Oregano oil is a fantastic bacteria fighter that I use with a warm salt water gargle if I ever feel a sore throat coming on. Tea tree oil (also known as Melaleuca) is known to kill many strains of bacteria, viruses and yeast in the mouth.
- Essential oils from other herbs such as thyme, basil or cilantro are also good choices. Thyme helps battle bacteria and parasites. Basil acts as an anti-bacterial and anti-fungal agent. Cilantro helps detox heavy metals and helps fight fungus and bacteria.
- You can never go wrong with frankincense and myrrh. I wrote about frankincense, the King of Oils, last month, and myrrh helps treat oral yeast and can help reduce inflammation of the mouth and gums.

The best time to oil pull is probably as soon as you get up, when you have an empty stomach. I should probably do this, but prefer to do it after I have my daily coffee, to help remove the stains coffee can leave behind.

There are no side effects to oil pulling unless you're allergic to coconuts or coconut oil. If that's the case, you can substitute coconut oil with organic sesame oil. It's important to note however, that coconut oil, which contains lauric acid, reacts with the alkali in saliva to essentially create a natural soap as you swish it, which loosens plaque. That makes coconut oil the better option if you don't have an allergy. Oil pulling regularly is said to improve the condition of hair, clear the skin, reduce joint pain and even improve overall body odor. Some people even experience a more positive attitude, likely because they're feeling better from the decreased toxic "load" in their mouths.

While it's obviously important to brush and floss regularly, oil pulling offers some additional special benefits. It has the ability to not only bind, but to also trap and ultimately eliminate microorganisms and bacteria in the mouth. The oil also reaches places brushing and flossing alone can't. It will likely take about 2 weeks of consistent oil pulling to really notice a difference. I'd love to hear about any changes you experience.

I hope this whets your appetite enough to learn more and give it a try. You've got nothing to lose other than some toxins from your body. It's definitely a very simple way to help improve your health. Before I close, I have to point out that not surprisingly, the American Dental Association ("ADA") does not recommend oil pulling. But keep in mind, this is the same group that still pushes fluoride, so I choose to listen to NOTHING it has to say. Please contact me if you have any questions.

Have a wonderful month.