

# SESAME OIL TEETH PULLING

Oil teeth pulling (Gandusha) is an ancient practice that involves swishing oil in your mouth to remove pathogenic bacteria, improving oral flora, whitening teeth, helping to prevent tooth decay, gingivitis, alleviating bad breath, and strengthening the tissue of teeth and gums. It may help clear the sinuses and relieve tension in the jaw and neck and have many other health benefits.

Oil pulling is one of the simplest, yet powerful tools in naturopathic medicine. It is quite amazing that simply swishing oil around the mouth can have such a dramatic effect on our overall body detoxification and health. The oil provides a way for the body to heal itself by removing microorganisms that are taxing the immune system.

Sesame oil pulling comes from Ayurveda, the traditional medicine system from India (the most ancient of all traditional medicine, dating 5,000-10,000 years from which Chinese, Tibetan and Greek Medicine descend). In Ayurveda, which means "life knowledge" sesame oil is associated with the health of the bones and teeth. Sesame oil is known as "The King of Oils" due to its rich nutrient value and versatility. Oil pulling has been shown to whiten the teeth, improve the gums and improve bad breath. There are marma (energy) points in the soft palate which stimulate the 5 sensory functions.

You can use any oil for teeth pulling, but sesame seed oil has traditionally been used in Ayurvedic Medicine for its affinity for the teeth and bones. The natural lecithin content and high levels of oleic, linoleic, and linolenic oils in sesame oil render it particularly nutritive to nearby brain cells and nerves. Sesame Seed Oil Pulling is a very simple additional way to support health.

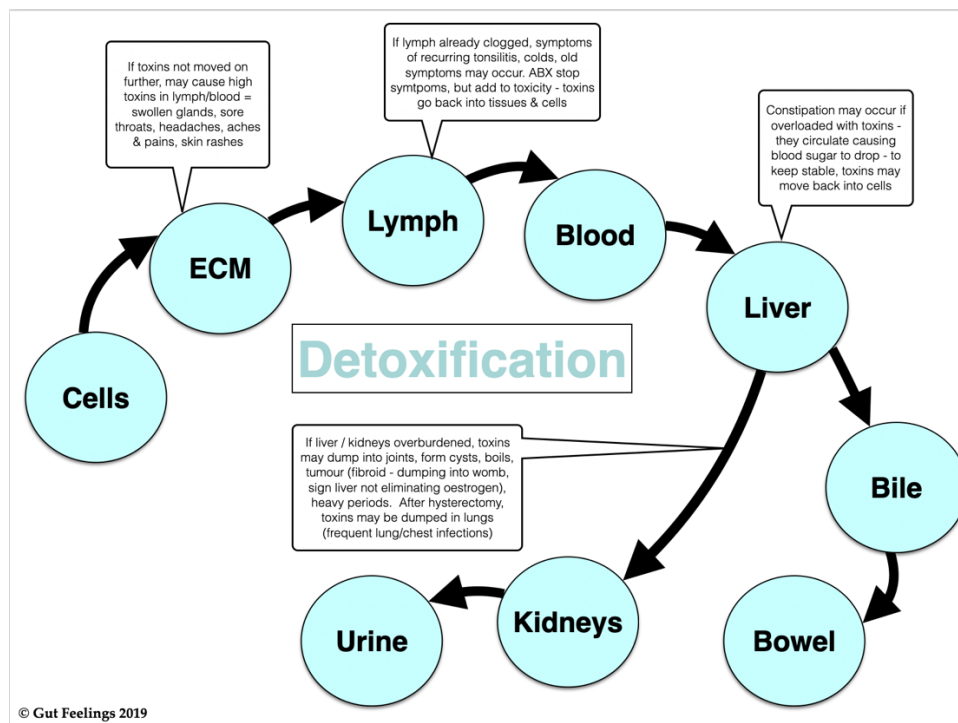
Our mouths contain a large number of microorganisms that can make their way into the rest of the body. This can overburden the immune system especially if there are a lot of hidden bacteria in root canals or other areas of the mouth. Large amounts of accumulated microorganisms can lodge in the tonsils, throat, and sinuses as these are the areas that are most in contact with incoming microorganisms. If we mouth-breathe, instead of only breathing through the nose, this can alter the pH of the mouth, providing a breeding ground for pathogenic bacteria. Most Holistic / Biological Dentists say that the main cause of dental caries is mouth-breathing. You may not be aware of this as it can happen at night with snoring and sleep apnoea, but also during the day. The more stressed we are, the more we breathe through our mouths. See separate Breathing Fact sheet for more information. I provide Buteyko Breathing retraining for those who hyperventilate / mouth breathe / sleep apnoea. I may also advise you in your plan on certain natural mouth washes or other natural dental support.

If there are a large number of bacteria, this can cause a continual battle and strain on the immune system. However, when you remove these microorganisms, it can lift the burden or strain on the immune system which means that it can have more bandwidth to detoxify and heal other areas of the body that may have been waiting to be detoxified for many years.

Oil pulling can therefore have a powerful detoxifying effect on the whole body. We detoxify from the cells to the lymph to the blood, then the liver and out via bile in the stools or urine. All of these pathways need to be working in order for us to detoxify, especially the liver and at least one stool movement daily. So, we must only release toxins at a rate at which all of our detoxification pathways can cope with. This means that we might only want to start by holding the oil in the mouth for a few minutes without pulling first and build up.

In very rare occurrences you may experience a sore throat for a day due to the detoxification effect, or other detoxification symptoms. If this happens, stop for a little and go more slowly, it may be that more work needs to happen on the lymphatic system and liver first. If you have constipation do not do any oil pulling until this is resolved as we need to be excreting out any toxins moved from the systemic detoxification effect.

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## How does it work?

The following is taken from “Oil Pulling Therapy- Detoxifying the Body through Oral Cleansing” by Dr Bruce Fife CN, ND:

*“Most of the microorganisms that inhabit the mouth consist of a single cell. These cells are covered with a lipid or fatty membrane which is the cell’s skin. Even the membranes surrounding our own cells are comprised mostly of fat. When you mix oil and water they separate; but when you combine two oils together, they combine, basically attracted to each other.*

*When you put oil in your mouth the fatty membranes of the microorganisms are attracted to it. As you swish the oil around teeth and gums, microbes are picked up as though they are being drawn to a powerful magnet. Bacteria that hide under crevices in the gums and in pores within teeth are sucked out of their hiding places and held firmly in the solution. The longer you push and pull oil through your mouth, the more microbes are pulled free.*

*After 20 minutes the solution is filled with bacteria, viruses, and other organisms. That is why it is important to spit it out rather than swallow it. Food particles trapped between the teeth are also released free. Much of it is attracted to the oil as well as to the saliva. Saliva is an added bonus as it also helps to fight certain microbes and balances pH. Disease causing substances are removed, and healing is increased. When the body does not have the burden of constantly fighting off oral infections, bacteria and toxins, the process of self-healing begins. Inflammation diminishes, blood chemistry is normalised, damaged tissue is repaired, and healing occurs”*

Classical Reference: Charaka Samhita SÂ V.78-80

Cont...

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Sesame seed oil is traditionally used in Ayurveda for its affinity to the teeth and bones, but any oil can be used. Use organic, cold pressed, unrefined sesame oil (not the roasted kind) oil. Clear Spring do a good organic one in 1litre or 500ml, also Biona ad Ayurvedapura

- ([https://www.amazon.co.uk/Clearspring-Organic-Sesame-Oil-Litre/dp/B0013G4DOE/ref=sr\\_1\\_5?crd=9108P0OXG0DE&keywords=sesame+oil+organic+cold+pressed&qid=1577463612&sprefix=sesame+oil%2Caps%2C986&sr=8-5](https://www.amazon.co.uk/Clearspring-Organic-Sesame-Oil-Litre/dp/B0013G4DOE/ref=sr_1_5?crd=9108P0OXG0DE&keywords=sesame+oil+organic+cold+pressed&qid=1577463612&sprefix=sesame+oil%2Caps%2C986&sr=8-5).)
- [https://www.amazon.co.uk/dp/B0B3JNDF4D?ref=nb\\_sb\\_ss\\_w\\_as-reorder\\_k0\\_1\\_12&amp=&crd=1VCD8C6CU76YF&sprefix=biona%2Bsesame&th=1](https://www.amazon.co.uk/dp/B0B3JNDF4D?ref=nb_sb_ss_w_as-reorder_k0_1_12&amp=&crd=1VCD8C6CU76YF&sprefix=biona%2Bsesame&th=1)
- <https://www.ayurvedapura.com/gbp/sesame-oil-200>

## Instructions

Oil teeth pulling is best incorporated into the morning routine, upon rising, and on an empty stomach, as it helps to stimulate the appetite and enhance the sense of taste.

1. After brushing the teeth, but before breakfast, start by putting 1-2 tablespoons of oil in your mouth (or an amount that is comfortable.)
2. Swish and pull the oil in the mouth, moving it around both sides, and in front of, behind, and through the teeth.
3. Continue the process for 3-10 minutes but 20 minutes eventually if you are able to, and you have time, until the oil has become thin and changes from a golden to a whitish color - this will contain many bacteria and also heavy metals if you have amalgams etc., so it is extremely important not to swallow. You will want to work up to this time frame, but to start, try to swish for at least 5 minutes for best results.
4. Spit out the oil in the trash or toilet, rather than down the drain, to avoid clogging the drain. **Do not swallow** the oil as you do not want the removed debris and toxins to go into the digestive tract.
5. Rinse the mouth with warm water.

Here is a short video on how to do oil pulling <https://youtu.be/XVUaBDV64hU>

Oil pulling may help with:	
Strengthening sensory functions Dullness of the senses, loss of smell or taste	Improving blood circulation in jaw, head, and neck area
Increasing appetite through stimulation	Anorexia
Bleeding gums, gingivitis, helps prevents oral cavities	Bad breath
Dryness of face	Exhaustion
Impaired sight	Burning eyes
Whitening of teeth	Sore Throat
Congestion	Tinnitus
Clearing the sinuses	Remove of oral toxins (Ama)
Precautions	
<ul style="list-style-type: none"><li>• Do not swallow</li><li>• Do not do it during menstruation as oil pulling is an 'upward flow' and will go against the downward flow of menstruation.</li></ul>	

## For more information:

- Visit [www.oilpulling.com](http://www.oilpulling.com)
- Book – Oil Pulling Therapy by Dr Bruce Fife