

THE MAGIC OF OIL PULLING

for

BEAUTY & HEALTH

IN 3 EASY STEPS



by Kathy Heshelov, founder of Sublime Beauty NATURALS®

Our Motto: Make Healthy Choices, Respect Your Body, Love Nature



Magic... There is a little magic in Oil Pulling.

Improving your wellness, whitening teeth, getting rid of tons of bacteria – all from a simple swishing of oil in your mouth is a little magic. Oil Pulling can:

- ✓ MAKE YOU FEEL BETTER, WITH POTENTIALLY MORE ENERGY
- ✓ MAKE YOU LOOK BETTER, INCLUDING WHITER TEETH
- ✓ REDUCE RISK OF DISEASE IN YOUR BODY
- ✓ IMPROVE YOUR OVERALL ORAL AND BODY HEALTH

BRIEFLY, WHAT IS OIL PULLING?

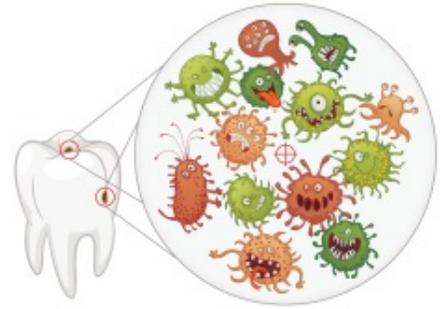
It is simply an ancient Ayurvedic practice of swishing oil in your mouth to draw out bacteria, viruses and other toxins to reduce risk of disease in the body and mouth, improving wellness. It is very natural, holistic and pure in nature – and simple.



HOW AND WHY DOES IT WORK?

- Your mouth is teeming with lots of bacteria, virus, fungi and more. Some of it relatively harmless, but much of it is not. Some will be absorbed into your system and may try to cause disease. Your lymphatic system will try to filter it out. Some of it will stay in your mouth and cause plaque or gum disease or even cavities.

- All of those bacteria and “baddies” have a lipid or oily skin. OIL ATTRACTS OIL. So when you swish an organic oil around your mouth, over your gums, between your teeth, under your tongue (“Oil Pulling”) – in short, everywhere in your mouth - this oil attracts those bacteria like a firefly to light. They keep attaching to the oil...
- And then you rid yourself of the bacteria and toxins by spitting out the oil!



WHY SHOULD I DO THIS? ISN'T IT WEIRD??

The question is really why **SHOULDN'T** I do this!

First, Oil Pulling is an ancient practice you may not have heard of or may not have learned about while you were growing up but it has been practiced successfully for centuries! It may be new, foreign and seemingly odd to you at first, but have an open mind. You will be very happily surprised!

Weird? To some it is a little weird at first, swishing oil around the mouth. A few won't get used to it, but most people really like what it does and are glad that they discovered it – and they get accustomed to the practice.



THE BIGGEST REASON OF ALL TO TRY OIL PULLING? REDUCING RISK OF DISEASE!

The link between oral health and diseases in the body is tremendous and ongoing. Lots of stats are found on our www.oil-pulling.com page if interested. (It includes the direct link between oral health and heart disease, pancreatic cancer, diabetes, vascular disease including strokes, and more.)

HOW DO I MAKE THE PRACTICE WORK FOR ME?

Commit, realizing you are going to improve wellness, reduce risk of various diseases, get better oral health and whiter teeth! That is the first step.

In practice, it is best to do it in the morning. Go for at least 10 minutes at first, and try to work up to 20.

Don't be put off by the timing! Most of us need at least 10 minutes in the bathroom, shaving, doing cleansing, makeup and hair, Skin Brushing, showering, etc. Swish while you do these other things, and the time will be well spent.



HERE ARE THE 3 STEPS:

1) **Take about a Tablespoon of an organic oil** (more on which oils below) into your mouth. A typical mistake for beginners is to take TOO much oil the first time, and then you can't swish it, feel like gagging and need to spit it out.

2) **Now swish, push, pull and move that oil around!** Run it across your gums, under your tongue, back and forth through your teeth, and keep it moving. If your jaw or muscles feel tired, just stop and hold the oil in your mouth, relax and then start swishing again. Go at least 10 minutes but it is most effective if you can go for 20 minutes.

Now don't fret if 20 minutes seems too long. As mentioned above, do this with your other typical activities to save time. **Make it work with your schedule because the payoff is priceless.**

3) **The oil will change consistency as more bacteria attaches and saliva helps to break it down.** It will become cloudy and thinner. Just spit it out in the trash can! Avoid using the sink or drains, because eventually oil can clog things up.

When done, you can rinse your mouth with water and spit. Some use salt water, or water with an essential oil. You can brush your teeth after, if you like. Many do.



OTHER REASONS YOU SHOULD OIL PULL

Wellness & Lymphatic System –

Give your hard-working lymphatic system a break! It is constantly taking bacteria and viruses and other toxins out of your system, burning energy and effort in the process. The lymphatic system is directly linked to your immune system and wellness. It may even help with eczema, sinus problems and a host of other issues. This is why taking toxins out of your system with Oil Pulling can create greater energy and wellness. It is like taking opposing warriors off the battlefield!

Whiter Teeth – a great benefit, which is not harsh, natural and easy on your teeth

Less Plaque – another great benefit! Oil Pulling takes out the bacteria that causes plaque. In fact, plaque is just excess bacteria!! You'll have easier dental cleanings and appointments, too.

Fresher Breath – bacteria that hides and causes bad breath are drawn out. Who doesn't like that?

In the end, Oil Pulling is just another stepping stone decision for you to MAKE A HEALTHY CHOICE and RESPECT YOUR BODY!



DOES SUBLIME NATURALS HAVE AN ORGANIC OIL FOR OIL PULLING?

Yes, we developed a generous 16 ounce bottle just for Oil Pulling! It's a USDA Certified Organic Sesame Oil, the oil of choice through the centuries for Oil Pulling, available on Amazon or on our webstore here.

A FEW FACTS AND REASONS WHY WE LOVE SESAME OIL

It is a rich source of Vitamin A, E, B1, B2, B3 and K.

Sesame Oil also holds a high content of beneficial minerals such as calcium, magnesium and phosphorus.

One study suggests that Sesame oil's high linoleic acid content may inhibit skin cancer cell growth.

It has anti-bacterial, anti-fungal, anti-inflammatory, antioxidant and anti-viral properties!



A LITTLE WORD ON DETOX

We developed a lymphatic support system called DETOX 1-2-3. Oil Pulling is #2 on the list (Skin Brushing and Essential Oils to boost the Immune System are the other 2 daily steps to take.) Read more here: <http://sublime-naturals.myshopify.com/pages/detox-1-2-3>

For more background information on Oil Pulling, see www.oil-pulling.com

Our webstore, which carries products for wellness and beauty, all of which are organic and/or pure, has the USDA Certified Organic Sesame Oil: www.sublimenternals.com

Amazon carries our Sesame Oil

Our information and contact:

Kathy Heshelow, founder
Sublime Beauty NATURALS®
info@sublimebeautynaturals.com

Tel: 727-319-6303

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**MAKE HEALTHY CHOICES,
RESPECT YOUR BODY, LOVE
NATURE**

