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OIL PULLING



Dr Med Karch, a Russian, introduced a simple cleansing process for the body by using oil. Lt Col T Koteswara Rao (retired) introduced and further popularized this therapy in India.

The process

1. Take one teaspoonful of refined oil in the mouth on an empty stomach early in the morning, before eating or drinking.
2. Without much effort or speed, slowly suck and pull the oil through the teeth. Gargle the oil keeping the mouth closed for 15 to 20 minutes.
3. During this process, the oil becomes liquid and a frothy white. Spit the liquid out and wash your mouth thoroughly, preferably with warm water.
4. Do not swallow the oil as it contains toxins and harmful bacteria drawn from the body through the saliva. Continue this process everyday for good results.
5. For the sake of hygiene, avoid spitting out the froth in the wash basin. Flushing it will be an ideal choice. If you expel in the wash basin, please leave plenty of water to avoid clogging of the basin.

The cure

The process of Oil Pulling can give relief and cure headaches, asthma, bad breath, nose block, tooth pain, acidity, ulcers, cracked feet, joint pains, stomach problems, problems related to lungs, liver and nerves.

Who can practice this

Oil Pulling can be practised by all from the age of five years onwards for any type of health problems. People who are in the habit of taking lots of medicines should try this, as it will release a lot of toxins from the body.

Oil to be used

Any cooking oil can be used but the most preferred is sesame oil.