PLANTS & HERBS

Say Goodbye to Bad Breath, Plaque & Kill Harmful Bacteria in the Mouth with One Ingredient

By bestfolkmedicine · 08/05/2020 · 2 min read

Have you heard about oil pulling? – This ancient practice involves the swishing of one ingredient in the mouth with the goal to eliminate bacteria and boost the oral hygiene.

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It's usually linked with Ayurveda- a traditional medicine system from India.

Studies have found that oil pulling may be beneficial in destroying the oral bacteria and boosting the oral health. Some experts also recommend it for treating some health issues.

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Even though it's not entirely known how exactly oil pulling works, it may help expel bad bacteria by boosting the moisture in the gums and increasing the production of saliva, which can further help fight off bad bacteria.

Moreover, some of the oils commonly used for this practice are also abundant in beneficial properties that can help lower inflammation and improve the oral health.

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One of the most common oils used for oil pulling today is coconut oil. Below, check out the benefits you'll reap if you do it with this oil too and how to do it properly.

Health Benefits of Oil Pulling with Coconut Oil

- ***Reduces bad bacteria***
- ***Alleviates gum infection***
- ***Dissolves tooth plaque***
- ***Averts cavities***
- ***Whitens the teeth***
- ***Improve the overall oral health***

How to Oil Pull with Coconut Oil

In the morning, swish several tsp of quality organic coconut oil in the mouth. Wait for the oil to melt and swish for around 20 minutes.

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Then, spit out the oil- it will have all the bacteria and toxins from the oral cavity in it.

Afterwards, rinse the mouth well with warm water and brush the teeth as you would usually do in the mornings.

If you're dealing with serious dental or gum health problems, repeat the procedure several times per day.

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When swishing, you're penetrating through the plaque and bad bacteria.

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