

Oil Pulling

Summary

To start: put a teaspoon of coconut oil in the mouth to swish around your mouth for 15-20 mins each day

Benefits include: whiten teeth, kill bad bacteria, reduce plaque formation

Coconut oil pulling experience

- Swish around coconut oil in your mouth for 15-20 mins then spit into bin
 - Benefits include: healthier gums, reduced inflammation, whiter teeth, less plaque & bacteria and fresher breath
-

Coconut oil pulling - everything you need to know

- Main reasons why oil pulling can work: Swishing of the oil makes a soap like process which cleans your mouth, the viscosity of the oil sticks to things and pulls them out and coconut oil has antibacterial properties
 - Should be done on a daily basis, best time is first thing in the morning
 - Can help reduce plaque formation
-

Barbara O'Neill - coconut oil

- Swish coconut oil around your mouth
- pulls waste out of your tongue, gums
- Eating sugar feeds the bad bacteria stuck between your teeth and increases plaque

Revision #2

Created 14 April 2025 09:14:21 by Conor

Updated 14 April 2025 09:56:47 by Conor