

OIL PULLING THERAPY

Dr. Karack's Oil Pulling Therapy Treatment

STEP ONE

In the morning before breakfast, on an empty stomach, take 1 tablespoon of cold-pressed oil (such as sesame, coconut, or castor oil) in the mouth, but do not swallow. Swish the oil around the mouth, chew it, and mix it with your saliva for 10 – 20 minutes. Then, spit it into the toilet bowl.

Chewing activates the enzymes which draw toxins out of the blood. And, in 10 – 15 minutes, the blood from the entire body has had the opportunity to circulate through and around the mouth. After 10 – 20 minutes, the oil should be thinner and white. If it is still yellow, you have not held it in your mouth long enough. (Note that 10 minutes the first week is usually sufficient. Then, increase to 15 – 20 minutes as you get clearer).

STEP TWO

Immediately brush your gums, teeth, and tongue with warm salt/soda water (1 cup water to ½ teaspoon salt and ½ teaspoon baking soda) or with food-grade hydrogen peroxide diluted in water. Then, gargle and spit with the remaining salt/baking soda water. It is also helpful to tip the cup under the nose and gently sniff up the water to clean the nasal passages. Then, gently blow the nose.

The sink should be cleaned afterward because the saliva contains harmful bacteria and toxic bodily waste.

STEP THREE

Repeat this procedure two to three times a day before meals on an empty stomach. Continue this procedure until you are healthy (a few weeks or more).