

## Promoting Healthy Teeth & Gums

\***Oil pulling**, also known as "kavala" or "gundusha," is an ancient Ayurvedic dental technique that involves swishing a tablespoon of organic coconut or sesame oil in your mouth on an empty stomach for around 20 minutes. This action draws out toxins in your body, primarily to improve oral health but also to improve your overall health.

The reported benefits include:

- Whiter teeth • Cavity, Plaque and gingivitis prevention
- Tighten gums (back to teeth)
- Better breath (halitosis sufferers also reported greatly improved morning breath) • Stronger teeth and gums
- Less jaw pain (TMJ sufferers noted great improvement), sleep problems and sinus issues
- Alleviation of headaches, hangovers and skin issues (reports have shown improvement in acne, psoriasis and eczema)

*Directions:*

- Using 1 tablespoon of Organic Coconut Oil swish in mouth first thing in morning (on an empty stomach) for 15-20 minutes.
- Spit into trash (as it may solidify in drain and clog) .
- Rinse your mouth with warm salt water or just brush and floss your teeth as normal.