

Contents

The Long Tradition of Oil Pulling 1

Ayurveda—the Mother of Medicine and Oil Pulling 2

The Five Elements and the Three Types 5

The Five Treatments for Maintaining Health 6

Gandusha—the Ayurvedic Practice of Oil Pulling 7

Oil Swishing for Health 8

Oil Pulling for Body, Mind, and Spirit 11

Regular Cleansing Boosts Our Health 11

The Body's Cleaning Crews 12

The Body's Trash Dump 13

The Adverse Effects of Old Waste Deposits 15

Healthy on All Levels 18

The Oral Mucosae 19

How Oil Pulls Harmful Substances from the Body 20

The Connection between the Body and the Teeth 22

Defusing the "Time Bombs" in Our Mouths 25

An Essential Component of Holistic Healing **27**

Oil Pulling Is Not a Panacea 28

Should I Pull Oil? **31**

A Health Issues Checklist 32

Five Minutes a Day for Your Well-Being **35**

Once Daily—Your Cure **35**

When Should I Pull Oil? 35

To Begin 36

Pull and Swish Vigorously 36

Do Not Swallow 38

Out with the Bad 38

How Long before I See Results? 39

Your Tongue and Your Health 40

You Might Feel Worse at First 43

The Various Kinds of Oils **44**

Health by the Spoonful 44

Use Only Cold-Pressed Oils 47

Canola Oil 48

Coconut Oil 49

Flaxseed Oil 52

Olive Oil 54

Peanut Oil 58

Pumpkin Seed Oil 60

Safflower Oil 62

Sesame Oil 64

Sunflower Oil 65

Wheat Germ Oil 67

Complementary Detoxification Techniques 69

The Importance of Good Dietary Habits 69

- The Acid-Alkaline Balance 70
- Foods That Detoxify 73
- Give Your Body a Time-Out 75
- Detoxify with Delight 75
- Your Seven-Day Detoxification Plan 81

Other Ways to Detoxify Naturally 84

- Medicinal Plants 84
- Spring Tonics for Purification 91
- Homeopathic Medicine 94
- Schüssler Salts 99
- Fasting 106
- Colon Cleansing 113

Bibliography 118

Index 119