Did you know oil pulling is the new mouthwash?

I oil pull 3 x week to keep my health in tip-top shape. It’s super simple and takes no extra time - you can do it while getting ready in the morning (You can do it while feeding the animals, unloading the dishwasher, folding laundry, getting dressed etc.)

Here’s how oil pulling works...

😁 Simply put 1 tablespoon of coconut or castor oil in your mouth

😁 Swish castor oil for 2-5 min or coconut for 10-20 minutes

😁 Spit it out in the trash to avoid clogging the sink

Now this might not sound appetizing but I promise you it’s not bad at all once you practice it a few times (and yes you will drool oil the first couple of times you give it a try, LOL). This is an ancient Ayurvedic Medicine technique that has been around for ages. Our ancestors didn’t exactly have toothbrushes, they used sticks and oil instead!

Benefits of oil pulling include:

👉 Kills bacteria and tooth decay

👉 Strengthens gums and whitens teeth

👉 Prevents Candida and other fungus

👉 Improves immunity and much more!

Super simple and SUPER beneficial!

Give oil pulling a try tomorrow and continue this habit for the next 14 days to improve health and feel your best! (side note- take a before and after picture of your teeth to see how white they get!)