

# OIL PULLING WITH COCONUT OIL

Your tongue is connected to the organs in your body. At night when you rest your body detoxes and these toxins collect in your mouth for expulsion, that is where morning breath comes from. You should oil pull as soon as you wake up as to get rid of those toxins instead of sending them back to your organs by eating or drinking something as soon as you wake up.

By adding the Turmeric (optional) you help release density from your pineal gland. (3rd eye)

## How to do this:

Add a little Turmeric (optional) to a large tablespoon of Coconut oil and swish it around your mouth for 15-20 minutes, pushing it between all your teeth as well.

You may need to start with a shorter time if you are not used to it as your jaw will feel it and it takes time to get used to it.

Please don't swallow, spit what is in your mouth into the trashcan and not into your basin or sink as this is an oil and will block your drains. Rinse your mouth with warm salt water and carry on your day.

