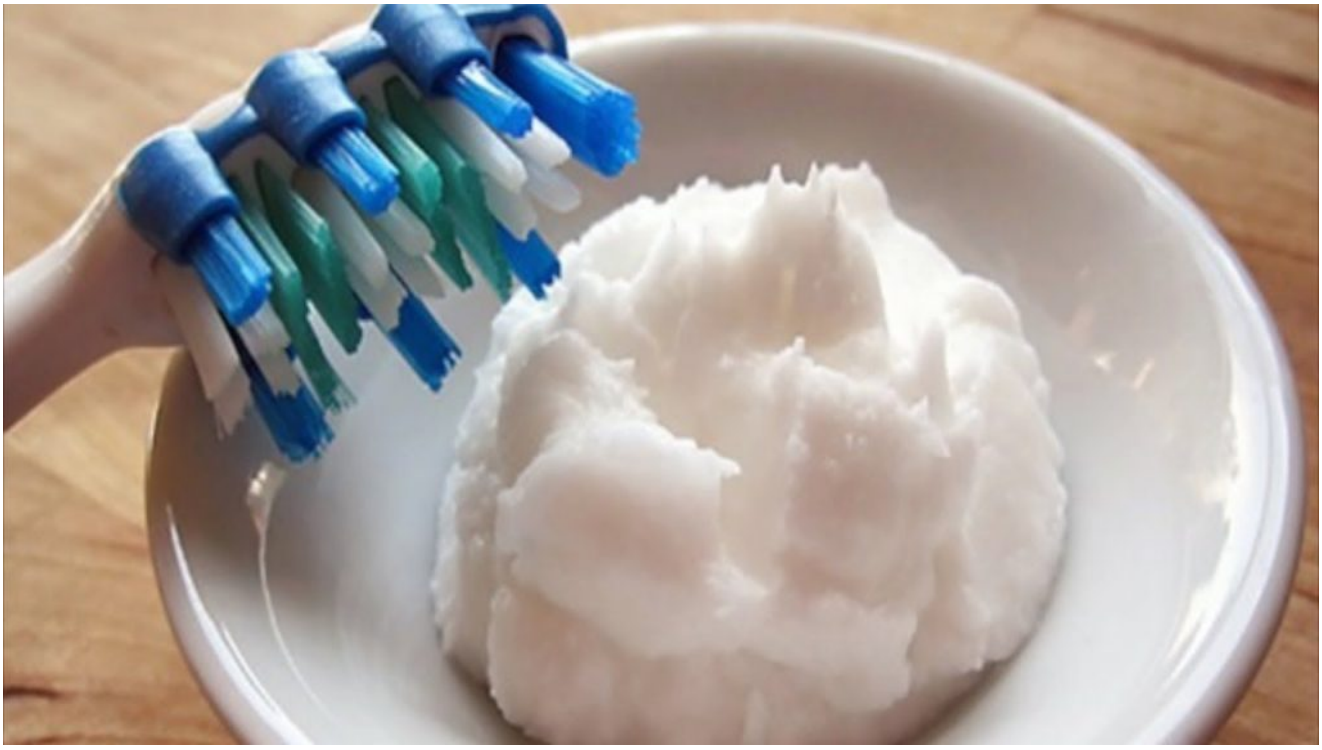
GRANDMA'S REMEDIES

How Coconut Oil Pulling Can Help Reverse Cavities And Heal Decomposed Teeth

By bestfolkmedicine · 08/08/2018 · 2 min read



As explained on Dr. Axe, nowadays, a lot of people believe that cavities, once you get them, cannot be reversed and that the only solution remains to have the affected tooth part drilled out and filled with a synthetic material and pay a large sum to your dentist for the procedure. But, there are proven methods that can help you reverse cavities completely naturally without spending a small fortune.

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Reversing Cavities Naturally

One study showed that tooth decay and cavities may be successfully reversed with a proper diet, i.e. a diet abundant in veggies, fruits, milk, meat, and vitamin D. This being said, a lot of proponents of holistic medicine advise that we should avoid having amalgam fillings (which can be bad for our health) and avert cavities by following a nutrient-rich diet.

In addition to a healthy diet, you should also opt for oil pulling, a method involving one powerful ingredient, i.e. coconut oil. Let us learn more how this method can help us preserve our dental and oral health.

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The Benefits of Oil Pulling

Oil pulling has been part of Ayurvedic medicine for centuries and this is an amazing detoxification method which has become very popular and frequently used in the U.S. in the last couple of years because of its numerous health benefits for the oral, but for the overall health too.

The pulling, as explained on Dr. Axe, is done by swishing a tbsp of coconut oil in the mouth for 20 minutes. This healing practice does not just help with cavities, but it can be of great aid for treating gingivitis, headaches, and even diabetes.

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If you are a beginner and 20 minutes of swishing seems like a lot, no worries, begin with 5 minutes and then gradually increase the duration. Also, make sure you do the oil pulling in the morning, right after waking up and when you are done, spit out the content in the trashcan, not in the sink, in order to avoid clogging the sink or the pipes. Remember to rinse the mouth with warm water and some salt. At the end, brush the teeth as you normally do.

Coconut oil can help you maintain an optimal oral health with the help of its lauric acid that is known to possess strong cleansing characteristics and it is capable of destroying bad bacteria, lowering plaque, and whitening the teeth.

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Sources:

DR. AXE

HEALING LIFE IS NATURAL

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