

Oil Pulling Therapy:

At the Chung Institute, over the years, we have come to realize oral health is an absolute crucial component of good health. Almost any disease can either be caused by or can be aggravated by poor dental health. Unfortunately going to your dentist, brushing and flossing are not enough. 98 % of the population still have some degree of gum disease or tooth decay and most people are not even aware of it. Conditions as wide ranging as heart disease, Alzheimer's, arthritis, and chronic fatigue can be caused by or be partly due to hidden dental issues.

Oil Pulling Therapy is a simple age-old method of oral cleansing originating from Ayurvedic medicine. Like many simple non-pharmacologic remedies, it has been ignored by Western medicine.

The method:

- Put 2 tsp of virgin coconut oil in the mouth (olive oil, sunflower oil is OK also)
- While keeping lips closed, work the oil in your mouth; suck, push and pull oil through your teeth and over every surface of your mouth for a total of 15-20 minutes.
- Do not gargle with oil,
- Do not swallow the oil, it is full of food particles, toxins, bacteria, yeast/fungi, viruses.
- If you inadvertently swallow do not fret. You are normally swallowing these toxins etc everyday anyway.
- Your mouth will produce saliva, and on occasion, the volume of coconut oil and saliva will be too much. You do not want to choke; you can spit a portion out and complete the therapy with the remaining amount. Or spit the entire amount and take another spoonful to complete your 15-20minute. If you swished properly, the spit should be creamy white
- It is useful to have a cup handy, in case you have to quickly spit it out.
- When 15-20 minutes are complete, spit into trash, and not into the sink. Emptying into the sink may cause clogging of the drainage.
- Rinse mouth with water and be free to drink some water.
- Oil pulling can be done any time of the day. Pick a regular time, such as when you are reading a book , listening, or watching TV, cleaning the house. This will make the time go faster and will not interfere with your daily routine/activities.
- Frequency: we recommend at least once a day. Up to three times a day if you are trying to resolve any chronic medical conditions.

Additional suggestions for good oral health:

Brush and floss regularly. Avoid fluoride toothpaste. Take at least 5,000 IU of Vitamin D with 180mcg of Vitamin K2. Avoid simple sugars. Consider removing amalgam fillings if you have them.

Specific dental issues such as tooth pain, sensitivities, hidden irritation causing problems elsewhere in the body will need to be evaluated in the office for possible treatment with Ozone injections. Some individuals notice benefits within a few days and others may not notice benefits until after several months of Oil Pulling.

Oil Pulling Questionnaire:

Name: _____

Before you begin the therapy:

List up to 5 chronic health issues/ symptoms and rate them on a scale of 1 to 10 (10 is severe)
E.g: pain, fatigue, brain fog, arthritis, bowel issues.

Date: _____

Severity Scale 1-10

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

After one month repeat the questionnaire:

Date: _____

Severity Scale 1-10

Problem #1 above:

1. _____

Problem #2 above:

2. _____

Problem #3 above:

3. _____

Problem #4 above

4. _____

Problem #5 above

5. _____

After three months repeat the questionnaire:

Date: _____

Problem #1 above:

1. _____

Problem #2 above:

2. _____

Problem #3 above:

3. _____

Problem #4 above

4. _____

Problem #5 above

5. _____

Please note other benefits you notice that you forgot to list at the beginning: such as cleaner
teeth, decreased breath odor, more energy etc.: _____

