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Oil Pulling

A Wonderful Therapy

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Published by : www.oilpulling.com

Year of publication : 2004-2011



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If somebody told me, "Wash your mouth with oil," I'd wonder what kind of insult I was being dished out. Not Suresh. A lonely Indian in Frankfurt, his teeth were rattling in his mouth sending shooting pains through his jaw and head, when he bumped into my brother-in-law Vijay. Nothing less than wholesale extraction, the dentist had told Suresh, the rot was too deep.

However, six months later, Vijay reports in amazement, there was Suresh grinning like a Cheshire cat, all 32 teeth intact. No extraction! He exclaimed gleefully. Just that he'd consulted an alternative therapist who prescribed sunflower oil as a mouthwash.

If you have no clue of what this oil therapy is all about, join the gang who thought Listerine was the last word. And listen to Dr F. Karach, the brain behind this bite. "Rinse the teeth and gums very thoroughly with a tablespoon of any vegetable oil. Do it slowly for 15-20 minutes up to three times a day on an empty stomach," he advises.

Initially, the oil swishes viscously in the mouth, but, as our digestive juices dilute it, it becomes thin and milk-white in colour. Then, we spit it out and brush our teeth.

When Dr Karach examined the gargled milk-white oil under a microscope with 600 magnification, he saw live organisms swimming in it. It's poisonous, so never swallow it, he warns. These poisons are bacteria-embryos, which, if not eliminated, cause diseases. Apparently, Dr Karach cured his own chronic blood disease and 15-year-old arthritis.

The first sign of improvement is in the teeth—they become firm and white, he says. Other healing indications: fresh, relaxed feeling on waking up, disappearing dark pouches below the eyes, anew appetite and energy, better memory and deep sleep.

Dr Karach swears by the mouth oil-wash for anything from organ-disorders, skin-diseases, menstrual problems, paralysis to every ache and it is in the human anatomy. You can gargle even when you have fever, he says, adding, it takes anything from two days to a year to cure a disease.

And if these claims sound exaggerated, he told a conference of Ukrainian cancer specialists, try out the process yourself.

Interestingly, Ayurveda advises oil gargling "to purify the taste-buds and the entire system", as explained by Dr Deepak Chopra in *Perfect Health*. According to this life science, the tongue is mapped by organ-locations — that is, each section of the tongue is connected to the kidneys, lungs, spleen, liver, heart, pancreas, small intestines, stomach, colon, and spine.

Thus, an oil-mouth-massage soothes and stimulates the key meridians where taste meets organ. Simultaneously, as in any skin-massage, the inner skin and lining of the mouth, palate and tongue become warm and supple and the lubrication prevents dryness (the vatic effect).





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In modern dietetics too, dryness is discussed. For example, lack of Vitamin A (retinal) causes the outer lining of the eyeball to dry and wrinkle, and affects vision.

And as any dietician would tell you, all oils contain 960 micrograms of vitamin A per 10 gm (the recommended daily allowance of vitamin A per adult is 600 micrograms). So, it's possible that oil gargling helps in reaching the required retinal to the eyeballs and keeps them elastic and smooth.



Likewise, the Ayurvedic 'purification of taste-buds' also has its equivalent in dietetics as 'antioxidants'. Oxidation literally means 'the putrefaction of body-tissues'.

And oil-soluble vitamins, A, C, D, and E are antioxidants that protect and prevent the decaying process and help maintain the integral functioning of cell membranes. That's why, many people are ingesting vitamin E pills to stem 'aging' (oxidation).

Our staple Indian diet comprising of unseasoned cereals and pulses (the proverbial rice and *dal* or wheat and *dal*) meets our daily EFA requirements. EFA are essential fatty acids that have vitamin-like functions in the body — they help maintain the structure and productivity of cells.

Eating oil-cooking food only adds non-essential 100 per cent fat to our body. Whereas, gargling with oil keeps away excess fat-deposits, yet contributes towards purifying cells with its army of five to nine EFAs — palmitic, stearic, arachidic, bethenic, lignoseriic, palmitoleic, oleic, linoleic and linolenic.

According to radical healer Dr R. Ballantyne, who has studied Ayurveda and Chinese medicine, the tongue "is an indicator of what is going on in the body." A fiery red tongue depicts an irritated digestion; a pale shade, low digestion; and a purple tongue, a liver burdened with toxics.

While scraping the tongue with a U-shaped metal cleaner, and lighter, fat free food to detoxify the tongue and system are advised, I wonder if Dr Karach's oil-massage would put the finishing cleansing-while-nourishing-and-healing touches to our taster.

Meanwhile, Vijay reports that his 80-plus parents-in-law have benefited — glowing faces and a feeling of well-being — after six months of oil-gargling. While science needs to probe into this phenomenon, the anecdotal data is compelling. Besides, it's a great way to exercise drooping cheek-muscles.



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Oil pulling Method Back Ground

oil pulling is very simple, completely harmless, and inexpensive unlike most of medical treatment. The cost is the price of a daily spoonful of vegetable oil—cheaper than even a vitamin tablet. Yet it is one of the most powerful forms of therapy. oilpulling.com is the first ever website to publish on this wonderful therapy. We are glad to say that thousands of websites all over the world took the content from oilpulling.com popularized this therapy, one astonishing fact about this therapy is it is the simplest of all the natural remedies and won the confidence of millions of people all around the world.

The fact that our web site is accessed by people in 100 countries and the countless emails we have received over the years and multitude of testimonies on the effectiveness indicate that oilpulling method is a sure winner in the natural remedies are. The sheer volume of responses is an indicative of the fact that, this therapy needs to be taken seriously.

Over the years at oilpulling.com, method and strongly believe in everyone without putting any recommendation. Hence money on any book or spend this.

The most obvious result of oil health. Teeth become whiter, looking, and breath fresher. What is really remarkable is that there. Many health problems, science has yet to find cures for, cured. Oil pulling has the potential to help with just about any illness or chronic condition. Read more at oilpullingandoralhealth.htm



we did lot of research on this making this method available to spin on the original Dr.F.Karach caution you not to waste any countless hours studying about

pulling is improved dental gums pinker and healthier That alone makes it worthwhile. the health benefits don't stop including those which medical are also improved or completely

Dr. F. Karach, M.D., presented a paper before the All-Ukrainian Association. The meeting was attended by oncologists and bacteriologists belonging to the Academy of Science of the USSR. Dr. Karach explained an unusual simple healing process using cold-pressed oils.

The results of this therapy invoked astonishment and doubt concerning the contents of his report. However, after further examining the workings of the oil pulling therapy, one has but to then test it on oneself to prove its validity and effectiveness. It is most astonishing that such results can be achieved with this absolutely harmless biological healing method. This simple method makes it possible to effectively treat the most varied diseases, in some cases enabling one to avoid surgical intervention and the taking of medications that can have harmful side effects.



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The exciting factor of this oil pulling healing method is its simplicity. It consists of swishing or pulling cold-pressed oil in the mouth(Sunflower or Seasm, Pl. note you don't need to go for organic oils only, A normal refined sunflower oil bought from any supermarket proven to be effective in many people). The healing process is accomplished by the human organism on its own. (Read more at What is oil pulling) In this way it is possible to heal cells, tissue and all organs simultaneously, the body itself gets rid of toxic waste without disturbing the healthy microflora. Dr. Karach says human beings are living only half their life span. They could potentially live healthy to be 140 to 150 years old.

oil pulling method

In the morning, before breakfast on an empty stomach you take one tablespoon in the mouth but do not swallow it. Move Oil Slowly in the mouth as rinsing or swishing and Dr Karach puts it as ' sip, suck and pull through the teeth' for fifteen to twenty minutes. This process makes oil thoroughly mixed with saliva. Swishing activates the enzymes and the enzymes draw toxins out of the blood. The oil must not be swallowed, for it has become toxic. As the process continues, the oil gets thinner and white. If the oil is still yellow, it has not been pulled long enough. It is then spit from the mouth , the oral cavity must be thoroughly rinsed and mouth must be washed thoroughly. Just use normal tap water and good old fingers to clean.

Clean the sink properly, you can clean the sink. Because the spittle bodily waste. If one were to see 600 times under a microscope, one stage of development.

It is important to understand that process one's metabolism is health. One of the most striking fastening of loose teeth, the the visible whitening of the teeth.



use some antibacterial soap to contains harmful bacteria and toxic one drop of this liquid magnified would see microbes in their first

during the oil pulling / oil swishing intensified. This leads to improved results of this process is the elimination of bleeding gums and

The oil pulling /swishing is done best before breakfast. To accelerate the healing process, it can be repeated three times a day, but always before meals on an empty stomach.



for latest updates visit [Oil Pulling, Wonderful Therapy](http://www.oilpulling.com)



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Precautions

(a) Do not swallow. The oil should be spat out. But inadvertently if you swallow there is nothing to worry. It will go out through faeces. Nothing is to be done.

(b) If you are allergic to a particular brand of oil, change the brand of oil or oil itself to different oil.

(c) Sunflower and Sesame oil have been found to be equally effective in curing diseases. Other oils were not found to be as good. Do not blame oil pulling by practicing with other oils.



for latest updates visit [Oil Pulling Precautions](#)



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Results of Oil Pulling

The result of this healing research has attracted amazement and resulted in further research. This additional research concerning Oil Therapy has now been thoroughly documented, especially with regard to physiological similarities between individuals. It is surprising that through this biological healing method a wide variety of symptoms have unquestionably disappeared without any side-effects. This simple method makes it possible completely heal such a wide variety of diseases which would normally be treated by an operation or by powerful or potent Drugs, usually with significant side-effects.

The simplicity of this healing system in which Oil is swirled backwards and forwards in the mouth, is due to the stimulating effect which it has on the body's eliminatory system.

Through this method it is possible to heal individual cells, cell conglomerates such as lymph nodes and more complex tissues such as internal organs simultaneously. This occurs because the beneficial microflora throughout the body are provided with a healthy continuum. Without this natural bodily intrusive element evinced by the microflora the usual lean towards illness rather than regular application of this treatment wellness is the dominant state of the average human lifespan to present life expectancy.

Dr. Karach is supported in this view means of this oil pulling treatment. it like migraine headaches, bronchitis, chronic blood disorders such as illnesses, neuro physiological peritonitis, heart disease, kidney hormonal disorders are completely



pattern of human health tends to wellness. Dr. Karach anticipates that by reversing this process so that human body is likely to increase the approximately 150 years, double the

by other colleagues in the world. By is invariably the result that diseases diseased teeth, arterio thrombosis, leukemia, arthritis and related paralysis, eczema, gastro enteritis, disease, meningitis, and women's eliminated from the organism.

The benefit of Dr. Karach's method is that the oil therapy heals the whole body in perpetuity. In terminal diseases such as cancer, Aids and chronic infections this treatment method has been shown to successfully replace all others. Dr. Karach has successfully healed a chronic leukemia patient with 15 years of harsh treatment methods behind him. Acute arthritis in 1 patient who was totally bedridden was removed from his body in 3 days with no inflammation apparent.



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Oil pulling Method - Step by Step

Step1:

First thing in the morning on an empty stomach and before drinking any liquids (including water), pour exactly one tablespoon of sunflower or sesame oil (or whatever oil you have chosen) into your mouth. We don't recommend doing this process at any other time. Children can also do this with less quantity of oil provided they have control and practice not to swallow the oil.

(Selection and Questions on choosing the right oil [Read Here](#))

Step 2:

Swish the oil around in your mouth without swallowing it. Move it around in your mouth and through your teeth, as if it was mouthwash (don't tilt your head back to gargle though). You'll find that the oil will start to get watery as your saliva mixes with it. Keep swishing. If your jaw muscles get sore while swishing, you're putting too much into it. Relax your jaw muscles and use your tongue to help move the liquid around the inside of your mouth. When you do this correctly, you'll feel very comfortable. Pretty soon.

There is no right way or wrong way to swish and pull oil. Don't focus on doing it right. Do it with very natural movement. Do this gently, not vigorously, in a relaxed way for about 20 minutes.

If you have the unbearable urge to swallow and If it becomes too unpleasant, spit out and try again. It can be a bit unpleasant at first when you're not used to it, but soon won't be bothersome at all, just like brushing your teeth.

When the oil has become saturated with the toxins it has pulled out, it may become whitish and a thinner, milky consistency, depending on the type of oil used. Each time you oil pull, it can take a different amount of time to get to that point, so 20 minutes is a general rule of thumb, but you can experiment with this.

If you spit out before 20 minutes. start again, the process is to make the oil swish enough time in your mouth so that it becomes a white thick substance which is a indication of process completion.

Step3:

As the end of the oil pulling session approaches, Spit the oil out, then rinse the mouth with warm salt water. (Just use normal table salt). Salt water rinsing isn't absolutely necessary, but is very helpful as an antimicrobial and to soothe any inflammation and proven to be effective in rinsing out any toxins which may be left out in the mouth.

You can do the oil pulling every morning if you like, or several times a week. Because oil pulling method can be detoxifying, you might want to take a break sometimes. One immediate benefit everyone gets is, whiter teeth, clean mouth . There's no rule about frequency - judge according to your own experience.

Pl. understand that this process works better in the morning. Don't try to do this any time of the day. If for some reason it is absolutely not possible for you to practice this method in the morning, you can do this on an empty stomach at any time of the day. Empty stomach means the food is digested completely. Ideally after three or four hours of you taking any food. (Lot depends on the food you are eating).



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Oil pulling Method Common Questions and Concerns:

Q: Should I brush before Oil pulling?

No, there's no need to. It's important to brush after oil pulling and clean the mouth thoroughly after toxins are drawn out with salt and water as explained before.

Q: When oil becomes white after 5 min? 10 min? 15 min???

There's no rule of thumb different oils will behave differently, so don't pay attention to when the oil becomes white. Do the oil pulling for 20 min and you shall notice that oil becomes white.

for about few minutes, Is it

It is very common for many to take oil in our mouth and for some be difficult. But please pay attention to how quickly you can get the oil toward the back of your mouth. Keeping the head tilted down a bit can help, but you may increase the time because it becomes more comfortable. Experiment and find what works best for you.

a little during OP. Is that

If you need to swallow a bit during oil pulling, the toxins being drawn out can usually be handled by the digestive system and eliminated. If you feel an urge to swallow, just spit the whole thing and restart.

Q: I could only do OP for a few minutes, as my mouth was getting tired.

You're probably doing it too vigorously. Just Relax and do the swishing in a more relaxed way.

Q: Reasons for doing oil pulling on empty stomach

First, it helps not to have a full stomach if you get a little queasy from the oil pulling experience before you get used to it. Second, the detoxifying effect is a bit stimulating, whereas digestion involves the parasympathetic nervous system, so those are opposite functions. Eating something light may not be a problem, and you can judge by how you feel. If you can oil pull first thing in the morning, that takes care of that problem.



Q: I was only able to do it normal?.

Because we are not used to it, the first few times there would be some difficulty. It helps if you keep the oil around your teeth and not in your mouth. Keeping the head tilted with that. Five minutes may be all you need, but you may also be able to increase the time because it becomes more comfortable and you'll find out what works best for you.

Q: I can't help swallowing harmful?

during oil pulling, the toxins being drawn out can usually be handled by the digestive system and eliminated properly. When you feel the urge to swallow, just spit the whole thing and restart.



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Q: After oil pulling it never turns in to white

The idea is , The viscosity and color should change significantly, but the color depends on so many factors, and can even be slightly different each time. A milky or creamy color is fine.

Q: How much salt should be used for rinsing after oil pulling?

Only use as concentrated a solution as you can comfortably take. Adjust the amount if it's too salty or if you can stand it a bit saltier. Once it reaches a point which is intense salty for you, rinse with that water. When you are rinsing you shall fee that you are doing that with salt water.

Q: Does the toothbrush become full of toxins from Oil pulling?

Keep your toothbrush clean by letting it dry out completely between uses. Use one in the morning and a different one at night.

Q: Are there any diet restrictions with Oil pulling?

No actual diet restrictions per se, but oil pulling will work better the more you eat a diet that is right for you individually. You can eat right after oil pulling, no problem.



for latest updates visit [Oil pulling Method](#)



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Oil for Oil pulling

Ayurveda traditionally uses certain oils for oil pulling, Dr.Karach recommended sunflower oil, an alternative recommended oil is only sesame oil.

People will have somewhat different experiences with different oils. You can experiment, trying different types of oils to see which feels best to you. You can also experiment with oil pulling for a longer or shorter time, and doing it more or less often. The limiting factor for many people is palatability.

Sesame oil is more warming than other oils and may be more gently detoxifying than other oils that are “colder” energetically. It has a somewhat strong sesame flavor, which is a familiar food taste for most people. Sunflower oil has a milder taste if you prefer that.

Coconut oil is a familiar taste for than sesame oil, so it's good for constitution or condition of heat. coconut oil is more strongly good thing for some people, so it's

As we have explained number of and oil pulling cure is very individual. commonly used traditionally is taste, you could start there and see

Q: Is it necessary to use cold-seeing only refined oil in the pulling?

It is recommended that organic, life force of the core substances in quality you can get —unrefined, chemical residues.

If you have access to only refined oil, start with sunflower or sesame oil, both of them shall work effectively.

Q: Which oils shall be avoided for oil pulling method?

Avoid all poor quality oils that you wouldn't want to eat. Those include corn oil, canola oil, cottonseed oil and soy oil, and those that go rancid very quickly such as flax oil.



many people. It has a cooler energy people who tend to have a warmer Some people have reported that detoxifying, which isn't always a best to be cautious and go slowly.

times before the oil pulling method That said, the oil that is the most sesame oil. If you're okay with the how it goes.

pressed, unrefined oil? I am stores Can I buy refined oil for oil

unrefined, cold pressed oils with the that oil are intact. Use the best cold-pressed, which will not contain



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Q: In most stores I am only seeing expeller pressed oils, but not cold pressed. What is your recommendation?

Cold-pressed, or expeller-pressed oil is just a better quality oil that doesn't contain chemical residues, and is better nutritionally. Refined oils are high heated which damages the quality to some degree, but still they will work fine for the purposes of oil pulling.

The expulsion process used for expeller pressed oils does generate a certain amount of heat, depending on the type of seed or nut and how much pressure it takes to get the oil out of it. But this is very low compared to the high heat method used for refined oils. Look for a brand of oil with unrefined, organic sunflower oil or sesame oil.

Q: For oil pulling is grape seed oil suitable ?

oil pulling method is a natural remedy process where you are expected to use the oils which are close to the nature and could easily produce manually with a mortar and pestle. oils like grape seed oil, we use an industrial process and there will be residues of solvents. If you could find an organic, cold pressed grape seed oil, that would be a better choice. we are not sure if it's possible to completely cold press grape seed, as there's less oil in grape seeds than in many other seeds, and it's harder to extract it. And it would probably be more expensive than the other recommended oils. Polyunsaturated fats are generally not as good as monounsaturated or saturated, but grape seed oil has other benefits and can be used in small amounts.

Q: can we use toasted oils for oil pulling?

Try to avoid toasted oils, as the high heat damages them.

Q: Can we add oil of oregano or other essential oils to the oil used in oil pulling?

Pl. don't add any oil to the the oil you have selected for oil pulling. For ex: if you choose sunflower oil, just use that oil. It is our modern day life style that we want to add flavor to everything in life. Unfortunately, by doing so often times we are messing with the natural qualities.



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Oil pulling and Oral health

"OIL PULLING - A SURE AND COST EFFECTIVE WAY TO GET STRONGER, WHITER TEETH"

Over the years we have received many emails on the effectiveness of oil pulling. One common benefit everyone seems to have is Stronger Whiter Teeth and improvement in overall oral health. Many of our readers worldwide agreed this. Emails like one below are very common response we got from many of the readers who got benefit from oil pulling

"I have practiced oil pulling for about a month or two and, in that time period, I had three or four different people compliment me on how white my teeth were. They asked me what whitening toothpaste I was using and one even accused me of using Crest White strips (which I was not using). I stopped after my bottle of oil ran out but I started again just recently and I think it will just be a matter of time before the compliments start rolling in again. For a couple of bucks for a month's supply of oil, there's no beating oil pulling. I'm grateful to the OP for spreading the word. "

Eyes are window to the soul, health. The state of oral health overall health. Oral health and connected than you might Your oral health is connected to beyond your mouth. Sometimes up in your mouth. In other cases, gum disease, can cause body. Learn more about this health and overall health.

The connection between oral

Scientists at the 87th General Association for Dental Research, oral diseases with systemic diseases. A recurring theme is the relationship between periodontal (gum) disease and infant prematurity, diabetes, or stroke. Over the years oil pulling users all over the world are giving enough evidence that by oil pulling they were getting benefit.



mouth is a window to your body's can offer lots of clues about your overall health are more realize.

many other health conditions the first sign of a disease shows infections in your mouth, such as problems in other areas of your intimate connection between oral

health and overall health

Session of the International reported new studies connecting

Your mouth is normally teeming with bacteria. Usually you can keep these bacteria under control with good oral health care, such as daily brushing and flossing. Saliva also is a key defense against bacteria and viruses. It contains enzymes that destroy bacteria in different ways. But harmful bacteria can sometimes grow out of control and lead to periodontitis, a serious gum infection.

When your gums are healthy, bacteria in your mouth usually don't enter your bloodstream. However, gum disease may provide bacteria a port of entry into your bloodstream. Sometimes invasive dental treatments also can allow bacteria to enter your bloodstream. And medications or treatments that reduce saliva flow or disrupt the normal balance of bacteria in your mouth also may lead to oral changes, making it easier for bacteria to enter your bloodstream. Some researchers believe that these bacteria and inflammation from your mouth are linked to other health problems in the rest of your body.

Oral health and other health conditions



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Here's a look at some of the diseases and conditions that may be linked to oral health:

Cardiovascular disease. Research shows that several types of cardiovascular disease may be linked to oral health. These include heart disease, clogged arteries and stroke. Although in some research periodontal disease seems to be associated with heart disease, more studies are needed before the link can be confirmed with certainty.



Pregnancy and birth. Gum disease has been linked to premature birth. This is why it's vital to maintain excellent oral health before you get pregnant and during your pregnancy.

Diabetes. Diabetes increases your risk of gum disease, cavities, tooth loss, dry mouth and a variety of oral infections. Conversely, poor oral health can make your diabetes more difficult to control. Infections may cause your blood sugar to rise and require more insulin to keep it under control.

HIV/AIDS. Oral problems are very common if you have HIV/AIDS. Common symptoms include ulcers, dry mouth and related painful mucosal lesions. Mouth problems are caused by either fungal, viral or bacterial infections and, in some cases, one of the first signs of AIDS may be severe gum infection. You may also develop persistent white spots or unusual lesions on your tongue or in your mouth.

Osteoporosis. The first stages of bone loss may show up in your teeth. Systemic loss of bone density in osteoporosis, including bone in the jaw, may create a condition where the bone supporting your teeth is increasingly susceptible to infectious destruction. Your dentist may be able to spot this on a routine clinical examination or with dental X-rays. If bone loss worsens, your dentist can suggest that you discuss the issue with your other health care providers.

Other conditions. Many other conditions may make their presence known in your mouth before you know anything's wrong. These may include Sjogren's syndrome, certain cancers, eating disorders, syphilis, gonorrhea and substance abuse.

What you can do about oral health

If you didn't already have enough reasons to take good care of your mouth, teeth and gums, the relationship between your oral health and your overall health provides even more. Resolve to practice good oral hygiene every day. You're making an investment in your overall health, not just for now, but for the future, too.

Oil Pulling and Oral Health How it really works

How oil can make such miracle healing? You may ask, what is the scientific reason behind this? Here by oil pulling process the oil works as a natural cleaner for oral health. It is your body which is a healer here. Our body is programmed with the ability to heal from any infectious or degenerative disease. Oil pulling removes disease-causing microorganisms and toxins in the mouth that cause ill health. There is nothing secret about it; it is simple biology. Most of the microorganisms that are part of oral ecology in the mouth consist of a single cell with fatty membrane which is outer wall of cell.



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When you are doing oil pulling fatty membranes of the microorganisms are attracted to the oil you are pulling or swishing. As you swish the oil around your teeth and gums Bacteria hiding under crevices in the gums and in pores and tubules within the teeth are sucked out of their hiding places and would be part of the thick foam which is formed after oil pulling. This is why you need to pull oil in your mouth sufficient enough time to pull all the microbes from the mouth and bond them with the solution. Your saliva and oil together can attract and pull all the food particles and cleans and free your mouth from bad substances and maintains overall health and body's capacity to self heal.

We have to admit that there not enough scientific studies to back this theory. But at oilpulling.com we are encouraged by all the positive reviews and comments by thousands of people and would like to prove this scientifically. That is why at oilpulling.com we have established a research center. If you want to participate or have already proved this by your research pl. let us know at info@oilpulling.com

ORAL ECOLOGY



"It's amazing what you can see if you look carefully," says Mager, a fellow in oral medicine at the Forsyth Institute, an independent research institution in Boston. The view reveals hundreds of different kinds of bacteria, viruses, yeast, fungi, and other micro-organisms. Forsyth scientists, most of whom are on the faculty of the Harvard School of Dental Medicine, have found 615 different species of bacteria - and they're still counting.

It's a great place for micropests to dwell. Glistening white plateaus, dark crevices, and slimy surfaces boast steamy temperatures of 95 degrees Fahrenheit. The microbes bathe in a saliva-induced humidity of 100 percent, and eat a lavish diet of sugar and other carbohydrates. It's so lush and varied, Mager refers to it as a mini-jungle.

"In one mouth, the number of bacteria can easily exceed the number of people who live on Earth (more than 6 billion)," notes Sigmund Socransky, associate clinical professor of periodontology at Harvard. "These bugs don't colonize your mouth in a random way; rather, they form communities in a pattern that is dictated both by other bugs and by the environment. Bacteria affect their environment, and the environment affects them. Although they touch each other, the floor of the mouth is populated by different communities than the bottom of the tongue, and the top of the tongue hosts a biota unlike that on the roof of your mouth."

Years of detecting and identifying mouth tenants have revealed that those living in healthy mouths can be remarkably different from those living in diseased mouths. Some bacteria increase in number, while others decrease. By comparing communities of microbes in healthy people with those in the mouths of those with oral cancer, Mager has found a pattern that she expects will lead to the early diagnosis of oral cancers. Bacteria and other microorganisms don't select our mouths, our mouths select them. The conditions in our mouths create an environment that favors certain types of organisms and allows them to grow and flourish. A healthy mouth (and healthy body) is filled with relatively benign bacteria for the most part. An unhealthy mouth attracts harmful bacteria. If you want to have a healthier mouth and body, you must change the environment in your mouth.



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Researchers have tried various ways to alter the micro-populations in people's mouths. These populations can be altered temporarily by cleaning your teeth, using antiseptic mouthwashes, and even taking antibiotics. However, the ordinary inhabitants and their relative proportions to each other quickly reestablish themselves. Killing oral bacteria helps to reduce their numbers, but it does not change the types of organisms that thrive in the mouth.

So-called friendly organisms can inhibit or even kill the more troublesome ones. So increasing the number of good microbes would help lower the number of bad and keep them under control. This concept has proven useful for balancing the environment in the gut. Lactic acid bacteria in cultured foods like yogurt and sauerkraut, and probiotic dietary supplements help to build the populations of good bacteria and suppress the troublemakers, thus helping to relieve various digestive complaints.

Likewise, the ecology of the mouth isn't going to change simply because you introduce a certain type of organism. The environment in your mouth is established, for the most part, by your diet and lifestyle. In order to make permanent changes in the environment of your mouth, you need to make dietary and lifestyle changes.



Oil pulling works wonders for removing all types of germs and reducing the number of potentially harmful ones. But still research needs to be done on prove the effectiveness on altering the percentage of good bacteria. Our recommendation is to maintain healthy habits along with oil pulling therapy. Read healthy habits understand the importance of maintaining good habits for good health.

If you are interested in participating with our research program, pl. contact info@oilpulling.com

oil pulling and oral/dental health FAQ: (Compiled from various sources by John, oilpulling.com reader since 2005)

What is tooth remineralization and explain how to achieve that?

Remineralization happens all the time - it's just a question of removing the blockages to that natural function and supporting it. Small cavities can often be reversed, but there is no one-size-fits-all procedure. There is no one process fits all concept. improve diet and nutrition Read Healthy Habits and increasing nutrients that support teeth; supplying remedies that help the body utilize those nutrients and improving hygiene. Make yourself stress free. Practice YOGA or Meditation. And there may be inherited factors called miasms that are contributing to decay, and those can be treated homeopathically. All the nutritional aspects are the foundation for rebuilding the teeth.

There may be limits in terms of how much tooth structure can be restored, and sometimes intervention by a dentist may become necessary.

Q: I have small cavities. Can I use oil pulling to reverse them?

Many seems to have benefited from oil pulling for small cavities. Can you reverse them without going to dentist. We are not sure. Couple of emails we have received on this doesn't really confirm if oil pulling can reverse cavities. Still research needs to be done in this area.



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The help depends on your overall healing capacity; diet and nutritional status; any factors that might inhibit the remineralization of the tooth such as using toothpaste; how far the decay has gone, etc. But generally, oil pulling can only help, along with other regimen to support the healing process.

Preventing or reversing cavities requires working on nutritional status to normalize the flow of fluids through the teeth. Some people need to supplement with vitamin C and D. Naturally sourced vit C supplements are best - such as from acerola, camu camu and amla fruits. Vitamin D is best from cod liver oil.

Also it would be important to improve the diet to include more fat soluble vitamins, which help the body to utilize the minerals properly. That means wild fish, raw dairy products, and grassfed meats and broths. If you can't get raw butter or cream, then "X-factor butter oil" would be an excellent supplement. Of course the diet needs to be individualized, but this can be a start. Most dentists want to drill/fill all cavities, but you might find a biological (holistic) dentist who would work more conservatively. There are minimally invasive methods of treating cavities without drilling, although most dentists aren't trained that way and you'd need to find a biological dentist who does this. There are local listings online if you search for biological dentistry. Meantime, OP can help especially if cavities are small.

Q: Explain how oil pulling helps natural approaches for gum

Yes, it always needs to be a multi-pulling you might do well with difficult to absorb, so it's important which is hydro soluble. I the usual Ubiquinone. You can also use vitamin C and even rinse with a

Flossing can be helpful, but matters worse as you can push the Floss very gently.

On oral irrigator such as the Waterpik can help. Also, I can provide instructions for the "blotting technique" which is an effective and easy way to use a brush to remove plaque.

Warm salt water rinses are very soothing and help heal inflammations. You should also know that it's actually very normal for gums to be inflamed from time to time. Gums and teeth are often a reflection of what's going in the rest of the body, so inflammatory processes in the mouth are not necessarily a problem, but part of a healing process.

Often dentists will recommend gum surgery, because they assume that most of their patients are not interested in doing diligent home care. But if you work with the home care and nutrition, and with homeopathy when necessary, and emotional issues when necessary, the gum inflammation will often resolve. It may be possible to save the expense and trauma of invasive dental work—not always, but often. There are many other things that can be done for teeth and gum health, depending on your individual situation. The deeper cause of plaque is actually a type of emotional armoring, so if you work through emotional issues you may find that you don't get as much plaque.



gum disease and any other disease.

faceted approach. Besides oil CoQ10 supplementation. It can be to use a highly bioavailable form recommend the Ubiquinol form, not solution of vitamin C powder.

remember that it can also make material into the gum as you floss.



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Q: I have an abscessed tooth, and can't get to the dentist right away. Could oil pulling be enough to heal it?

When you need to tend a problem tooth on your own, oil pulling is one of the best methods we know. Also each tooth relates to an organ system and a particular soul/spiritual issue and it can help to work with that information -oil pulling often calms down tooth pain. Sometimes a tooth really needs to be pulled eventually, but there are good ways to increase the chance of being able to save it.

Q: Is recommended to use tea tree oil along with oil pulling?

Tea tree oil like many plant oils have anti-microbial properties, and that's not a bad thing. It's a matter of how you're using it. For acute inflammatory conditions it can sometimes help to kill off microbes to help the body better handle the challenge. But for chronic conditions, usually the microbe isn't the culprit anyway, and too much disinfecting actually creates further imbalances in the longer run. You don't want to disrupt the natural balance of flora in the mouth by using strong anti-microbial products on a regular basis. Then also it depends on the amount of tea tree oil being used, the regularity, etc.

Q: Is recommended to use coconut oil for oil pulling?

Some books are suggesting to note Dr. Karach's original paper per Ayurveda sesame oil could recommend is to start oil cannot comment on coconut oil and find the same results pl. let of our readers before and we are answers to change our



use all the oils in the world. Pl. only preaches sunflower oil. As be used as well. Our pulling with these oils. We really usage. If you use coconut oil us know. we have asked many still waiting for some good recommendation.

We are going to conduct a in Mar 2012. If you are email us at

research study on coconut oil interested to participate pl. info@oilpulling.com.

Q: Could oil pulling help pockets and firm up my teeth?

reduce the depth of the

The oil pulling and other natural methods can certainly help that situation - it can't really be predicted to what extent a particular condition can be reversed, because that depends on many factors, but there will always be some benefit. I would recommend that you see a "biological dentist" for another opinion. You can Google that and hopefully find one in your area. Dental x-rays aren't always reliable - it's not as simple as looking at a photograph and seeing what's there. Meantime, if you'd like to do an email consult with me, we could work up a program of dental regimen and nutrition to support your gums, teeth and bones. Also the Customized Eating Guidelines that I offer here can be programmed for those particular issues, and you get a chart showing you the foods that are particularly supportive and those that should be avoided.

Q: My teeth have become yellower . Can Oil Pulling help whiten my teeth?

There really isn't any non-toxic way to brighten the teeth, except to improve the health of the teeth. If it's a superficial staining like from drinking coffee or eating dark berries, you can use a tooth powder with baking soda, like Uncle Harry's tooth whitener. But usually the "stains" aren't really superficial stains but are systemic. Heavy metal toxicity, poor nutritional status, and the use of certain antibiotics can contribute. By oil pulling we have received many comments which suggests that the teeth gets whiter.



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Q: Would oil pulling help the healing after getting a dental implant?

Yes, oil pulling can help with healing. Also warm salt water rinses. There are other remedies for dental work as well, depending on your individual situation.

Q: I've heard that root canals can often cause problems, and sometimes the root canal treated tooth needs to be extracted. Can Oil Pulling help?

Yes, there can be problems with root canals. But if you already have them, you can help your body to handle them. Sometimes RCT teeth do need to be removed eventually. But it's not a given that all RCT teeth should be removed. It depends on many factors. You also have to consider the traumatic effect of pulling teeth, and you don't want to lose a tooth unless it's absolutely necessary.

Whether the RCT teeth need to be removed is something that you and your dentist need to decide on an individual basis. A biological dentist if you can find one in your area might be able to give you more conservative advice and help you save the teeth. They also might look at the way the teeth are impacting your health, something that most dentists don't do because they're only looking at teeth, as if teeth are separate from the body! Meantime, oil pulling and improving your diet and nutritional status can only help.

Q: Is oil pulling safe if you have

Yes! Crowns have gaps, so it's really can't hurt any dental very gentle and can only help. And perfectly natural. If a filling or crown loose already. I of course can't give you can also gauge by your dentist you. In order for you to feel pulling, you could ask your dentist



porcelain crowns or bonding?

especially good to oil pulling. You restorations with Oil Pulling - it's having vegetable oil in the mouth is comes loose, it had to have been actual medical/dental advice, but visits how oil pulling is working for completely comfortable about oil about it.

Q: I have receding gums – could oil pulling do any damage to the gum tissue?

Oil pulling is very unlikely to do damage, but if you're concerned you could do it for less time and less often, start out very slowly and gradually increase. You will get benefit from oil pulling even just for a few minutes. Use the salt water afterward, which is antimicrobial and very soothing to inflamed tissue. There are other ways to improve the gums - improving your nutritional status, taking CoQ10, and using the Blotting Technique, to name a few high priorities besides oil pulling.

❖ for latest updates visit Oil-Pulling-And-Oral-Health



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Diseases cured by Oil Pulling and Oil pulling cures

The most obvious result of oil pulling is improved dental health. Teeth become whiter, gums pinker and healthier looking, and breath fresher. That alone makes it worthwhile. What is really remarkable is that the health benefits don't stop there. Many health problems, including those which medical science has yet to find cures for, are also improved or completely cured. Oil pulling has the potential to help with just about any illness or chronic condition.

Below is a list of some of the most common conditions people have reported that respond to oil pulling

Acne
Allergies
Arthritis
Asthma
Back and Neck Pain
Bad Breath
Bronchitis
Chronic Fatigue
Colitis
Crohn's Disease
Constipation
Dental Cavities
Dermatitis
Diabetes
Eczema
Hemorrhoids
Hypertension
Insomnia
Migraine Headaches
Mucous Congestion
Peptic Ulcers
PMS
Periodontal Disease
Bleeding Gums
Sinusitis
Tooth Abscess

**The following can also be directly related to oral health
and may respond to oil pulling therapy**

Acidosis
Adult Respiratory Distress
Syndrome (ARDS) Atherosclerosis Blood Disorders Brain Abscess Cancer Emphysema
Gallbladder Disease
Gout



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Heart Disease
Hyperglycemia
Infertility
Kidney Disease
Liver Disease
Meningitis
Nerve Disorders
Osteoporosis
Paget's Disease
Pneumonia
Preeclampsia
Preterm/Low Birth Weight Babies
Psychotic Episodes
Stroke
Toxic Shock Syndrome
Many types of Infectious Disease

Results of Oil pulling Survey by a news paper in India:

In 1996, after continuous publication of a regular column for three years in their Sunday edition on oil pulling, Andhra Jyoti, a Telugu daily news paper, conducted a survey to find out the types of diseases cured and the effectiveness of oil pulling. Out of a total of 1041 respondents, 927 (89%) reported cure of one or more diseases. People who did not report any cure were 114(11%).

The analysis indicated cure of the following types of chronic diseases by oil pulling:

Pains in the body and problems pertaining to neck and above 758 cases
Allergy and respiratory problems of lungs like asthma, bronchitis etc 191 cases
Skin problems like pigmentation, itching, scars, black patches, and eczema etc 171 cases
Digestive system-155 cases
Constipation-110 cases
Arthritis and joint pains-91 cases
Heart disease and B.P-74 cases
Diabetes-56 cases
Piles-27 cases
Diseases pertaining to female reproductive system reported by women-21 cases
Diseases like Polio, Cancer, Leprosy, polycystic kidney, neural fibroma, paralysis etc 72



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Oil pulling Cures

Sample testimonies of different disease cured

Sample testimonies of chronic diseases cured are appended below for showing the curative effect of oil pulling

Asthma and Allergy cured by oil pulling

I am 56 years old. I have been suffering from allergy and asthma from the age of 11 years when I had my first menses. Whenever I had head bath after monthly periods I was suffering from asthma, cough and phlegm. It was very severe. This was lasting for about 3-4 days every month. In addition whenever I had head bath I used to suffer from the same type of allergy. I had tried all types of treatment for 45 years to get rid of this but without any success. I was spending my life with medicines but without cure. They had even diagnosed as a heart problem. I had lost hope of living. Life seemed a big burden and uncertain.

Two months after practicing oil pulling my problems of health became a little more severe and I took them as healing reactions and consoled myself with the hope that I am going to be cured totally after the reactions. These reactions lasted for about 2 months. Now after 9 months of OP I have become wonderfully healthy. Asthma has gone, no pains in the joints or body, no spots or discoloration of the skin instead the skin has acquired a new shine, digestion has improved and I can eat anything without the fear of allergy. It is really enjoyable to eat things, which you like instead of fearing about allergy and asthma.

My advice to all women is, do oil pulling for all your problems you will remain healthy and your looks will improve.

Ms.V.Lakshminarsamamba, Krishna Dt, A.P

Allergy Asthma- Exhilarating cure by oilpulling Experience

On the first day of OP Feb 25, 1995, I felt an exhilarating feeling of freshness in the mouth.

Because of OP, addiction to cigar smoking cured on Mar 28, 1995. I was able to work with increased energy, concentration and less impatience. My nostrils were clear and clean.

I had food allergic asthma from September 1975. By end of March '95, I gave up the use of inhalers for asthma.

Numbness in hands and legs disappeared in April 1995.

Discomfort in my feet and joints due to walking disappeared by April '95.

The food tastes better and I feel more energetic.

I am enjoying the freshness of mouth, good health and very sound sleep due to OP.

Prof V.R.R.M. Babu, (57 years), Geology Dept, Andhra University, Waltair

Oilpulling cure by Allergic bronchitis with wheezing

For the last three months, my wife and I are doing OP regularly. I suffer from severe running nose. Now after I started doing OP, the running nose has become very mild and it persists only for a day or so. I also used to get severe bouts of cough and with great difficulty manage to get the sputum out. Now the running nose does not follow by cough.

My wife used to develop allergic bronchitis with wheezing due to dust or after severe cold and on long journeys. She tried OP for three months and did not develop wheezing or severe cough.

Dr. P.V.R.D.N. Prasad Sarma, (practicing since 1955), Machilipatnam, AP



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Oil pulling cures for Cancer cases

Most importantly, I want to write about three cases of cancer. In two cases, biopsy report confirms "schirrus type of carcinoma of uterus". In the third case, it is malignant growth of a tumor of a size bigger than tennis ball on the jawbone. This case is also of a woman on homeopathy medicines. Within two months of OP, in both cases of carcinoma of uterus bleeding reduced, general condition improved and they are confident that their disease will go. You know confidence/faith contributes to cure more than medicine.

In the case of malignant tumor after a month of OP, pus came out of a hole in the tumor on the jawbone. The pus stopped after three weeks, the hole closed and the size of tumor came down to almost normal. In these cases, my medicines must have given temporary relief. I am hoping they will totally heal.

In case of joint pains the improvement that would have resulted in eight months with my medicines, have come within two months of OP.

For allergy, asthma and tooth diseases, the results are wonderful. My medicines must have given only temporary relief. I am hoping OP will heal them totally.

Dr.S.Chandramouli, Homeopath, Gollalamamidalam, E.G. Dt., A. P

Constipation – Piles cures by Oil pulling

I have been practicing oil pulling for the last one year with Til (gingelly -sesame) oil for fifteen to twenty minutes daily in the morning without fail. I am 82 years old. I have been suffering from constipation and piles for the last four decades. I consulted many doctors, used many medicines but with only temporary relief.

Within two weeks of practicing oil pulling, I started getting relief. There was no pain during motion. Inflammation and piles decreased. I started having free and clear evacuation. I am sleeping peacefully and happily at night. Indigestion, lack of appetite has gone. Decades old pain has gone just by doing OP with gingelly (sesame) oil. Our Ayurvedic treatment is a comprehensive solution for all diseases. It is good for all to practice. -"With oil pulling Health Is Great Wealth".

Padma Bhusan Sri Kalogi Narayana Rao, People's Poet, Tirupathi, A.P

Oil pulling cures by Diabetes - Pregnancy - Child birth

My age is 41 years. I am a diabetic patient with no children. After doing oil pulling for three months, I became pregnant. At the time of pregnancy, my blood sugar increased. I stopped oil pulling for about a month thinking it was aggravating my problem. Having come to know that aggravation is a sign of cure, I started oil pulling again. The sugar level came down and I continued oil pulling throughout my pregnancy. After a caesarian operation, I gave birth to a baby. The doctors checked for sugar, both for the baby and me. We both were free from sugar. The wound healed well and stitches removed on the seventh day. Doctor was astonished at this. I found oil pulling benefited me in the following ways:

I weigh 90 Kgs. height 4'11" with weak twisted foot. By walking, the foot used to become septic and pus used to ooze. By oil pulling and walking daily, I became strong and was able to walk up the steps without difficulty.

oil pulling reduced sugar gradually and diabetes cured. The skin became clear and shining and the spots on the body disappeared.

The body became strong, teeth firm; gums healthy and the hair turned black and stopped becoming white or gray.

Mrs AVL Umamaheswari, Commercial Tax Dept, Eluru, A.P.



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Oil pulling cures Diabetes

At the advanced age of 74, it is unjust to expect miraculous result from any kind of therapy. Yet I must say that what I have experienced through oil pulling therapy is almost a miracle and quite unbelievable.

Diabetes has been troubling me for the past 13 years. Now my blood sugar level is normal, though I do not take any medicine. I have discontinued all medication including vitamins, enzymes etc.

(Swami Swarupanand Bharati, (K.R.K.Chetty,IPS,D.I.G.(Retd)), Hyderabad

Oil pulling cures Heart Problems

Retired Brigadier's report on major problems of health-Heart:- I had a heart attack in February 1987. Angiography revealed 2-vessel disease. RCA, CTX fully blocked, and LCA clear. For more than 11 years, has been on medicines. I had Parkinson's disease for the last 5 years and been on medicines.

I started regular oil pulling on Feb 15, 1998 and completed 5 months. I do it only once everyday in the morning. The results are -

Blood Pressure: There has been a distinct drop. Now it is generally 130/80.

Breathlessness - Disappeared. This means increased exercise tolerance.

Insomnia: Now I have sound sleep. No longer getting up several times for going to the toilet

Snoring - Totally gone much to the satisfaction of other family members

Phlegm - It used to be a major problem. Now totally cured

Gums - Much healthier, red, and no longer bleeding

Teeth - Cleaner and healthier

Itching - Disappeared

Blood clots near the ankles - 90-95% disappeared. Skin, which used to be black, has become whitish (due to better blood circulation)

Blood vessels - Used to be bulging out prominently, especially on the back of the palms. Now the hands are smooth and arteries/veins have become soft.

Temperament - Now much more tolerant with 90% improvement

Involuntary tremors - The improvement is 40 %

Reduced limbs functioning - Especially in the right arm and leg, there is significant improvement, manifested by improved handwriting to about 60-70%

Swollen feet/ ankles - Swelling has reduced to the extent of 50-60%

Eyesight - Been using reading glasses for the past 25 years and am pleasantly surprised to manage playing bridge for the first time without spectacles

Vertigo - For the first time in my life, I had a few incidents. Investigation revealed very high blood sugar levels controlled by exercise and food control

Memory - There is much improvement in memory

General - Improved breathing, better blood circulation, better reflexes, better exercise tolerance, and cool temper and can easily walk with out fatigue

Medicines - Tapered down in a systematic manner, sleeping pills no longer needed, and Parkinson's medicines not required

The digestion is perfect. Speed of writing, tying of turban and strength of right arm shows overall improvement. The shine and health of the skin is also improving.

Brig (Retd) T.S.Chowdary, (63years), Janakpuri, New Delhi



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Retired Civil Surgeon's Report- Left Ventricular failure cure by Oilpulling

I had recently suffered from Left Ventricular failure. After 15 days of starting oil pulling, I could find the change in my condition as evidenced by the echocardiogram. I was suffering from Acid Peptic disease (duodenal ulcer) for the past 30 years, and oil pulling has miraculously given relief and I have stopped using antacids.

I had Benign Hypertrophy of Prostate since some years, and after oil pulling nocturnal frequency of urine is much reduced.

Some minor ailments like stomatitis (inflammation of the mucus membrane of the mouth), glossitis (inflammation of the tongue), itching of skin on chest and neck, discoloration of skin have also gone.

After oil pulling I saw my palms appeared definitely bright and full-blooded. So I went to the laboratory and got my HB tested. I was surprised to see that my hemoglobin content of blood has risen from 11gms to 12.4gms within a period of 2 months.

Dr. N.Ranga Rao, Dy. Civil Surgeon (Retd.), Peddapuram, A.P

Oil pulling cures for Mouth Halitosis- bad smell in Mouth

I have been suffering from bad smell in the mouth and pyorrhea for the last eight years. Mouth smell has not gone except visiting the dentist and getting things cleaned, and medication, Medication and dental cleaning was giving me only temporary relief. After five months of oil pulling bad smell in the mouth has completely gone whereas, pyorrhea has decreased and I feel confident that I will be normal without this problem. oil pulling has helped me to bring back my self-confidence in a helpless state. With your kindness I am breathing happily and feel that you have given me rebirth.

G.B.Rao, Rajamundry, A.P

I am one of the old patients suffering from mouth ulcer since last 12 to 15 years. After going through the article published in Kannada Prabha daily I started "OIL PULLING" twice in a day (morning & evening) from 27th of June 1995 along with medicine. During initial 2-3 months period I got only 25 % benefit. After that I got more benefit in 4-5 months period. After completing 6 months I got 100 % result and at the same time I slowly reduced my medicines. Now after completing of 7 months I have completely stopped the medicines and I have no complaints of mouth ulcer since last 2 to 3 months. So I am happy to say that I got 100 % relief/cure of my old sickness of mouth ulcer from "OIL PULLING".

Salamander Shiny Parkal, Manipal

Myasthenia Gravis (MG) [Double Vision]

In my 36th year in 1980, I had suddenly developed double vision and right eyelid closing. Diagnosed as myasthenia gravis, medicine (prostigmine) prescribed.

During the year 1993, I started practicing oil pulling. I used medicine for one month along with oil pulling. Later I stopped medicines and continued oil pulling. Myasthenia Gravis cured without medicines. When I stopped for one month, it came up again. Now I do oil pulling only and do not use any medicines.

T.Brahmaji Rao, Pedavadlapudu, Guntur Dt. A.P

Oil pulling cures for Back Pain, Neck Pain

I had back pain for the past ten years and have been taking treatment for the same with several doctors and traction was also given for sufficiently long time without any improvement. I never used to go to bed without a medicine like Brufen, Voveran and others daily.



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I started practicing oil pulling with sunflower refined oil and started finding improvement within fifteen days and I was much relieved of the pain within three months. Now it is six months since I have been doing it and 90% of the pain is relieved. Now along with the back pain, the pain in my neck and arm pits has also gone. I am not taking any medicine for the back pain. I do not dare to stop oil pulling.

After finding good results myself, I started giving lectures in Telugu on "Keep Fit with oil pulling" in various local schools and associations and all of them are doing and most of them are very much benefited.
Dr.V.Prabhakar(48years) MDS (Madras), Guntakal A.P

Oil pulling cures for Back pain and Arthritis

I have been suffering from arthritis in the knees for the last 10 years and pain in the lower back for the last two decades. I have tried several allopathic medicines and got a temporary relief. I started doing oil pulling from Nov 17 1995 and observed miraculous changes happening. Within 5 days, my arthritis in the knees and lower back pain completely cured. It is just unbelievable how arthritis of the knees cured, which the allopathic medicines could not do.

Subedar Juvva Gandhi, Sub-area HQ, Karnataka, Bangalore.

Oil pulling cures for Knee and Ankle Pain

Though I was reading the reports of the efficacy of oil pulling in curing certain diseases in "Andhra jyoti", I did not begin until my brother, got relief from asthma and advised me to practice. I was not able to sleep under a fan or in the open as my nose used to block. Cold-water bath was another curse. After practicing oil pulling, I am able to sleep right under the fan with full speed with no discomfort. The occasional asthmatic or eosinophilia attacks vanished. The pain on the left knee and right ankle for three to four years are no longer there. A small eruption on my skull - five years old - vanished. - 20 years old piles - has miraculously vanished.

Prof.T.Venugopal Rao, Principal, Vishaka Institute of Professional Studies, J.R. Nagar, Vishakapatnam, A.P

Skin-- Eczema Cures by Oil pulling

I am 79 years and have retired as a teacher. I wanted to be healthy by doing OP and have been practicing once daily since November 95. I have eczema for the last 30 years on the left foot. It has been there inspite of various treatments. Similarly, on the right hand index finger eczema is there for the last 10 years. I have lower back pain for quite few years. It was called spondylitis. I have been OP for the last 1 year and 8 months. Lower back pain has completely gone and no pain. Eczema on the right index finger is also cured and skin is normal. The eczema on the left foot is becoming normal with a little itching sometimes. I am sure it will also go, but the cure is simply surprising, but I am confident that the remaining symptoms of eczema on the left foot will also be cured.

C.V.Purnachandra Rao, Chennai, T.N

Oil pulling cures for Tooth Pain and Loose Teeth

I am an 86 year, aged retired public servant. I developed tooth ache. The toothache was really agonizing. I thought, I may try, being a skeptic, oil pulling before visiting the dentist. Hardly did I try it for a couple of days then the intensity of ache came down. In another two days the pain stopped totally. This pain was centered on an incisor the base of which was affected and tooth itself was shaking. Having got some relief I developed faith in its efficacy and continued the treatment for a fortnight. The affected tooth miraculously firmed up and now I am able to bite fruits and other not so hard items of food. This is a radical change....I feel thankful for this therapy.



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G.R.Bhagavannarayana,(Retd,Govt service), 86 years, Rajamundry,533 105 AP.

Oil Pulling Results and Oil Pulling Health Benefits

The result of this healing research has attracted amazement and resulted in further research. This additional research concerning Oil Therapy has now been thoroughly documented, especially with regard to physiological similarities between individuals. It is surprising that through this biological healing method a wide variety of symptoms have unquestionably disappeared without any side-effects. This simple method makes it possible completely heal such a wide variety of diseases which would normally be treated by an operation or by powerful or potent Drugs, usually with significant side-effects.

The simplicity of this healing system in which Oil is swirled backwards and forwards in the mouth, is due to the stimulating effect which it has on the body's eliminatory system.

Through this method it is possible to heal individual cells, cell conglomerates such as lymph nodes and more complex tissues such as internal organs simultaneously. This occurs because the beneficial microflora throughout the body are provided with a healthy continuum. Without this natural bodily intrusive element evinced by the microflora the usual pattern of human health tends to lean towards illness rather than wellness. Dr. Karach anticipates that regular application of this treatment by reversing this process so that wellness is the dominant state of the human body is likely to increase the average human lifespan to approximately 150 years, double the present life expectancy.

By means of this treatment Oil it is invariably the result that diseases like migraine headaches, bronchitis, diseased teeth, arterio thrombosis, chronic blood disorders such as leukemia, arthritis and related illnesses, neuro physiological paralysis, eczema, gastro enteritis, peritonitis, heart disease, kidney disease, meningitis, and womens hormonal disorders are completely eliminated from the organism.

The benefit of Dr. Karach's method is that the oil therapy heals the whole body in perpetuity. In terminal diseases such as cancer, Aids and chronic infections this treatment method has been shown to successfully replace all others. Dr. Karach has successfully healed a chronic leukemia patient with 15 years of harsh treatment methods behind him. Acute arthritis in 1 patient who was totally bedridden was removed from his body in 3 days with no inflammation apparent.

Q: What are some other health benefits of Oil pulling?

Oil pulling isn't a cure for specific conditions, but it's generally a detoxifier and that tends to help a wide range of issues. If your symptoms are due to emotional issues, for example, oil pulling alone wouldn't be the whole solution. That's why we can't really say that a particular condition can be helped by oil pulling, because each condition can have many possible causes. But OP usually has general benefits for most people.

Q: Is Oilpulling good for insomnia, and other symptoms?

It's a good question that really ties in to a deeper issue of what is the real nature of a particular symptom. It's a very common practice in allopathic medicine as well as the natural health field to use the "take this for that symptom" approach. For example, what if the insomnia is due to improper diet, or improper exercise? Maybe it's due to a melatonin deficiency due to not enough exposure to light, or maybe an unresolved emotional conflict is creating an imbalance that interferes with the natural disengaging of consciousness from the physical body that induces sleep.



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For another example, if you're chilly, it could be that you need to put on a sweater. Or it could be because you have chills from a fever, in which case a sweater may feel better but won't really solve the problem. So you can see that the symptom is just the effect that can have many possible causes, and if a dozen people all suffer from insomnia, chances are that the causes involved will be somewhat different for each. Most approaches will just try anything to get the symptom to go away, without a rational understanding of what is really going on in that particular case.

I like to bring in this deeper understanding so that people are aware that a symptom does not have a "constant nature" as Dr. Hahnemann taught. Each person's insomnia may be an expression of a different issue, and can't be all treated alike. That said, OP is a fairly general approach that has a wide margin of application. That's why I talk about it in a public forum, because it can have benefits for most people without doing a more individualized assessment. Still, don't fall into the trap of expecting a certain symptom to go away just because someone else's did.

Generally, teeth and gum issues do tend to improve with oilpulling, and it's one of those things that are a very small investment with a wide margin of benefit to most people. But whether or to what degree or how long it would take to see improvement in a particular symptom is only a really relevant question in the world of allopathic medicine, where the various drugs and treatments are largely aimed at suppressing the outer symptom.

Q: Does Oil pulling helps with cancer and AIDS?

This is a big issue. Even though Dr. Karach says oilpulling could be a cure for Cancer. We don't any data supporting this. We are trying to compile the data from our readers if that is a true statement.

Oil Pulling Users Remarks on health benefits of Oilpulling:

(Thank you Pete for compiling and sending these to us)

Hello,

My name is Sasha and I was actually diagnosed with endometriosis when I was 18 years old. I have been thru 3 major surgeries because of this chronic condition and have been in so much pain mostly all of my life... Finally one day I got up in the morning and realized that I have had enough! and I was tired of doctors telling me that there is no cure to fix this problem... I am 26 now and still battling thru this same pain.. welll I went to do my own research and came across a site about oil pulling, I have been doing this for about 1 week now and have seen a big difference in my over all health... I am more energetic and feel lots of energy when I wake up in the morning. I would recommend any and everyone to do oil pulling as I have seen a major difference in just 1 week.... If any one needs to talk to me directly you may email me at sashadharani@yahoo.com.....

tjohn

I was diagnosed with sarcoidosis (lung disease with no known cure) in 1993. I have been on steroid (predisone) treatment 3 times over the last 15 years and antibiotics numerous time for infections of the lungs. I was always experiencing this heavy pressure in the chest area and it felt like my lungs were expanding. My doctor could not explain this phenom. I also developed and acne condition because of excess oil secretion. March 3, 2008 I felt like I was getting an infection again, and decide to once again surf the net for alternative medicine. I was directed to earthclinic and came across OP. I started OPing March 9th and I haven't felt this good in 15 years. The heaviness in my chest is gone and I am breathing better. My acne condition also cleared up. I have yeary x-rays in September to monitor my lung condition. I can't wait to see how my lung look this September. I am using sesame oil.....TJ in AZ



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JOANNMAR10

I discovered an abscess this past Sunday (9/14/08), I had used Coconut oil for other home remedies, including taking a spoonful a day for internal healing. Panikingly I tried anything I could think of, it was swelling rapidly. I couldn't find a dentist on Sunday, as I was frantically trying anything I could think of to reverse the swelling, I was praying for an answer just after rinsing with hot salt water. The coconut oil was in reach, I took a coconut oil Q-tip, gently dapped the blood-red area, immediately blood gently oozed down on my tooth. I felt relief immediately. So I took a mouthful of coconut oil, started searching on line for a natural cure for an abscess, and oil pulling came up, one of the recommended oil was coconut. I was amazed that I had stumbled on this, by the Grace of God! This abscess moved around by this morning I had another large swollen area that has now diminished. It would appear that I over did the oil pulling, since I have had oil in my mouth countless times during the day, but now the swelling is almost gone and my mouth feels healthier already. This is miraculous!

But where did the abscess go?

I have heard horror stories of people who had an abscess that was fatal.

Is there a danger of this poison staying in my system?

I really don't think that would be possible, since the purpose of oil pulling is removing toxins from the body. Still I would like to hear back from you concerning this and the other benefits of oil pulling.

Thank you,
JoAnn

rama ananth

I had listened to a lecture some 15 years ago about OP, and even tried it for a few days and gave up. I was young and restless and wanted to see immediate results. But now I am older and more matured and patient and one day I saw this advertisement of Seaame oil in which they were talking about oil pulling. It immedietely led me to rediscover it in detail through the internet, and from that time i have been doing it regularly 3 times a day. It is now almost a month, I always had lots of acne, and i see it getting more, but i have been toldit must be because of hormones, and that there is no cure, other than just using some creams and gels whenever they come. I am also into home remedies and sometimes everything helps and sometimes nothing works. These pimples leave pigmentation marks on my face. Anyway since nothing seems to help I thought i wae not going to lose anything by doing this Op.

Another thing why I like doing it 3 times is that it keeps a check on what i eat too, for i can't keep eating anything all the time , for i have to maintain the 4 hours break after ecah meal, ie., Breakfast lunch and dinner, and i usually have dinner before 7. So I do once before breakfast, before lunch and before dinner. I don't think it has made any difference in the amount I eat (for i just eat enough to feel full), but it has helped in my not being tempted to eat in between meals. So I think it is a great boon for people who want to lose weight for they become very diciplened and committed.

I am well aware of the the conditions getting agravated and I am willing to wait to see the results. I think one should not use any other oil other than what is prescribed, and i have always felt comfortable with sesame oil as it iis very much part of our life in Southern parts of india. It is a great oil, and of course sunflower oil tooo is good. i cant understand why people would go to the lengths of trying castor oil, coconut oil etc. Well if I see any postive results i would definitely share with all of you. Bye and take care and don't stop OP, regularly.



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emailtome4@gmail.com

I've been oil pulling for about two months. As many have reported, my teeth are whiter, my gums and tongue are a 'healthy' looking pink color. The nasty side effects I had from a steroid medication (prednisone) including acne, extreme joint pain :(, tiredness, thinning hair and itching are 99.9% gone. I'm grateful!! As Rama mentioned above, since I oil pull 2-3 times a day, I don't eat between meals, I have a cup of herbal green tea or some other drink instead, and my last big meal at night is eaten before 8:00 p.m., so I've lost weight. People who haven't seen me for a while tell me how great I look and how beautiful my skin is (all because of the oil pulling)!

ananda

i just started oil pulling yesterday...it was easy and i am looking forward to improved oral health ...i have an area in my mouth that bleeds and the gum is swollen and discolored and also a ganglion cyst on my left wrist that i have had surgery on about 5 times...if anyone has had success with a cyst dissolving i would love to hear about it...i keep my hand covered and its been years...i would love to wear a short sleeve shirt and not have material wrapped around my wrist...contact ...thgilnus4@hotmail.com

ASHWIN

Oil pulling is an age old indian tradition - granny's home medicine. As a practitioner of various forms of paranormal healing, i took to oil pulling some days ago - the best indication i get is in my urine - crystal clear as water and no odour. Certainly this is flushing out the toxins in a better way and is a sure and easiest method to good health.

Happy oil pulling

PAUL

I'm a 41 year-old male, 5' 9", 195 lbs. I have some receding gums and a small pocket in one of my teeth near the gumline. Other than that and the weight I'd like to lose, I'm pretty healthy.

My goal is to be down to 170lbs by June 1st of this year. I'm eating better lately, but what I've noticed is that when I OP every morning, my body just feels good and it wants healthy foods. When I ran out of oil, I felt I needed to work harder at eating better.

The second thing I've noticed after a few DAYS of OP, is that my teeth are whiter.

I'm writing this to let you know that I just bought a new bottle of Sesame oil today and it will last me exactly 32 days, as I will OP once daily upon waking up.

At the end of that time, I will report my experience to you. Until next time...

Paul

PAUL

I'm a 41 year-old male, 5' 9", 195 lbs. I have some receding gums and a small pocket in one of my teeth near the gum line. Other than that and the weight I'd like to lose, I'm pretty healthy.

My goal is to be down to 170lbs by June 1st of this year. I'm eating better lately, but what I've noticed is that when I OP every morning, my body just feels good and it wants healthy foods. When I ran out of oil, I felt I needed to work harder at eating better. I'm very in-tune with my body and I noticed that pattern very quickly. Very interesting.

The second thing I've noticed after a few DAYS of OP, is that my teeth got whiter. I've spent money in the past on oxygenation gel to whiten my teeth but now that is no longer necessary.

I'm writing this to let you know that I just bought a new bottle of Sesame oil today and it'll last me exactly 32 days, as I will OP once daily upon waking up.

At the end of that time, I will report my experience to you. Until next time...GOOD LUCK!

Paul

Vivian Nguyen 2 years ago



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Hi, I tried OP for 2 weeks and my gum disease is gone, 2 of my teeth got infected and usually have mucus, but they are healed now. My indurance lasts longer, I sleep so well and my skin looks much better, before I usually looked so pale because of my ovarial cancer which already spread in the blood flow.

Thank God for showing me this way of natural treatment. I always suspect the chemical drugs, so I really appreciate those who spread this OP around especially to help those who don't have money and health insurance, but health condition is not good.

Lauren

Hello, I have a question. I've only been oil pulling a few times and not consistantly but I've noticed a sequence of events that seems quite odd to me and I need some educated advice. I'm pregnant and very excited about it. I've read a few comments that say it's ok to op while I'm expecting and nothing that says I shouldn't. Anyone know any different?Also I wonder if anyone has noticed that your urine has a cloudy and slightly darker color to it since op? I've read just the opposite that some folks urine is clearer but not any thats slightly darker and cloudy. I wonder if my body is telling me that this is not good for me --right now-- at this time while carring and making a baby. Or is it saying just the opposite, that these are the toxins getting out of my body. Anyone knowledgable on this specific subject, I'm all ears? You know I'd never want to do anything to hurt our precious little one. Thanks for your help.

Razan,CO

I have been oil pulling for 6 weeks now and theimmediate benefit I got is the bad odour of the mouth has decreased considerably.one of my friend commented hair growth on bald head(its was otherwise receding in the front(which is natural).I use pure Olive oil(great vaue pack from Walmart-Bob to comment).Its better if others point out the difference in you as its difficult to find it ourselves as we work out on Gym ,exercise ,swim etc., so we do not know which causes what benefit.My concern is on the tooth(had 1 root canal on lower left jaw and the gums have been receding on a couple of teeth on either side of the lower jaw)

yingrik

oil pulling is phenomenal! For years I was battling an infection in my jaw that caused me to have two root canals and endless sinus issues .It was traced to a cavitation I had in my jaw which kept me at a low level of energy for years .Eventually after try so many different therapies and antibiotics etc, a Doctor practicing oriental medication introduced oil pulling to me ,,thank god! I started pulling and then four days into it started oozing a putrid substance from between my four upper left back teeth. I continued with the therapy believing that if the unmentionable substance continued to leave my body it could only be helping so I did it up to three times a day. On the fortyfifth day of oil pulling I experienced what was to be the last purge of necrotic tissue followed by a complete turn around in my health which was nothing short of miraculous.

daisy bagga

hi i m back with the good results. it is really working i am using sun flower oil but i can do oil pulling just for 2-3 minutes not more than that and i do twice a day i feel very good and energetic the whole day i had a very bad ache in my right leg and after doing oil pulling it vanished secondly i had some kind of stiff skin just below my shoulder bone 50% its gone after doing this thirdly i had pigmentation on my forehead and on my cheeks they are half cured and just only just doing oil pulling for 2-3 minutes its amazing my sister in law and my niece came to me and they were shocked to see my face now my husband and my daughter and my son all of us are doing this they are also getting good results

Steve

I have been oil pulling for two weeks. I have had wonderful results. Had a very lose tooth have not been able to chew on it in a year..it is tightened up and becoming useful. Oil Pulling also brings hope of a better future...maybe with little need of doctors and their high fees.

Steve



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Helen 23 months ago

One of my parents have been oil pulling every day for the past approx. 4-5 months. He had a tumor/infection in his cheek, and had a small 'hole' in his cheek. When I saw him again, I was amazed at his transformation. The 'hole' had completely gone and he had lost weight, he looked much healthier and said he felt better than he ever has in a long time. He credits it to oil pulling, amongst other natural things he is taking. I would highly recommend it to anyone. I have been OP'ing for a few days and already my teeth don't bleed whenever I brushed them or even spontaneously like they used to. I use sunflower oil and find it really good to use. Cheers you can email with any questions helen.amber@ymail.com

shailaja

I began oil pulling 10 days ago using sesame oil. I do it once a day but the past 2 days I've started doing it twice a day. Reason? There is an amazing transformation in the condition of my teeth & gums. I have had dental problems for the past 40 years- braces, teeth pulled out, then flap surgery on the entire lower & upper jaw in 6 sessions. I was told that I have a hereditary gum disease which has lead to bone loss & that all the teeth would eventually fall out. My front teeth drifted apart, there is severe gum recession, & I regularly have abscesses in my gums. The usual treatment is a heavy dose of antibiotics. Since the last abscess of two molars in my left upper jaw, in August, I have been unable to chew with the teeth on the left. I stumbled upon oil pulling & decided to try it since I had nothing to lose. The results in just 10 days are UNBELIEVABLE. The front teeth have drifted closer & the gap between teeth has almost disappeared. My gums are stronger, feel solid, & my teeth are not loose. I keep the sesame oil bottle next to my bed, & tell myself that it is my dentist - on call 24/7, no fees, no painful surgeries. I am thrilled by the results. If there are any other benefits, they'd just be icing on the cake. For me Oil pulling is proof enough that there is a higher power out there looking out for me.

Anita

I have large amalgam fillings that contain mercury in my molars. I would love to do oil pulling to help my gum recession. Does anyone know whether it is safe to do oil pulling if one has amalgam fillings without them becoming loose. I have had them since childhood. Also what oil would be appropriate. Is anyone doing oil pulling with amalgam fillings.

Please advice. Many Thanks

Doctor Patricia

I cannot begin to tell you all how oil pulling has changed my life. I used to take heavy narcotics for a miserable pain disorder. The nerve blocking meds made my teeth turn brown, my hair fall out and my fingernails became unrecognizable. All of this has changed thanks to oil pulling!



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Frequently Asked Questions

Who can Practice Oil Pulling Therapy?

Everybody above the age of five years can practice. For children of five years and above use only a teaspoon (five ml) of oil for Oil Pulling Therapy. People with dentures should remove them and practice. Women can practice Oil Pulling Therapy during periods and also pregnancy.

What is the best time to practice Oil Pulling Therapy?

Ayurveda advised Oil Pulling Therapy in the morning after brushing teeth and cleaning tongue on empty stomach. Dr Karach advised Oil Pulling Therapy before breakfast on empty stomach. One hour after drinking water or tea or coffee or liquids in the morning but before breakfast. The best time is when you do not feel well for any health problem do Oil Pulling Therapy on empty stomach.

How much time gap is required to eat or drink after Oil Pulling Therapy?

After doing Oil Pulling Therapy, wash your mouth, and then you can eat or drink and no time gap is required.

What other Oils can be used for Oil Pulling Therapy?

Dr Karach had suggested refined sunflower Oil. Sesame Oil was prescribed in Ayurveda texts for Oil Pulling Therapy. Both oils worked well in curing health problems. Some found sesame oil better. Other oils have been used by some practitioners on their own, and they did not report desirable results to enable me to recommend. Some other oils may be suitable for particular problems, but I do not recommend for daily practice.

The quantity of 10 ml of oil is too little for Oil Pulling Therapy. Can we do with 20 ml of oil?

When we do Oil Pulling Therapy the entire oil should become thin, like water and no oily feeling should be left. When that happens, we would have utilized the entire oil for the purpose of Oil Pulling Therapy. This happens within 15 to 20 minutes for most of the people. If the quantity is increased it takes more time to become watery and white and many would not like to spend more time on pulling. Spitting when it is still oily is waste of oil and a feeling of freshness does not come which is not desirable. If you feel a few ml of more oil is required to try, there is no harm. This is also the reason for suggesting only five ml of oil for children.

Can we do any other work while doing Oil Pulling Therapy?

No. It is advised to do Oil Pulling Therapy slowly, chin up preferably in sitting position, to see that oil pulled through teeth and touches all portions of mucous membrane in the oral cavity.

Is there any difference in the practice of Oil Pulling Therapy for Acute and Chronic diseases?

Acute diseases will be cured in two to four days by practicing Oil Pulling Therapy three times a day on empty stomach, before breakfast, lunch and dinner. Chronic diseases need more time may be up to one year or more depending on the condition of disease, age, habits, state of general health of the person, etc.



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What problems arise during Oil Pulling Therapy?

- (a) Oil does not become watery or thin even after 30 minutes, and it appears the oil is being absorbed and it reduces in quantity
- (b) Nose block due to accumulation of mucus
- (c) Sneezing and coughing
- (d) Phlegm in the throat gets loose and comes into the mouth
- (e) Urge to pass urine or stools.
- (f) Oil does not become watery because there is inadequate salivation and mouth is dry. In most cases, it happens in the morning and in some cases evening also. Under normal circumstances oil will not get absorbed in the mouth. A main reason is lack of adequate salivation due to lack fluids in a body. In all such cases, you must drink two or three glasses of water, go for a walk of 30 to 45 minutes and do Oil Pulling Therapy after returning.
- (f) To avoid nose block during Oil Pulling Therapy wash, clean and blow your nose before starting Oil Pulling Therapy. Slowly blow out a nose to clear while holding the oil in the mouth. Repeat if necessary as you continue Oil Pulling Therapy.
- (g) Sensation/irritation may cause sneezing or coughing while doing Oil Pulling Therapy. Do Oil Pulling Therapy slowly in a relaxed state to avoid such an irritation. StOil Pulling Therapy pulling and relax as irritation or sensation to sneeze is felt. It will subside. You can sneeze or cough while holding oil in a mouth. If you have to sneeze or cough through mouth do it in the sink or some such place to avoid oil dribblets spray all over or cover mouth with tissue paper.
- (h) If phlegm comes into the mouth, making pulling inconvenient, spit and do pulling with fresh oil again.
- (i) Urge to urinate or pass stools will arise only if you have not gone through nature's calls before Oil Pulling Therapy. In all cases of urge to pass stools or urinate during Oil Pulling Therapy, the best is to relax on the commode and do Oil Pulling Therapy.

How long will it take to cure a particular disease?

How long it takes to cure a particular disease is difficult to specify because it depends on the age, state of health and disease, food and other habits etc of each person. Dr Karach however said that chronic diseases may take a year whereas acute diseases can be cured in 2 to 4 days. Practice until the original strength, freshness, calm sleep, good appetite and good remembrance are back again.

How does Oil Pulling Therapy Cure/Heal Diseases?

Dr (med.) Karach the author of Oil Pulling Therapy said: "The oil therapy heals tooth pain totally. Obvious results are re-fixing of loose teeth, stOil Pulling Therapys bleeding gums and whitening of the teeth.

Oil Pulling Therapy is called "KAVALA GRAHAM" in the Ayurveda texts. In Charaka Samhita sutra sthana chapter, it is given: by Oil Pulling Therapy with til-taila (sesame oil) teeth are not affected with cavities, and they become firm rooted. Teeth pain and sensitivity to sour items will be healed and one will be able to chew the hardest items.

Those who have given their experience are given in Specific diseases under Teeth and in Testimonies give the results of Oil Pulling Therapy the effect on solving teeth problems. One amazing result of Oil Pulling Therapy is fixing loose teeth which no dentist can do.

From the experiences you can see that Oil Pulling Therapy will relieve your tooth pain, removes infection, Oil Pulling Therapy further decay, reduces/eliminates sensitivity of teeth and fixes loose/shaky teeth.



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From the above you can draw a parallel to existing methods of cure by doctors in that Oil Pulling Therapy is analgesic in relieving pain, antibiotic in eliminating infection, anabolic in fixing loose teeth, reduces sensitivity of teeth like sensodant and also ensures oral hygiene. Oil Pulling Therapy makes this possible by its influence on the nervous system, endocrine and immune systems towards a state of balance-is health-from an unbalanced state-ill health.

In a similar way Oil Pulling Therapy will cure/heal headaches, migraine, sneezing, cold and some pains in a few days or doing Oil Pulling Therapy few times one after another. Hangover will be relieved within two or three times of doing Oil Pulling Therapy in the morning. These also can be experienced in a few days. Judge Oil Pulling Therapy from your experience.

In a similar manner Oil Pulling Therapy cures all other diseases and the time taken will be different for each person.

Are there any reactions and can the medicines be used and /or continued?

Normally there are no reactions and the curing is smooth, gentle and pleasant. Some times in some cases, there might be an aggravation-worsening of a disease. At such times, there is nothing to worry. Aggravation of the disease is a sure sign of cure. In case the aggravation is not tolerable you may Oil Pulling Therapy for few days or take any medicine for relief and then continue Oil Pulling Therapy.

If medicines are being used, gradually reduce their intake as you find improvement with the practice of Oil Pulling Therapy and finally Oil Pulling Therapy and continue Oil Pulling Therapy to fully eradicate the disease from the body. In case of any chronic disease, if you are taking medicines regularly and do not wish to reduce chemical medicines Oil Pulling Therapy will not be effective in curing your chronic disease but will certainly reduce the side effects of the remnants of chemicals drugs.

Dr Karach said: some Oil Pulling Therapy in whom various illnesses are simultaneously manifest, an apparent worsening of condition is possible. This is due to primary infection first being depleted, causing secondary infections to dominate temporarily. After a few days secondary infection will disappear while another may be stimulated into activity. Such symptoms are usually apparent in persons suffering from chronic or terminal illnesses. Under these circumstances

Dr Karach recommends that the affected person steadfastly continues the treatment even if fevers are initiated. Dr Karach maintains just when these symptoms appear the oil treatment will facilitate rapid healing. Should the treatment be broken for one reason or another the overall effects will be slowed down? For these reasons Dr Karach maintains that an apparent worsening of health is an excellent sign that disease is progressively being removed from the body.

Examples of reactions:

(a) Itching of the skin during infection and inflammation of an injury or wound and the same itching may be present in an aggravated manner during cure of the wound/injury.

(b) A bone breaks due to an accident. The pain at the time of setting is more severe and also during the process of healing.

Advice on how to deal with healing reactions

Do Oil Pulling Therapy as usual or increase to two or three times a day or even Oil Pulling Therapy for a few days depending on the severity and your reaction?



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Take medicine under the advice of a doctor for a minimum period, for relief and continue Oil Pulling Therapy after the reaction is over.

It is not necessary that there will be healing reactions for all cases. Most of the cases are chronic and the patient has been suffering for long and possibly under treatment. Healing reaction appears more severe and one gets the feeling that disease is aggravating. At such time one is inclined to stop Oil Pulling Therapy, do not stop Oil Pulling Therapy but continue Oil Pulling Therapy. This is a sure sign before cure. Recognize it as a reaction and continue Oil Pulling Therapy and you will be cured with in a short time and you will know the state of disease free health which makes you happy.



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Healthy Habits

Each living creature in God's creation has its own body shape to suit its lifestyle. The life span also varies from species to species. If any creature is to lead its life to its full potential, its body has to cooperate with it. If the body fails to cooperate, the creature's soul suffers and so leaves the body quickly. The epics tell us that such a soul enters another body. The soul thus shifts from one body to another and finally reaches a human body as an intelligent soul. So before we give up this life, we should realize our goals, we should apply our reason to them, and we should ensure that our body doesn't hinder our progress. This is our ultimate aim. To reach this target, we should use body as a means.

The desires of the body should never be the end. If we don't take care of our body, it will be ruined. God, who created the body, has established certain rules for all living creatures. If we stick to those rules, can we lead a healthy life. Most creatures lead peaceful, long lives without violating their dharma. That's why they don't need hospitals, medicines or medical science. Man, too, was healthy before civilization. Now, his ill health is directly proportionate to the amount of his negligence of his body. If health is dharma, adharma is ill health. If we go against dharma, the punishment is disease. Consequently, if we wish to rid ourselves of disease entirely, we must realize the importance of dharma and live accordingly. We should set things right where they have gone wrong. Which adharma brought us this illness? We should drive out that adharma.

This is the only truth. It is the harsh reality. When we become sick, we run to the hospital not once but many times. But we are not able to get rid of the disease totally. We are not permanently cured. We are not completely healthy.

Why? What's wrong with us?

If you look deep into yourself before you answer, you will get to the root cause of the problem. You cannot become perfectly healthy if you refuse to follow the dharma of the body. Doctors and medicines cannot rid you of the wrong path you follow. They can't promote righteous action. In fact, the side effects of medicines provoke other diseases.

The body is caused new ailments but not cleared of the old ones. Any number of modern methods in medicine and specialty hospitals will only extract your money but not your disease. It will be meaningless unless you give up the bad element in the body, and change your lifestyle. You cannot rid yourself of the ailments you have acquired. If you want to rectify or be free from mistakes,



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You must first learn the dharma of the body.

- ✚ Dharma of Water
- ✚ Dharma of Food
- ✚ Dharma of Exercise
- ✚ Dharma of Rest
- ✚ Dharma of Excretion
- ✚ Dharma of Fasting

This five-fold dharma will safeguard the body, which contains the five elements of nature. The violation of these elements will harm the body. It is up to us whether we want to protect it or destroy it.

✚ Dharma of Water

Our body contains five liters of blood and 68% water. It is our duty to know how much water we must drink and when to drink to keep the body pure. Except man, every other creature knows its dharma of water. Any member of an animal species drinks the same amount of water, in the same way, all over the world. The animal is not as intelligent as man, but it drinks the required amount of water and keeps good health not needing any medical aid. That's why its body does not smell bad even if it does not bathe regularly.

On the contrary, man, the intellectual who can reason, doesn't know how much water he has to drink. He requires doctors to enlighten him. But though science has advanced much, it has not been able to adequately stress the importance of water to the human body. Man became accustomed to eating foods contrary to God's plan for him. The same way, he is used to drinking water according to his own desires. This is very harmful. The water he drinks is not sufficient to cleanse his internal body, and so the body stinks. No amount of perfume or body spray can mask the stench. People hesitate to drink more water because they may have to urinate frequently. But how will the blood be purified if a sufficient quantity of water is not provided? The body discomfort due to shortage of water should be corrected. Medicines cannot help it. Simply, water should be provided to the body in the right way and at the right time.

✚ Dharma of Food

Every living organism is destined to eat a particular type of food based on the shape and size of its body. "Dumb" animals lead their lives accordingly. Man, the more intelligent one, on the other hand, has no proper knowledge. He doesn't know whether he should eat vegetarian or non-vegetarian food, cooked or raw food, or during the daytime or night, or both. Man's true lifespan is 100 years. Shouldn't he eat the foods that will properly nourish his cells and allow him to live this long? Our life becomes waste if we cannot sharpen our intellect and attain jnana – wisdom - ultimately. The food we eat should help in the process. We should eat foods that will be digested easily, give us more energy, and create less waste material.

The main dharma of food is that it should contain life-energy, which in turn promotes life-energy in us. But we do not eat such staple foods. Instead we are cooking, frying, toasting and adding chemicals in various forms to our food. We are eating at odd hours. Even worse, we eat as much as our desires demand, ignoring the dharma of the body. Can a car run with kerosene in the place of gasoline? That is what we are attempting with our bodies. When we violate so many rules, how can we expect to have good health?



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The body suffers because of the food we supply. Only by replacing the wrong food with right food suffering to the body can be avoided. No medicine can cure it permanently. For instance, our car uses unleaded gas. If it is not available at the nearest gas station, aren't we going to go as far as we must to get it? When we realize this simple truth regarding an inanimate thing like our car, can't we take greater care of our most precious possession, our one and only body? That we don't is our greatest tragedy, our sin and curse. Call it whatever you want. It is not too late to realize our mistake and move in right direction.

✚ Dharma of Exercise

No creature ever takes food without some amount of exercise. Activity or physical work is useful in helping us digest food, send it to the rest of the body, and eliminate waste material. That is the dharma of exercise. Exercise is as important as the food we eat, the water we drink, and the air we breathe. Modern man has invented machines to do his work but can those machines digest the food for his body?

That's why our elders said no work, no food. But we feel we can live off our inheritance and our parents' wealth, so why strain ourselves? This laziness results in germs settling in our body. They are bacteria, viruses, worms, etc. The output of food should be proportionate to its input, but in a lazy man who does not exercise, 50 or 60 percent of his food stagnates in his body. Consequently he becomes ill. Our forefathers were healthier than we are because of the physical work they did. It's as simple as that. We, as human beings, have to perform our duties at home and at work, so we not have time for exercise.

To compensate for that, our elders have suggested yogasanas, pranayama or morning exercises. We ignore this advice, so we have to face the consequences. Unless the dharma of exercise is fulfilled, food cannot be digested. Even if it means a strain for us, we must spend some time on exercise. Let's begin our journey toward good health and change our daily routine.

✚ Dharma of Rest

The dharma of rest doesn't mean sleeping in an idle way. Every living thing must have a certain amount of work and a certain amount of leisure. Before electricity was invented, people rested at night. Now we work day and night. But our tired body needs some rest. If we work for twelve hours and rest for twelve hours, our body becomes energized. When we take rest, however, only our hands, legs, nerves, joints and bones are refreshed. The parts that work constantly also need rest. Those parts, for example, are the intestines, liver, and pancreas. If we don't give adequate rest at night, they cannot digest our food effectively. They cannot battle against microorganisms. So we become sick. Can we work properly for one day if we missed sleep the previous night? Does this not also apply to those parts like the liver? Rest doesn't mean stuffing our stomach until midnight and then sleeping happily. Rest means charging the internal parts, which can then successfully discharge waste material.

This dharma of rest helps us fulfill the dharma of fasting. If these parts require rest, how can medicines provide us that rest? Do you think we can buy this dharma in the market? It is high time we realize medicines cannot rejuvenate us. They may further deteriorate us. So let's hurry up. If we don't open our eyes, we will be at the last stage of life at an early age.



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✚ Dharma of Excretion or Dharma of Fasting

Animals are free to urinate anywhere any time. For anyone, the output is more important than the intake of food. If we eat before sunset and then rest the body, around midnight, the dharma of fasting begins to do its internal work. It continues until we eat something solid again next morning. If we take fruits, raw vegetables or juice, they don't hinder excretory action. Around 9 or 10 a.m., we can eat sprouts or some breakfast. Then, after an hour the excretory action comes to an end. As soon as you get up, say around 6 or 7 am, if you drink coffee or tea, it stimulates your body interrupting the excretory process. That's why you are advised to take light food in the morning. Our health depends upon the amount of time we give to this excretory action. If we wish to have a bright, energetic body, free from any ailment, we must respect this dharma of fasting.

The food we take is converted into energy, but in the process even waste matter is secreted. It is released in the form of solid, liquid, or gas. If these three forms of waste material have to be eliminated by our excretory organs, we should at least be considerate of them and provide them rest. If we eat before 7 pm our excretory parts will function effectively. However, if we delay eating until 9 or 10 pm, they will not have sufficient time. Waste materials get stagnated in the body.

Food eaten at 10 pm will not be digested completely before we rise the next morning. Typically, immediately after we get up, we eat again. It means we are eating further before we can even eliminate the waste material of the previous day. In a way, we eat too much. That leads to many diseases. Diseases spoil the temple in which our soul lives. How can we lead proper lives then? If we wish to be disease-free, we must follow the dharma of rest and allow our body to eliminate waste material first. If we don't adhere to this dharma, no doctor, no specialty hospital, no God, and no amount of money can save us.

We can continue to be human beings only if we live by this dharma. Otherwise we are demons in the form of men. God has gifted us with this body and assigned us to follow this five-fold dharma. If we ignore these dharmas, God cannot save us. In fact, even if we pray endlessly to the very God who created us, He cannot come to our rescue. If you protect dharma, dharma will protect you. If you kill it, it will kill you. Dharma is the absolute truth. If you want to have good health, there is no other way to gain it than to follow these five Dharmas. You may wonder, how long? As long as you live. We are not born on earth to eat, drink and be merry. Such a life only leads to misery in the end.

Daily Routine

We should plan our daily life in such a way that enables us to follow the five-fold dharmas which could work in our body to cleanse it and promote good health. I personally have experimented on my own body. Natural Life Style is useful to all irrespective of their age or health condition. It will work for you too to live a healthy life keeping the diseases at a distance. Dawn - Our elders proclaim that it's good to wake up before dawn. Time between 3 and 5 am is a very good time. If we cultivate the habit of getting up during that period, it keeps us in good shape mentally for the rest of the day.



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We feel very peaceful so we can think of pleasant things. Just as we set aside time for work and time for sleep, we should set aside time for our body, which cooperates with and comforts us all day long. So let's start doing some justice to it, early in the morning, for about two hours. To begin with, get up peacefully from bed between 4 and 5 a.m. and pray to your self "I will do my level best to follow whole-heartedly life's natural system," and continue to make it a habit.

Dharma No.1

The body will be involved in excretory action from midnight until dawn. Toward sunrise the cells will transfer some waste material into the body. This has to travel through the blood to the excretory organs and then out of the body. This process requires water. The water you drank last night will not remain in your blood and cells. That goes into the kidneys and then as urine. In the early morning, your body's water content will be low in the blood. If you can send large quantity of water into the blood, however, the waste material there will transfer into the water and be excreted as urine. Here you should follow the dharma of water. On getting up from bed gargle with water.

Then, without hesitation and at a stretch, drink one liter to a liter and a half of water. This will benefit you in two ways. First, the stomach is filled with water and weighs on the kidney under it. You will feel like urinating. After drinking water, you should concentrate on the lower part of the abdomen and move about in the house for about ten minutes expecting a call of nature.

Then there will be a quick movement in your body. Concentration is essential for that. In few minutes you feel you must run to the restroom. As soon as you rush into the bathroom, first you will have a bowel movement (in large quantity in one shot), and then you will pass urine. That means you had a free bowel movement. Then brush your teeth. The second benefit is that all this water goes into the blood from the stomach, and attracts the waste in the blood, which will be excreted as urine or as sweat as you exercise. That way the large quantity of water that was taken cleanses the blood and helps in free bowel movement.

Dharma No.2

This is the dharma of exercise. You can start to exercise 20-25 minutes after drinking water, wearing suitable clothes. Pranaayama (long breath) is a must. Asanaas are very good for health, although they may not make you sweat. Nothing can reduce your weight like asanaas. If you can't do them, brisk walking, if you are older than 60, and jogging, if you are below 60, is a better option. You should sweat within an hour from taking water. That is the goal, and you should not neglect it. Remember – no work, no food. You can eat without doing work. But it hurts you!



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Dharma No.3

After exercising and sweating you should relax for ten minutes in “Savaasana” (no movement). Then again, without pause, drink another liter and a half of water. If you concentrate on your large intestine, you will have a free bowel movement of large quantity once more, since it was stirred in your bowels during your exercise. The fecal matter from the food you ate yesterday comes out and the large intestine now is totally free as if you have cleansed it. Two motions in the morning make for a happy day and good health. Through exercise, heat is produced in your body. It hastens the movement of the waste material into the blood and the water you drink in turn quickly excretes it. At this point, you have cleansed your inner body. Now clean your outer body. Have a bath. Earlier, if you drank only two liters, now take one more liter of water. This last liter gives the body a final wash. If you have already consumed three liters you can stop there. The excretory act is still occurring. Now, after bath you can pray to the God of your choice. You should pray for a truthful life and the friendship of saintly people.

Dharma No.4

You can start it 20 minutes after you drink water. The buffalo that pulls a heavy cart moves faster when it is given a blow. In the same way, vegetable juice hurries the excretory action and purifies the blood. You can make juice out of these: tomato, carrot, beetroot, and leaf vegetables. You can mix any two or three vegetables and prepare a glass of juice. If you like, add honey to make it tasty and more powerful. Sip it slowly for 10 minutes. Roll it in your mouth and then swallow; it is good. If for whatever reason you can't drink vegetable juice, you can drink fresh fruit juice instead. Treat it as your morning coffee or tea and bid goodbye to them.

Dharma No.5

This can be started from half an hour to an hour after drinking the juice. If you are not in a hurry, you can wait as long as two hours. Your vegetable juice stimulates your hunger, but the excretory action is still occurring. You must take food that doesn't hinder excretion, but helps you in sending out last night's residue and keeps you energetic for three to four hours. If the waste material doesn't come out completely today, a residue will be left for tomorrow and will cause a nuisance. The breakfast that you eat should be free of salt and oil.

The food with life energy helps digestion process. Healthy food for breakfast is sprouted seeds like groundnut, Soya, wheat. Soak them in water in the night. In the morning you can eat them along with dates. Eat as many as you can. You can eat even coconut pieces, but they must be chewed well. These seeds have sumptuous life energy or nutritious value, which help in excretory action and physical exercise. Forty-five minutes after you eat these seeds, excretory action slows down and finally stops. Such breakfast helps you in many ways. You don't feel thirsty, drowsy, tired, or hungry, and you don't feel like drinking coffee or soda. On the contrary, it is digested quickly and makes you work energetically.



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Dharma No.6

Drink one liter of water half an hour before a meal to get your stomach ready for food. The stomach becomes empty and you feel very hungry. Water consumed at this time of the day protects the skin and the body from the sun's heat. It is best to eat between 12 and 1 pm., because when the sun is at his glory, the digestive fluids in the stomach and intestines also will be in their full swing, so food will be digested easily. Whatever good food is required for the body's care, such food has to be eaten at lunchtime. You should provide the calories required for the body to keep it energetic until night. The staple food should be unpolished rice or wheat.

The curries should be cooked without oil, salt and seasoning. Nearly one-kilogram curry can be consumed. You can eat as much curd, as you want. And a fruit like banana or a peach. What happens if you drink water while eating? It is a grave mistake to drink water while eating. It lays a foundation for gastric problems. Now that you have changed your diet by giving up salt, oil and spice, you won't feel thirsty and so don't need water. Earlier, you consumed all these and so to digest them you drank more water in the course of eating and after, affecting your stomach.

Why you should not drink water while eating? Hydrochloric acid produced in your intestines digests food that you eat but it becomes diluted if you drink water while eating and after. So it cannot digest food easily and the process takes twice the time, but still not digested properly. As a result food will be in the stomach for a longer time. For example, if you apply soap to a soiled cloth and wash it immediately, the dirt is not completely gone. Instead, you soak it in soap for a while and see how bright the cloth becomes. The same theory applies here.

In fact, no other creature ever drinks water while eating or immediately afterward. They are showing you the natural practice of the dharma of water. They drink only when their stomach is empty. Our elders tell us one mistake leads to another. You commit one crime by eating spicy, greasy food. You add fuel to the fire by drinking water with it. You may wonder how you can avoid drinking water while eating. But you won't feel thirsty if you eat raw vegetables or fruits. It is a natural food because it is a food of dharma, and it automatically leads to the dharma of water.

That's the difference between good and evil. There is yet another loss which results from drinking water while eating. Water taken on an empty stomach comes out within fifteen minutes, but water consumed while eating remains in your stomach along with the food. That's why all human beings, even those who do hard work grow a belly. Water drunk during meals causes even more heaviness. Food becomes heavier with water and pressures the lungs and the heart. So we should not drink water for two hours after eating. After that, a glass or two will suffice. The water will then join the food that is grinded and together they will become liquid and join blood in the intestines. At that time you will feel thirsty and you need to take water.



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What happens if you eat continuously?

It leads to indigestion. It becomes poison. Food eaten when you are hungry is nectar. Unnecessary food is poison. The reason behind this is, when a person is hungry, the digestive juices will be waiting for food. In the contrary, when he is not hungry, the food goes in unwanted. Wanted food is like a pleasant sunshine in winter, but unwanted food is like prickly heat in summer. If you eat on an hourly basis your stomach and soul will suffer. So beware.

You have to live for 100 years. Let's look at it this way. Suppose you had lunch at 2 pm, and then, because you had company, you had some coffee and cake at 3.30 p.m. What happens then? The food you eat at 2 pm was digested 50% and is in the third stage of digestion. At that time, the cake and coffee join it. What should the intestines do now? Should they continue with their first duty, or put it aside and honor the second guest? By the time the second guest gets digested to 50%, the first meal stagnates, giving off a sour smell. That's why we get belching, indigestion, acid reflux, etc. For example, a woman normally cooks four glasses of rice for her family.

One day suddenly two guests arrive. She requires two more glasses of rice for them, but by that time their regular quantity of rice is half-cooked. She doesn't add the extra rice into the pot. Why? Because she knows the first half will become paste and the second half will be half-cooked. The doctors advise us to eat something every couple of hours to avoid acidity, but by that we develop acidity and gastric troubles. You can't suppress indigestion problems that way.

Don't eat unnecessarily. Eat only when you are absolutely hungry. That is the secret of good health and immunity to disease.

Dharma No.7

Around 3.30 pm, you should drink one or two glasses of water. Drinking at this time water helps your skin to face the weather outside. Between 3.30 and 4.30 p.m., you can eat any seasonal fruit as much as you can. Eat the pulp as well. This way, the body receives protein-rich, nutritious food and immunity too. If necessary, you can add honey and dates to the fruit.

Dharma No.8

Around 6 – 6.30 pm, drink another liter to liter and a half water at a stretch. This time concentrate on the intestines for a third free bowel movement. You can eat your evening meal only if you achieve this third free motion. It means your morning breakfast is digested completely, and you feel hungry again. After a shower, you should have your dinner before sunset. If you don't do much physical work, you should eat bread, pulkas with raw or cooked vegetables. Raw vegetables are useful for those who have chronic diseases or are obese.

If you had worked physically during the day, you can eat rice. But people above 50, those who do not work very hard, and those who wish to get well more quickly will eat only fruits, coconut and dates. You can have buttermilk or just rice with curd if you like. If you eat 60% raw food (vegetable juice, sprouted seeds, fruits, coconut and dates) and 40% cooked food (lunch and dinner), it means you have fulfilled your dharma of food properly. After dinner, you eat no more for the rest of the night.



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Dharma No.9

After dinner, it is advisable to spend time reading good books that are helpful to gain wisdom. Around 9 – 9.30p.m, if you drink a glass of water, the digested food will move into the blood. Around 10 follow the dharma of rest. By that time food will be digested and so the stomach, intestines, liver, pancreas, etc., will also relax with you. This is possible only if you had dinner before sunset. If you are very hungry, drink water with honey, but don't eat anything.

At midnight, the excretory work begins. Now your day's is complete. Such a daily routine makes the five dharmas work for the body. Actually, man's lifespan can be 150 – 170 years or even more. Since we are violating these dharmas, it has been reduced to 60-80 years. This routine is not suggested to make you live for 100 years for certain, but to live a healthy life.

This Natural Life Style is a part of Naturopath. If any patient strictly adheres to these dharmas for four months, he will be totally cured of his ailment. Your blood will be purified. You will not think of going back to your earlier lifestyle. You will be in control of your nerves and senses. Your body is in good condition and is ready for the dharma of fast. Until you have been following this routine four months, you need not fast. After that, if you fast, you will not have any problem. The natural lifestyle suits anyone and everyone – man or woman, young or old, chronic patient or ordinary person. It requires only a strong desire and inspiration to have a sound body. That's more than enough.



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Healthy Habits, Are You Perfectly Hale And Healthy?

Our body is filled with trillions of such cells. We cannot see these cells with our naked eye. We need a microscope to see them. Do you wonder what such a small cell can do? All the chemical changes that take place in our body are accomplished in the cell only. The food we eat, the water we drink, the air we breathe – everything finally goes into the cells. In fact, we are eating, drinking and breathing for their sake. The air we breathe in goes into the lungs, joins the blood from there and through the blood reaches the cells. That air helps in the production of energy in the cells.

In the same way the water we drink ultimately reaches these cells through the stomach and blood and fulfills the needs there.

The food we eat, after it is digested in the intestines, goes into the blood and from there is carried into these cells. These food items combust in the presence of air and water and produce energy. The energy and heat produced there is the reason for the heat of our body and its limbs. The cell is like a stove, like a piston in a motorcycle. The energy produced in the cells spreads all over the body continuously meeting the needs of the body. We feel very weak if we delay our food by four, five hours. This means the energy produced in the cells is almost exhausted and the body warns us in the form of weakness to eat food. It sends such natural signals!

If we eat food regularly, the cells work continuously and once their life is over, they give rise to new cells in their place. Once the engine of a car consumes the fuel, carbon monoxide smoke is released. In the stove, after the wood is burnt, the smoke and charcoal remain as waste material. In the same way, in our cells from the food we eat, the air we breathe, and the water we drink, after they have provided their energy, release waste material in three forms – in either solid, liquid, gaseous states. These three forms, after exiting the cells, join the blood in outward circulation, and reach the excretory organs. The gaseous state of waste material that joins blood goes to lungs and is let out in the lungs, exhaled in the form of carbon dioxide. The liquid state of waste material goes through the blood to the kidneys and skin and is left there. From the kidney it is excreted as urine. Finally, in the same manner, solid waste exits the intestines as stool. This is a constant, everyday chemical reaction in the body.

The waste material produced in the cell through food, air and water should be proportionate to the waste material sent out (1: 1) from the cells. Then only we can claim to be perfectly healthy people. Whoever has such a perfect proportion in the cells that person will have a healthy atmosphere there also. Just as you thoroughly clean the stove every day and remove the charcoal or ashes, so should the waste material in the cells be completely removed, and then the water flowing in the cell will be pure and clean. That water doesn't give out a stinking smell. It isn't sticky.



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The infant who depends only on breastfeeding has this 1:1 proportion for the simple reason that he drinks only when he is hungry and stops when the cells ask him to stop. Also, he urinates and defecates whenever he feels the need. So that purity is there in his cells. The 8.4 millions of creatures in God's creation follow the same formula. Once the body is given solid food, this dharma of the body changes. The waste material produced in our body is based on the food we eat. The creator of our body, the Almighty, decides our food based on the size of the excretory organs in our body. After all He has every right over our body. The body is made in such a way that if the quantity of waste material to be released is greater, more exercise is also provided to that creature. For instance a tiger eats only flesh. Automatically the waste material created is more and it has to come out of the excretory organs totally. So God has created its body in such a way that it can run hundreds of miles a day. That exercise is required for the food it eats. Since the waste material that comes out is great, it doesn't touch food again until the waste is released.

That's why tigers eat once in 40 hours and sleep for 20 hours. That is the secret of God's creation. On the contrary, the elephant, which has a relatively big body, eats only vegetarian food. So its released waste is less relatively. For this reason, God made it walk slowly. That amount of exercise is enough for it. The fecal matter is excreted every day. So the elephant keeps on eating from morning to evening. Ten to twelve hours of sleep a night is sufficient for its excretory action.

Who advised the tiger to take rest for so many hours? No one!

The meat it eats suggests it to do so. By now you must have understood the fact that waste material is based on the food one eats, body's exercise and even the rest taken. If you understand this formula, you will automatically understand why we are prone to so many diseases. Our health or even ill health is based on this.

The three things that we human beings do not know:

- 1) What food we should eat,**
- 2) How much exercise we need to do (to properly release our waste material) and,**
- 3) How many hours we should rest before we eat again.**

There is no creature that does not know these things. Only we, human beings, are so ignorant. So we eat whatever we want, as much as we want, whenever we want totally ignoring the laws laid down by God and harming the nature around us, harming ourselves and leading lives of ignoble men. God has gifted us with fruits, raw vegetables and seeds. If we can consume them as they are, our excretory organs can release their waste materials every day. They are given that much energy. Additionally, if we eat this natural food before sunset, the time for excretion will be quite sufficient. Then the proportion will be 1:1. However, if we continue to eat till mid night there is not enough time for excretory action and so 10% of fecal matter will stagnate in the body.



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The food we eat can be divided into four types.

First type of food

If you eat sprouts, fruits, raw vegetables, and grains only, the body will release the waste material daily and so the cells will be pure and healthy. The waste material produced by this food is very little. Body doesn't need much time to complete its excretory process. Let us compare the natural food to jet fuel for the airplane. The pick up is greater and the smoke produced is less. Natural food contains more energy and less of waste material. Your body will be healthy, and automatically your mind will be sound. It keeps the ailments and stinking smell away from the body.

Second type of food

It contains 60% raw and 40% cooked food. Cooked food should not have salt, oil and spices. From this food 90% of waste material is excreted and 10% remains in the body, because of 40% cooked food! The waste material formed here is more than in the first type. This type of food is like the gasoline used for ordinary cars with a pickup of 80%. Of course there will not be major problems with this type of food, but it is not as pure as the first type. Occasionally you will be prone to small disturbances like cold or fever.

Third type of food

This is totally boiled food. You eat salt, oil, and spices but only vegetarian food. You eat spicy pickles also. Fifty percent of its waste material stagnates and only 50% is excreted. Compare this type of food to diesel fuel. It has 50% pick up and 50% smoke. Because of fifty percent of stagnated waste in the body, everything that is excreted as sweat, urine and feces, emit stinking smell. Mouth too. There is uncleanness in the cells, and that is spread all over, resulting in this putrefying smell. You will have some illnesses fairly frequently. You will feel very restless.

Fourth type of food

This food contains salt, oil, spices, preserved food, meat, pork, sodas, liquors, etc. Seventy percent of its waste material stagnates in the cells and only 30% is released. It is like kerosene with less pick up and more smoke. It gives you only smoke, and cannot power a vehicle. The urine and feces emit a very bad smell. The cells live in a polluted atmosphere. They die early. New cells are born in their place in a great number, but what is the use? Most of the energy produced from the food is spent towards birth and death of cells. People who eat this type of food get tired easily. They are likely to be affected by chronic diseases and are prone to irritation and anger. They can never be peaceful. There is no sign of good health in their body.

Do you now understand why food influences our physical health and even mental abilities? So those who consume food that provides more energy and less waste material have healthy bodies and sound minds. The smell that comes out of the cell is based on the accumulated waste material in the cell. So you can decide for yourself whether you are healthy or not, depending on the smell that emits from your body. Generally, we feel we are healthy if our blood tests, X-rays and scans are normal. On the other hand, if there is a trace of sugar in your blood test, you fear you've become diabetic. But neither of these is true.



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You don't develop diabetes on the day you had your test done or three four days prior to that! It is a result of the decay of your cells for ages. Can we foresee cancer in the blood tests? No! We get ourselves tested two or three times a year and boast of ourselves that we are healthy.

In a way cheating ourselves Now let's learn whether you are a perfectly healthy person or not. If your cells are pure and clean you are really a healthy person. How do you know that? - You shouldn't have bad breath even if you don't brush your teeth for a few days. Your saliva also does not smell bad. Then you are very healthy. - You should be able to bathe without body soap. Your body should not give off a smell even if you have not bathed for two or three days. - Your sweat should not stink. The clothes you wear, even if you wear them continuously for a few days, should not have a bad odor. That's a healthy sign. - You urinate and the bathroom shouldn't smell. The urine shouldn't have a foul smell or a bad odor. Then you are totally healthy. - Your motion should not give off a bad odor. It should instead smell like the food you ate. If that is the case, you are healthy. Those who win on the above five tests don't require any further testing.

There is no doubt about it. You will have that kind of perfect health within six months if you follow the first or second type of food mentioned above strictly. The waste material produced in the cells traverse from the cells to the excretory organs and from there back to cells. Since they cycle this way, they pollute the body and the cells.

The water in the cells receives the stinking smell from the cells and flows all over the body. This is the smell we sense when waste materials leave the body. Flowers can't give a stinking smell and dirt cannot send forth a fragrance by pouring perfume over it. The same way the smell in us cannot be concealed by any number of toothpastes, soaps, powders, perfumes, scents, or sprays over the body or in the bathroom. We are not cleaning our inner bodies. If we don't do that, however much we clean the body externally it is not helpful. What's the use of washing our hands if our feet are dirty? But that is what we are doing! The cells should be cleaned. They should be cleaned through fasting. If we fast and take in only honey, energy goes into and the waste material will be driven out of the cells, thereby cleaning them. That's why fasting is compared to penance. Fasting makes the body holy. For those who fast, the stinking smell disappears, and new cells are formed fast.

If you follow the food regimen that we have discussed so far for five, six months, then the cells will become purified. You don't have to fast in such a case. But of course you should eat before sunset and put a full stop to food after that! Only then it is possible. Don't you want to live life long without any disease? Then, eat only natural food. Enjoy the tastes of nature as they are! In return, you will have perfect health as long as you live. Realize that Health is Happiness and Wealth too! You can prove to one and all that good health is not beyond the reach of man! Nothing is impossible in the lexicon of man.



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Healthy Habits, Obstacles in Your Daily Routine

Buddha taught four stages to reach Realization:

- 1. Stage of starting on the path**
- 2. Stage of occasional return**
- 3. Stage of no return**
- 4. Stage of realization**

When we start anything new, initially we face some hurdles or vacillation and stop that work temporarily! If we start again with determination, we won't quit for any reason and will eventually reach our goal. There is a transition period for any new work we start or any new venture we jump into, or any new place we go, we face some initial problems until we get used to it. But we don't give up on the new work, do we? No, we adjust ourselves and get ready mentally to face them. The tragedy is, the modern man is not often able to adjust accordingly in matters of his or her physical body and cultivate good habits. The reason behind this is that we want to eat foods that taste good and pleasure our taste buds rather than foods that we actually need for our body and good health. Our daily routine revolves around those habits. Such routine looks easy and gratifying temporarily, but inwardly it is harmful and destructive to the body. If we continue with such routine habits, our nature will be primarily concerned with materialistic comforts. It is only saintly habits that would give us happiness and good health, a much greater reward than the satisfaction of our desire for creature comforts.

Let's take a look at some of the hurdles that we face when we try to change our habits food and water:

1.Nausea

due to drinking large quantities of water, Nobody ever says that drinking coffee first thing in the morning is bad, but say that drinking water on an empty stomach is bad! You know why? Because majority of the people are in the habit of drinking coffee. It is strange to say that bottles filled with water of sugar and colored, like sodas, are not harmful to the body, but pure, crystal clear clean water causes nausea! It all depends on how you inculcate your body to your habits. We consume large amounts of water on an empty stomach for good health, not to fill our stomachs. Water may not excite our taste buds but if you learn not to question its importance and drink it wholeheartedly, it won't question you (in the form of vomiting). Drinking water in the early morning keeps your body healthy. Our body is used to receiving water only when we require it. Suddenly we change the rules and send in water on an empty stomach. The result is a nauseated feeling. Nearly 60% of people feel experience it in the first week of changing their water regimen. Until you adjust yourself mentally to drinking large quantities of water, your body will resist.

If you feel nauseated, it is better to go ahead and vomit, and the nausea will go away.



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2.Vomiting

due to water A sudden consumption of a liter to liter and a half of water may result in vomiting. If you are prone to vomiting easily, initially it is better to drink two glasses of water, wait for ten minutes and drink another two glasses. If your vomit has a sour taste or a yellowish color, it means there is some waste material in your stomach or intestines. In such a case, you should slowly drink four glasses of lukewarm water (even if by force) immediately after you get up, and then by keeping fingers in your mouth vomit at once. Twenty minutes afterward drink more water slowly. Follow this procedure for four or five days if you have biliousness. Some people may not vomit for the first liter of water but they do so after the second or third time. If you still feel nausea even after vomiting, drink honey and lime juice with water instead of plain water. Some may not vomit at all! Forty percent of people vomit now and then within the first week. In any case there is nothing to worry about. It will not make you weak. You will realize that bad thing is coming out along with water.

3.Breathlessness due to water

Consumption of a liter to liter and a half of water at a time fills the stomach. The weight of the stomach presses on the diaphragm, and that makes breathing difficult. As a result some people feel heaviness or breathlessness. If it is only uneasiness it is better to vomit at once. Once you get used to it, you will happily drink plenty of water. If you have any breathing problems, you can increase the quantity slowly day by day.

4. Loose bowel movement for the second time

The motion that you have after drinking one liter of water is quite normal and easy. But the motion that you go for the second time will be watery and loose. This is nothing to worry about. The second dosage of water goes into the large intestines, clears it and brings out the waste matter there. With this we can take it for granted that our large intestine is thoroughly cleaned every day. Those who take enemas during fasting, and those who take proper food and abide by the rules of water, do get such motion for the second time.

5. Heaviness in stomach due to water

The heaviness that you may feel is not due to the water you drank in the early morning. Stomach sends away the 1-1 ½ liter of water into the bloodstream in no more than 15 minutes. When we drink, water is absorbed little by little, causing no heaviness. If you feel that your stomach is heavy, it is the feeling of heaviness in the mind. First clear your mind before you fill your stomach. People assume that if we drink more water on an empty stomach it may get enlarged. This is untrue. In fact, drinking much water helps reduce the heaviness of the stomach and fat in the body. Actually, the stomach becomes enlarged if you drink water along with food, since as long as food remains in the stomach, so does the water. Wait until the feeling of heaviness is lessened then drink more water. Your abdomen size will decrease and you will lose weight as the days go on.



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6. Urinating more frequently

You drink lots of water in the morning when temperature is cooler. Seventy-five percent of the water you drink comes out in the form of urine, so in the morning you will seem to urinate more than usual. This is not a problem. You see, all along you have been eating more salt. So a large quantity of salt, along with a large quantity of water, has accumulated in your body over the time. Now you have stopped eating salt. The salt stored in your body will be excreted through urination, and because of this, in the beginning you will urinate more (1 liter urine for 1 liter water). Overweight people and those who have edema may feel they are urinating more than the water they drank. This may last for 10 to 20 days. It is proportionate to the water or salt stored in your body. Some people may fear that they are developing diabetes because their frequent urination. This is never a danger! Simply, if you take in more water, you will release more urine. If this happens, it only cleans your body, and that is a healthy sign. Remember that.

7. Cold

You generally use hot water while bathing. Suddenly you are told it is better to use cold water. What happens? You develop a cough, runny nose or congestion, headache and what not. It is because the blood circulation to the head is eased by cold water that in turn hastens excretory action. Consequently, the waste material in the head moves, causing these symptoms. When you feel them, keep your feet in hot water for fifteen minutes. If you feel congestion, apply a little honey in both the nostrils with your fingers. Or do steam inhalation! It is quite natural to face such problems the first few days. But don't give up. If you don't stick with it, you will be the loser and the wonderful habit of coldwater bathing and you will become total strangers! Ever since you started this new routine, what are you doing? You are drinking 5 liters of water, drinking fresh vegetable juice, not consuming salt and oil, eating more vegetables and fruits. To top it all you gave up artificial food. As a consequence, the waste material in your chest and head are churned and sent out in the form of a cold. But don't think this routine or this type of food is not suitable for your health. Be reasonable. Understand that it is only driving out the bad in you.

8. Bowel movements due to raw vegetable juice

Most of us are used to eating cooked, hot food. Then, when you begin your new regimen, you drink raw vegetable juice. Your stomach may not be able to handle it and will release it in the form of motions. Don't worry, even if you have four or five motions a day. If you have more, stop drinking raw vegetable juice for two days. When you resume it on the third day, you can add water to the juice and sip it slowly, as you would coffee. Once your body gets used to it, then you can have thick, strong juice later. If you don't like the taste and drink it quickly, you may vomit it, so be sure to follow the recommendation here. First, you must tune your mind to your new life style! We want a sound mind in a sound body, elders say. But to get that sound body, I say you must have a sound mind first. Accept the reality that you drink the juice not for its taste, but for your sake, in the sense, to purify your blood and to keep you fit and healthy.



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9. Stool color

When you use beetroot in vegetable juice or eat beetroot curry, its waste will be of the same color even after it is digested,. The digestive juices in the intestines cannot change it, so your urine and stool may come out with similar color. This point is worth mentioning, so that you don't mistake it to blood. Likewise, if you eat leafy vegetables, your stool may appear green. This does not mean you haven't digested the food and it has come out raw. Don't be frightened and don't worry about the color. An odorless motion is a sign of good health!

10. Gas in the stomach

The large quantity of water you drink slowly moves the dried fecal matter in your intestines. There will be no gas formation when your bowel movements are dry, but gas will be formed before this happens. For some, formation of gas begins on the third day of this new routine. Since you eat more fruit and unsalted curries, more of waste matter is produced. The earlier accumulated waste matter blocks it from moving forward. As a result gas is formed. Also, when you eat sprouted seeds for the first time, the proteins in them are not digested easily; so more gas is formed. Since it is formed out of half-digested food, it will not smell pleasant at all. Such gas will exit through the anus, if the large intestine is empty. If not, the gas will travel up and cause bloated ness in your abdomen and chest. The sprouts you eat should be sprouted properly. They should be chewed and eaten properly.

Otherwise gas will be formed. If the gas is too unpleasant, you may stop eating seeds for few days. Wait until your stomach gets used to unsalted food. When you have free bowel movement two, three times a day, then you can resume this food. During that period you can eat fruits or unsalted food. You will minimize the gas if you chew the food well. The bloated ness of your stomach will decrease in proportion to the gas in it. If you feel very uneasy, you can have hot water fomentation.

11. Stomachache

The large quantity of water you consume in the first four, five days starts soaking the dry fecal matter. If the soaked waste matter comes out immediately, you will have no problem, but when it doesn't, it causes immense pain in the lower abdomen due to the movements in the intestines. Constipated people are likely to experience such pain. If you have this problem, use an enema. Do this with lukewarm water only. You can use it even during the pain, and then you will feel better. Some people may get a stomachache on the very first day of this new routine. The food is not digested properly for them. In such a case, it is better to eat only rice with curd.

12. Sour belches

Some of you may face this problem on the very first day or second day. When you are eating new food, the digestive juices in the stomach may not be produced in the right proportion. Consequently, the food will not be digested properly and it becomes sour. The gas from this food is sour and gives a slightly burning sensation when you belch. You should slowly munch cardamom and you will feel better. You may want to drink one or two glasses of lukewarm water as well. Within three days the digestive juices will become tuned to new food, so you will never face this problem again. Many people got rid of it on the first day itself, as we observed.



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13. Headache

A very common inconvenience for a majority of people is the headache. You have completely reversed your routine, so your body questions you in the form of a headache. Tea and coffee stimulate your nerves and cells, so when you stop drinking them, you face a stress. If you go back to drinking coffee or tea to alleviate this stress, you will never break the habit. So stay away from them if you truly want to change your health for the better. For the first few days when you have a headache, you may take a pain reliever such as aspirin. However, don't do so for the first few days. Instead, bathe your head in cold water twice a day. You can also place a wet towel on your head and put your feet in hot water for fifteen minutes. If you try one of these remedies, your headache will improve. Drinking more water churns a greater amount of waste contents. Five liters of water soak and move the waste matter in your cells. At the beginning, you will naturally experience discomfort, whether due to water consumption or bathing your head in cold water. But do not deviate from the right path and do not think that it doesn't suit you.

14. Reeling Sensation

You have stopped overnight your age-old habit of consuming salt. The result? You feel a reeling sensation due to change in your blood circulation. If you compensate for the salt-free diet by drinking four or five liters of water a day, you are safe. But generally people cannot drink more than one or two liters. If you stop eating salt, the water content required for blood circulation will not be met, so you should ensure that you make the four or five liters of water your goal. Otherwise drink tender coconut water two or three times a day and rest for a while. Then everything will be normal and you will not face this reeling sensation again.

15. Cough

A few people get a cough after five or six days of doing this new routine. Those who have phlegm develop a stronger cough. That is because the new diet is driving out the phlegm that was stored inside. With our earlier salty-food diet, we could not rid ourselves of the phlegm, even if we coughed. Our new diet does not give rise to new phlegm and even helps the lungs to clear themselves. So a lot of phlegm comes out now. Your sleep may be disturbed due to coughing. This should make you glad because waste matter is going out. There is no need to worry because you had no cough before, and don't rush to the doctor or start taking cough medicine. Drink some water, preferably lukewarm, on an empty stomach and make yourself vomit. Plenty of phlegm will be cleared. If you have phlegm, better you stop eating sprouted seeds. Drink honey mixed limewater before eating. If you do this, your lungs will become clear in few days. You should have an early dinner. You'll cough less as the amount of phlegm decreases, and when you stop coughing at all, you will know that your lungs are clear. Cough medicines only block the windpipe, but don't clear it. Your new routine, on the other hand, clears your lungs without the aid of medicine! You should realize that coughing at first is a good sign. It is the very first step to good thoughts and good health.

16. Weakness

The salt-free food you are eating at first is not sufficient to meet your physical needs. You may feel weak for a week or two. There may be many other reasons for this weakness, but lack of salt is the main cause. You know something? Nothing can beat salt at exhilarating the body—not even coffee, tea, cigarettes, pan, liquor, hashish, etc. Can you believe that salt stimulates the nerves and cells a hundred times more than any of these intoxicants?



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Know that salt is more harmful than any of these harmful things. The way our cells work requires salt. Earlier, we had been providing this salt to the cells through our food. The excess salt was stored outside our cells. We have been consuming much more salt than our bodies could use. Ever since you started your new routine, you have deprived your body of salt. The new food that you began to eat now have inborn salt provided to them by God. However, the body doesn't realize this initially, so its work slackens and we feel weak. Let us say, suddenly the light goes off and we light a candle. Initially we feel this light is very dim compared to electric light. But once we become acclimated to the darkness, that candlelight is more than enough. The same rule applies here. Our body takes time to adjust to the natural salts. Just as we probed in the darkness in the beginning, in the same way our body struggles with the salt deficiency. You should accept this as a law of the body, but still should not resume salt to your food. On the day you give up salt, weakness will set in. Drink a lot of water to compensate.

Otherwise your blood circulation will be slowed down. There is yet another reason for your weakness. Once you stop using salt, the food isn't tasty, so you consume reduced quantity of food. Eat salt-free foods heartily, and you will not have any problems whatsoever. You can't eat curries without salt? Then compensate for them with curd rice, fruits and dates. Drink coconut water two or three times a day. Drink vegetable juice and fruit juice. You get quick relief if you add honey to anything you drink because it acts like saline. In addition, relax for a while in the afternoon or sleep a little if you can. Doing so will help ease your weakness considerably. Above all, don't get upset and run to the doctor. If you do, the doctor will first blame me for advising you to stop consuming salt and then blame you for taking my advice. But do you know something? Most of these doctors don't know that salt is nothing but poison. So it is in your hands to take preventive measures for your own good health. You need to be able to brave any situation. If you take two steps forward but four steps backward, you will never reach your goal of having a healthier life.

17. Sleeplessness

It's a chain reaction: you eat salt-free food, so you can't eat properly, and if you can't eat properly, you are not happy! If you are not happy, your mind becomes restless and you cannot sleep properly! But these are rare cases. Ninety percent of people have told me they now sleep very soundly, thanks to their new diet. Not only that, but never before had they had such sound sleep. Yet another reason for your sleeplessness could be that you ate before 7p.m. If your food is digested early, you will feel hungry and unable to sleep. If that is your problem, eat fruits or ten dates. If you are still not able to sleep, soak your feet in hot water for fifteen minutes or put two drops of honey in both eyes. Then you will fall fast asleep. Another reason for your sleeplessness may be that you have to get up two or three times in the night to urinate, since you drank five, six liters of water before 7 p.m. People older than 50 will face this problem the most. The excess water in your body has to come out in the form of urine, but you will overcome this problem in 15 to 20 days. If the problem does not resolve, stop drinking water after 6 p.m., Have only a glass or two after your dinner. If you can't sleep properly, you feel weak the next day and you are likely to blame it on your food habits. So change your water habits.



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18. Lack of appetite

Those who have digestive problems feel uneasy in the beginning. They don't feel like eating. They feel their stomach is bulging. Normally people feel very hungry, beginning from the first day of this new routine. Natural food they are eating now is digested in two hours, so they feel hungry soon. Your hunger is related to your thoughts. If you can't relish the salt-free food and the very thought of it frightens you. Then the digestive juices will not be secreted and you won't feel hungry. On the contrary, if you catch a whiff of a favorite food, you will become very hungry, even if you had not been so before. Some people just can't control their desires, though they suffer from many ailments. They can't relish salt-free food. If you don't feel hungry, it is better to eat salads, curries, fruits and curd rice for few days. If you feel queasy, drink honey in lukewarm water. It rouses hunger. Don't eat sprouted seeds until you develop real hunger. You can eat just fruits in the evening. You will begin to notice that your food is becoming tasty and appealing. Because, now you are eating when you are really hungry only. Food eaten by force or by habit even when you are not hungry is nothing but poison. You will become healthier if you eat only to meet body's needs when you are hungry.

19. Inability to work

We have a deep-seated belief that if we don't consume salt, we won't have energy. This idea is completely false. We require good food to get energy and to work, not salt. How are animals like horses or cows able to carry their heavy weight and are able to slog away the whole day? In spite of heavy work, they are able to gain weight? Think about it! First attune your mind to new lifestyle before you attune your stomach to it. Most physical problems prove to be psychological problems. If we believe we can't work while eating salt-free food, we can't work! Some people wanted to experiment with salt-free food--even some doctors have tried it. But the problem is, when you eat salt-free food, it becomes so tasteless you lose your appetite. You don't have any energy and, as a consequence, can't work! So logically they conclude that if you want to work, you must eat salt. Many people have said this, and others have accepted it quite willingly. You can substitute salt with something else! Salt is not a staple food; it is a medicine, which you don't require.

Try eating plenty of salt-free food while drinking plenty of water for few days and see for yourself. You can do double the work with half the stress and strain. For the person who consumes salt, the small amount of water he drinks is stored in his body and helps in perspiration when he is straining himself. With someone who has stopped eating salt, the water that he has consumed is used up in urination. So he doesn't have sufficient water to bear the heat produced in his body. Consequently he feels weak and automatically he attributes it to his missing salt but does not consider his not increased water intake. You should strike at the root cause of any problem. I have gained this knowledge from my own experience! I personally know many people who have contentedly worked 18 hours a day while following this lifestyle. So eat, drink (I mean water) and work merrily! Experience is the best teacher. The happiness of this lifestyle should be experienced and not explained. When eating a salt-free diet, you can't expect happiness in just five or ten days.



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The happiness of it takes at least four months to enjoy. If you want to achieve something, you have to forego something. If you want to advance in life, you give up some minor pleasures for a while. Same way, if you want to have very good health for the rest of your life, you have to struggle for just four months. Why delay? You should do tomorrow's work today, and today's work now. Come on--start at once! When you first stop eating salt, your body will not cooperate with you, so you can't expect to work as contentedly as you had been. But this is no big problem. It is only the first hurdle. Cut down on your work for a short period while your body becomes attuned to natural salt instead of through artificial salt in our food. Until your body becomes accustomed to your new diet, it protests and causes hurdles. Once your body adjusts, it will allow you to accomplish your work very smoothly. Now it is your turn to wonder at your immense capacity. When you drive a fine sports car, you can't see its full potential driving in traffic. You've got to get on the highway to see how it can fly!

20. Fever

It takes time for a bad boy to become good. Similarly, it takes some time for our body to get used to new food habits in place of the old ones. This clash between old and new routine results in fever for some people. You started some many good things at one time that it's difficult for the body to receive them. Nobody can change overnight, and the same is true for the body! Don't worry and take it easy. If necessary, drink plenty of water and skip solid food for a day. Give rest to your stomach. If you don't have free bowel movement, use an enema. Every two or three hours, drink honey mixed water. After the fever subsides and when you feel hungry again, eat solid food, slowly increasing the quantity day by day. By the fifth day you will be able to eat everything in the new diet (including sprouted seeds). If your temperature is high, you can place a wet cloth on your forehead or below your navel three times a day or do an enema with cold water. The fever is there only to cleanse your body, and once you get over it, you can easily follow this lifestyle. Remember, all's well that ends well!

21. Muscle cramps

The inevitable solution offered for muscle cramps by doctors and other experienced people is to increase your salt content. But what about people who already eat more than enough salt? No, that is obviously not the answer. One will have to increase water content in his body to cure muscle cramps. Those who are quite active may initially experience muscle cramps on a salt-free diet, because enough salt for the muscles to work is not provided. The salt already stored in the body sometimes takes five or six days to become available for use by the muscles. You are uncomfortable not because salt is necessary, but because the body longs for it. The body has been given all along. If you are wise enough not to yield to its temptation, your body will get better soon. You can compensate for salt cravings by drinking more water, by drinking tender coconut water two, three times a day, or even by soaking your feet in warm water. It is better to reduce your level of activity like walking, jogging for few days after you begin this new diet.



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One reason for cramps is your lack of appetite and reduced food intake. The second, of course, is suddenly stopping salt. To add insult to injury, if you continue to exercise every day, the body cannot bear the strain. So the best medicine is rest. After a week or ten days, you will be delighted to find that you can double your activity and you will feel more energetic.

22. Inability to eat more quantity of curries In this case as in those previous, attitude is everything. It demands self-control of your sense organs. Initially you may find it difficult to eat salt-free curries, particularly if your aim is only for 40-50% good health. If you don't have 100% good health as your goal and continue to eat 30-40% of the same old food besides 60-70% of natural food, you will never succeed in your new life style because new food will not be tasty to you. If you truly understand the fact that you have changed your diet for better health, then you will learn to love your new food. Earlier, your importance was on taste, irrespective of its use for body. Attune yourself to relatively bland food before you start eating. Then it will seem appealing.

Otherwise, you won't be able to eat it whole-heartedly. If you accept things as they are, you will be blessed with sound health and happiness. Then you can worry about material comforts. You can achieve anything you set your sights on. Nothing will worry you or hurt you or will have any kind of hold over you. You win a man's stomach through his heart! Gain detachment towards food, and you can accomplish detachment towards troubles and torments of day to day life. Initially taste buds may rebel when you begin the new diet. First of all concentrate and win your heart. Visualize good health and happiness. Then start eating. Your old taste buds will die, giving birth to new ones! These new taste buds are new to the old habit.

For example, patient has not eaten food for ten days. On the eleventh day do you think he can relish the normal food eaten by everybody or even the same kind of food that he used to eat ten days before? No! By then his taste buds will have changed, and his old food becomes distasteful to him. If you give the new diet for 10-15 days, Mr. Tongue will adjust accordingly and yield to the taste of what you give him. If you do not let your tongue act as master, soon you will be the master of your tongue. Your taste will change. You will soon look forward to eating salt-free food, although you may have disliked it in the early stages. Patience and perseverance is what is required here! As we all know, easy money doesn't stick around. It steals your happiness and your peace of mind. The name and fame you achieve without any difficulty will also never linger. Misery teaches us what happiness is. Happiness attained after sacrifice is the only kind that lasts.

The daily routine we are going to follow may cause some hurdles initially. Let us look beyond them! There is a steady, perfect good health waiting for you there. All along you have been consuming food that created much waste. There was no proper outlet for that material! Our routine was framed to suit our greedy tongue and heart. Now the tongue and heart must consider the body. It will take time, but it will happen. Even bad habits like smoking and drinking cannot be acquired at once.



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The first time a man smokes a cigarette, he chokes and coughs, but does he give up that bad habit right then? No, because he wants the pleasure of it! So he patiently bears with the discomfort he faces in the first few days. Once he starts smoking happily, he forgets the suffering! The same is the case with alcohol. The first time a man drinks, he will become nauseous, dizzy and possibly even vomits. But still he bears with it to have the fun of drinking. So think it over! If you can doggedly pursue a bad habit that will ruin your health, why can't you have the same patience to acquire good habits that will save it? Health is wealth. This body of yours is your mode of transport to enable you to fulfill your duty as a person. So devote yourself to the process that will help you to live happily for 100 years without throwing away money on illness! Come on, follow it and learn to live in peace.

There is no hard and fast rule that everybody will suffer initially with new food. Twenty-five to 30% of people encounter no problems at all. This is directly proportionate to their mental stability and to their food habits and lifestyle! One last word! If you sit at the seashore gazing at the ocean, you see its crashing waves and hear its roar. You assume the whole sea is filled with roars and waves. But if you go beyond the shore into the water, you learn the secret! You see how calm and peaceful the sea is. The same way, people with determination, who can get over the trivial obstacles they face in the first few days of this naturopathy, will acquire pure hearts and healthy bodies. If you run away cowering from the first breaking wave, you will never have the chance to see what lies beyond. It is all in your hands!



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Healthy Habits, Putting an end to Medicines

Creatures of all types are leading their lives in a systematic way. Since they have no other work, they lead a life of dharma. Each living organism has its own dharma, and the dharma of its body. Since these organisms fulfill their dharma, they are leading a healthy life far from diseases, ailments, medicines and bed rest. They are happy too. Man, however, is a social animal. He cannot dedicate all his time to health or to the dharma of his body. Since he places more importance on others ignoring his responsibility he faces health hazards. Had he devoted a few hours a day to his body, he would not have had to go to a doctor. Ever since the dawn of civilization, man has had time for making improvements in every area of life, except for his own health. He is realizing its importance too late. All his innovations can be enjoyed only if he has sound health. Our lifestyle is the sole cause of our health hazards. We are changing our bodies to suit our habits. We are not providing it what it requires. For instance, we do not give it sufficient water. We blindly eat without knowing what to eat, how to eat or how much to eat. We are not able to breathe properly. We do not pay attention to our bodies' natural rhythms.

Due to our bad habits, the body becomes vulnerable to disease. Now through science we attempt to cure man completely of his diseases. But the tragedy is that medical sciences and doctors aim at the complaints only. They dispense medicines only for ailments. They do not take into consideration man's lifestyle, so they are not able to drive out the deep-rooted cause of the disease. They tell us these diseases are chronic and that we should be life-long devotees of medicine, and we follow them blindly. But our body continues to suffer year after year. There is, however, a way out to rid us of these diseases and ailments. Instead of making our body adjusted to our habits, we must adjust our habits to suit our body.

This is the only solution. We have no other option, and that is a 100% certainty. If we don't change our lifestyle according to the requirements of the body, we cannot put an end to our ill health. A sensible soul will realize his mistake in time and rise to great heights. Let bygones be bygones. Let us set aside our previous habits, thoughts, ideas and lifestyle. Let us follow the new routine that suits the requirements of the body and to make it pure and disease-free. Food is the actual medicine. It may look incredible. But we don't need any other medicine. The body cures itself of all ailments step by step with the new food habit. Consequently the intake of medicines can be reduced gradually. Ultimately a day will come when you don't need them at all. You can comfortably look forward for such a day, if you strictly adhere to the rules of this new routine. Suppose you can't adhere to it completely--you continue to depend upon medicines. If I ask you to stop medicines, it is not because I am against medicines. I am against the thought that medicines alone will cure us and that we should take them life long.



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Medicines should be taken only in emergency cases. Haven't you heard the saying, an apple a day keeps the doctor away? This apple symbolizes the natural foods you are asked to consume. So don't be slave to medicines. It is high time you wake up and lead the rest of your life happily. What should you do? You should not, at one shot, put an end to all medicines if you are on medication. This can lead to unnecessary complications. The "medicine" of salt should be stopped at once, but the same rule is not applicable to other medicines. You should wean yourself away from them slowly. If you give them up slowly, then you are showing your due respect to both Allopathy and Naturopathy. It is our humble duty to honor all types of medical sciences. Now let me analyze how various ailments can be cured by a change in food habits.

1. High blood pressure patients

You should follow your routine without any change. Since you have given up salt totally, it is the best treatment for high blood pressure. But, as mentioned earlier, you cannot totally give up medicines from day one. Continue all your medicines, get your blood pressure tested every four days and reduce just one tablet, if your blood pressure is 120/80 or a little less than that while resting. There is a possibility that your blood pressure may shoot up the next day. Since you have given up one tablet, it is no problem. Continue and get tested once again. If it is still 120/80 or less, once again, you give up another tablet per day. If you slowly decrease your intake of tablets, ultimately you will reach a day where you can put an end to them.

But if your blood pressure is 150/90 or higher initially, don't give up medicines immediately. Follow the above procedure gradually. If an allopathy doctor learns that you have given up salt totally, he will become alarmed. He will scare you that it is harmful. But if you yield to him, you can never be cured of your blood pressure, can never avoid medicine, and can never save your money for use on better things. Year by year the number of your blood pressure medicines will increase and, proportionately, your body will be affected. Doctors should first try a salt free diet for themselves and realize its impact. But the tragedy is they don't give up salt and they don't allow us to do so either. We are told that the normal blood pressure is 120/80, but it is wrong. You may think I am a madman for saying so, but the fact is we have been consuming too much salt since childhood. As a result, we are becoming blood pressure patients even in youth. You may be surprised at this, and you may be hearing this for the first time, but this is the harsh reality: the normal blood pressure for a healthy man is 100/70. If anyone's blood pressure is higher than that, he is a blood pressure patient. Since every human being consumes salt, 120/80 or 110/70 has become a normally accepted blood pressure.

Even I believed that normal blood pressure is 120/80. Until five years ago, I also had the same reading. After I stopped salt completely, I got a check up after five months. It had come down to 100/70. I was concerned that this was, in fact, a low blood pressure. But after several months there was no change in my blood pressure, and I was more energetic and healthier than when I had 120/80. I wondered if this feature was peculiar to me or if it was common with everyone following my type of diet. So, I examined all my patients with a salt-free diet. It was the same for everyone. You know what? It is not beyond 110/70 or 100/70 for any age group – 25, 40, 60, even 80 year old people. The same blood pressure is maintained for all those who have not been consuming salt for ages. So it is a wrong notion to think that blood pressure increases with age. Now it has been proved by our natural lifestyle that blood pressure increase due to age is not correct; it increases because the salt we eat hardens the blood vessels. If we stop the intake of salt, the body retains only the amount required to assist the heart function in a healthy body.



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The normal pressure is 100/70, which means that the heart is able to supply blood all over the body with little pressure on itself. If we have a low blood pressure like this, our hearts can last 150 years. Except for kidney patients, most people who follow our natural lifestyle are cured 100% of blood pressure. When you read the chapter “Experiences and Feelings,” you can see for yourself. If you resume eating salt, within ten days your blood pressure will increase. My sincere advice is, if you want to eat salt, better you buy medicines too.

2. Low blood pressure patients

The one perennial question I always face: “You advice us to give up salt totally, whereas doctors advise low blood pressure patients to add salt to everything they eat. Whose advice should we follow? Don't you think salt-free diet leads to low blood pressure?” The problem is there is a deep-rooted belief that the only medicine for low blood pressure is adding more salt to your food. Okay, so by adding salt you may be relieved of your suffering for the time being. But, are you cured of your low blood pressure permanently by consuming salt? No.

Then listen to my argument. Low blood pressure symptoms are seen in those people who don't drink a required amount of water. Even if your blood pressure is less than 120/80, if you drink plenty of water, you will not become dizzy. Even in those who are very active, blood pressure for them will be only 100/70. But will any doctor call them low blood pressure patients? No, the doctor will say it is normal for an athlete. Since they are quite healthy, they have that pressure. In that case, don't you think we should also have the same blood pressure if we are also healthy? It is always better to start drinking five liters of water first and then stop eating salt. Otherwise no salt and no water situation lead to giddiness and you may even faint on the very first day. Plenty of water helps in pumping sufficient blood to the head and brain. So dizziness will be minimized. Even bathing the head in cold water is good for low blood pressure. If you don't follow this food style properly, you will feel weak and dizzy. If you assume that this is due to low blood pressure and begin eating salt, you will never be rid of your low blood pressure. Even if both the kidneys fail, you cannot stop taking salt. So, for whatsoever reason, don't add even a pinch of salt to your food. Drink two to three glasses of tender coconut water a day when you start this new routine.

It will reduce your weakness and is good for low blood pressure patients. Raw vegetable juice is a must. If you follow these precautions, you won't have to use salt. You can see the difference for yourself from the second day. We can say we have tamed low blood pressure. 3. Diabetes The general belief is you develop diabetes because your grandfather is a diabetic patient or because your father and mother both are affected by it. So you think it is hereditary and you suffer from it due to your genes, not because you had some bad habits. Once a diabetic always a diabetic is the belief. So diabetics get depressed due to this belief. I too agree there is no medicine for diabetes. But it is also true that if you make up your mind, you can get rid of it. The doctors say there is no medicine for diabetics, but they don't say there is no food to cure it. In natural lifestyle food only is the medicine. And it can get rid of diabetes.



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Those who follow natural lifestyle while taking medicines gradually give them up. They can eat fruits like anybody else. Even for those who take insulin, 70% of them are cured of the disease without the need for insulin. Sugar reduces in proportion to salt. Less salt means less sugar. Salt and cells are closely related to each other. The cells don't use sugar quickly when salt is taken, so the sugar content of the blood increases. If you stop the intake of salt, the cells' workmanship increases. Now let's think of the diet. If you are a diabetic, drink vegetable juice made of tomato and carrot. If your sugar reading is lower, you can add two spoonfuls of honey.

Eat chapattis (breads) with curries until the disease subsides; then you can start eating rice. If you are taking only one tablet a day, you can eat, from day one, fruits like sweet lemon, pomegranate, papaya, watermelon, and guava every day. But dates should not be eaten until your sugar level is totally under control. Do not use honey. You can get rid of diabetes quickly if you eat pulkas (breads) with lots of curries in the morning and, in the evening, pulkas with raw vegetables. Every four or five days, test your sugar after lunch, and reduce a tablet daily if it is 120 - 130mg%. Thus you can gradually reduce until you totally put an end to using insulin. You won't feel weak if your sugar level is greater than normal. But if it is less than normal, you should totally give up medicines. Those who take two tablets a day can reach to normal reading within a month without a need for medicine. You can begin consuming fruits, honey, and dates on the day you reach a normal reading.

The same way, those who inject insulin should also test themselves once every two or three days in the first ten days and reduce the dosage slowly. Your post-lunch reading should not be less than 150mg%. It can shoot up to 250mg%. No problem. If you can eat pulkas with raw vegetables for both lunch and dinner, it's much better. Diabetics won't feel weak if they eat sprouted seeds.

4.Headache

There are many causes for headaches. No medicine can cure any of them; it can only mitigate your pain. So the only suggested cure for a headache is a pain reliever whenever you have headache as long as you live. But in our natural lifestyle, if you can strictly adhere to the routine suggested, I can assure you, that your lifelong headaches will be totally driven away within a month. There will not be a single soul who can say I am still suffering from headache. You will be completely free and will no longer require any medicine at all. Would you like to know how? Just follow the daily routine strictly according to the rules. Especially drink five liters of water and bathe your head in cold water every day without fail. Be aware that you may suffer from severe headache during the first four, five days. In such case, don't give up your regular medicine. Stop taking it only after your headache subsides completely. If you have a problem with constipation, you will need to have an enema before eating. You will not be cured of your headache unless you have regular bowel movements. Many people get rid of their headaches completely within 10-15 days. If necessary (if your headaches persist) it is better to have a head bath in the evening.



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5. Arthritis

The general opinion is that arthritis is a symptom of age. Others say that arthritis is the result of worn out bones and joints with no lubricants. So they need an operation. For any case of joint pain, swelling, or arthritis, the cure is one and the same. Your previous lifestyle of consuming salt has ruined your joints. But your new food style can help you cure them. The foods you eat, raw vegetables and other high-fiber items, help in the formation of natural sticky substance in the center of the joints and prevent a rupture of them. Salt-free food drains out the water in the joints and reduces swelling. You don't have to change your new lifestyle in any way. You can reduce the medicines based on the improvement of your pain. When the pain is severe, if you apply a bit of sesame oil, do fomentation with lukewarm water, and later tie a wet cloth over that area, you will find some relief.

6. Gas trouble and acidity

People suffering from gas trouble and acidity are generally asked to stop eating sour food, reduce spicy items and avoid lemon. Any number of medicines may give them only temporary relief, but not a total cure. Why? The root cause has not been addressed. Unless you have a very normal bowel movement, you can't be rid of these symptoms. If you drink five liters of water in a systematic way and eat plenty of vegetables, you will get a free bowel movement and so the formation of gas in the stomach will be reduced. In case you don't get a free movement, you must have an enema. You can use lemon. If you feel uneasy initially, eat only curd rice for lunch and dinner and fruits now and then.

The salt and oil-free diet controls the formation of acids, so you will not have an acidity problem. If you like, you can drink honey and limejuice mixed in lukewarm water. Especially if you suffer from these two symptoms, you should not eat food until you feel very hungry, even if it is time to eat. You can stop medicines one day before beginning your new diet. If you feel uneasiness during this time, you can take medicine. If you don't feel hungry, your digestion is not proper, and you feel uneasy in the early days, then stop eating sprouted seeds replacing with fruits. You can resume eating sprouted seeds after few days.

7. Constipation

If you are taking medicines daily to help your bowel movements, you can stop them from day one. Since you drink a liter to liter and a half of water at a time, the fecal matter will be soaked and so you will have a free bowel movement. The second dose of water in the evening water before eating will also enable you to have a free bowel movement if you concentrate on it while drinking your water. If your constipation persists, have an enema in the morning with lukewarm water. It helps you clear your bowels and you will feel hungry. If you have this problem, it is better to drink seven or eight liters of water a day. In terms of food, you should eat lots of vegetable curries, coconut, and all types of pulpy fruits, especially papaya. If you follow the rest of the routine as per our specifications, you will have a free bowel movement two, three times a day. You will also feel terribly hungry.



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8. Heart Troubles

These patients will be using a greater number of medicines. If you are a heart patient, you should follow this new routine per schedule, have your blood pressure checked once a week, and eliminate that medicine for BP first. Other medicines you can reduce slowly and steadily after a month, on doctor's advice. At this rate, by the end of the fourth month, you can completely give up all medicines. As long as you stick to this lifestyle, you can lead a happy life without medicines and surgeries.

9. Asthma patients

We all think there is no permanent cure for asthma. Asthma is like grass on the ground. The grass keeps growing and is green as long as it gets an adequate supply of water. Once the water supply is cut off, it stops growing, but its roots will be buried deep in the ground. At the next drop of water, it will sprout again. Salt to asthma is like water to grass. As long as asthma doesn't have a supply of salt, it becomes dry. Once it gets salt, however, it springs up like grass. So, among asthma patients, those who can give up salt are the lucky souls.

The new diet cures them of this disease in two or three months. Of course it may take five or six months for some people. You will gain great relief if you totally depend on raw vegetables, fruits, seeds, etc. In the beginning instead of bathing your head in cold water, bathe it in lukewarm water every two or three days. Drink lukewarm water in the morning. Add honey to all juices. It gives you energy. You should eat food to fill only 70% of your stomach keeping 30% empty. Have dinner early in the evening.

If you still suffer from cough or breathlessness, give up eating breakfast and in place of it, drink honey and lemon juice mixed with lukewarm water two or three times. If necessary, apply some oil to your chest and do steam inhalation. Phlegm will be produced as a result. Following these methods, you can gradually reduce the use of an inhaler or medicine until you give them up entirely.

10. Sinus trouble

The rivers may dry up in summer, but some people always have a running nose. Because of this, they have breathing trouble and sleeplessness. They may feel uncomfortable going out in public. As the saying goes, a treated cold takes one week to cure, whereas an untreated cold requires seven days. But in a natural lifestyle, cold or sinus trouble can easily be cured. The simple cure is to give up salt entirely and drink five or six liters of water a day. Vegetable juice adds to the cure. If you are a sinus patient or are suffering from cold, follow this new routine and go for brisk walk or jog in the morning, or do any work that activates your muscles. It is a must. You can follow the same diet as prescribed for asthma patients. If at any time your nose gets blocked, instead of using nasal drops, if you apply honey with your fingers into the nose as far as you can, you will feel free of the blockage at once.

11. Patients suffering from cholesterol or triglycerides

You can give up your medicines from starting on day one. The food we eat now is free from oil, sugar, ghee, flour, etc., so the increase in the amount of cholesterol will come to a standstill. In addition to that, our new food contains ingredients that can fight cholesterol and triglycerides in our body. Slowly they will reduce. Especially sprouted seeds, raw vegetable juice, plenty of vegetables, unpolished rice, and fruits are more effective than medicines against cholesterol. You can undoubtedly use raw coconut. It does no harm. But if you have triglycerides, avoid rice and dates. The rest is the same as for others.



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12. Those who take vitamin tablets

Until recently you had not eaten a proper diet, so you wanted an external aid in the form of tablets for energy. But now since 60% of the food you eat is raw, you will get sufficient quantity of protein-rich food. Honey and dates help you to make more blood. Instead of ordinary rice, the unpolished (brown) rice you eat provides the required amount of 13 vitamins. Also, the salt-free, oil-free diet enables the intestines to better absorb the essence of the food. A balanced diet is provided by the numerous vegetable curries we eat. Sprouted seeds are enriched with proteins. So you can put end to taking vitamins as soon as you begin following this diet. Your daily routine will make you energetic and healthy.

13. Thyroid patients

The belief that thyroid patients have to take medicines for life is not true either. Natural iodine is required for the thyroid gland, since it is missing in our food, the gland cannot produce hormones properly. If you eat natural food every day all glands in the body will function normally. The thyroid may also function normally and produce the necessary hormones. Eighty to ninety percent of thyroid patients have recovered by following natural lifestyle. If you follow the routine exactly for three, four months, hormones can come back to normalcy. In the first month, follow this diet and take your medicines normally. The next month, take only half a tablet, the third month totally give up the medicine, and get tested in the fourth month. If necessary, you may have to take medicine for a few days. Of course, even if you give up medicine, you will not have any complications like the swelling, change of voice, or weakness. You should eat grams like green gram, Bengal gram or groundnut along with coconut, ginger, dates and dry fruits, etc. Next, exercise, if time permits. Pranayama and some yogasanas will help you even more. So you don't have to use iodized salt to cure thyroid disease. It's not necessary.

14. Skin diseases

Skin diseases take a longer time to be cured. The only medicine for these diseases is total raw food. Medicines give you only temporary relief. Of course, you can use medicines or ointment in the course of this new routine to relieve pain. Salted food will never cure you of skin disease. You should resist the temptation to eat salt. Even if you attend parties or weddings, you should satisfy yourself with just curd rice. Much diligence is required. Those who take medicines take a longer time to get cured than those who don't use medicines. You have specialists in various fields for each disease in Allopathy. But in our natural lifestyle, you don't require any doctor. So there are no consultation fees, no medicines, no blood tests, no X-rays, no hospitals, and so no waste of money! There is only one cure for all diseases.

It is Natural Life Style. All diseases vanish in Natural Life Style! You just control your appetite. That is enough. Age-old, chronic diseases are no longer tough nuts to crack. You shouldn't entertain any fear in your mind. Don't wonder whether this food suits you or not. Don't think of your disease, or the medicine you use. Do one thing and one thing only: wholeheartedly follow Natural Life Style. You cannot get rid of any disease or its medicine without adapting to natural food and natural lifestyle. It is better late than never! Turn your mind towards Naturopathy and lead a peaceful healthy life.



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Healthy Habits, How to derive pleasure from healthy staple food

"The following is the excerpt from personal diary of a naturopathy practitioner who is impressed with oilpulling.com"

The very words "natural food" dishearten many at once. They think it is tasteless and completely unappealing because it lacks salt, oil, seasoning, chilies or spiciness. Innocently ask - How one can eat just boiled vegetables? Is it worth living with such food? Were humans not born to enjoy delicious foods? Of course you can't be blamed for that. All along you have followed the credo, "Variety is the spice of life" and enjoyed food of various types and flavors. Consider this crucial fact: if you get sick, your body faces problems. It cannot accept the spicy food as before, but the heart longs for spicy food (with salt, oil, ghee, spices) and demands foods with much more salt. If you fulfill the desires of your heart, slowly all the parts of your body will decay and this body vehicle of yours will go beyond use. Finally it will be made only of various lifeless parts. At this stage you go to doctors; they treat you only your various parts and tell you to give up many tastes and to take medicines forever. If you don't give up tastes, neither the treatment nor the medicines are useful. As a result you will be in very bad shape. You follow treatment on one side and the restricted diet on the other. You can neither be happy nor unhappy; you are neither very healthy nor very seriously ill. And, you can neither live peacefully nor die peacefully. You pass your problems to others and make others' lives miserable. You will ultimately arrive at the conclusion that living is the real hell and long for heaven after death.

You know why all these problems crop up in your life? For one simple reason: you are unable to control your urges. If you go to the doctor, you should follow his diet restrictions as well as take his medicines. But are you really cured of your diseases? No. The doctor benefits from your sickness. So with Allopathy, no matter what you do, you are never assured of good health. On the other hand, with Naturopathy you follow only diet restrictions; you don't take a single medicine but are completely assured of good health. It promises a cure from chronic diseases. Decide for yourself! The food here may be tasteless, but it aims at perfect health.

Chronic patients, who go to nature cure hospitals, follow the diet restrictions strictly and get relief from disease. After some time, few of them go back to their earlier habits. Consequently, their diseases also come back to them at once. Day by day the number of patients, diseases, medicines, doctors, and hospitals are increasing. Such a rapid parasitic growth is not good for any country. From such diseases, our family, our society, our nation and finally we suffer gravely. If we so desire, we could concentrate on a food that gives us both good taste and good health. We should pray to God for that. If we genuinely pray, God is always eager and ready to help. He will send somebody to help us. It is the Dharma.



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Whatever desire we may have, if it is a good desire, it will be fulfilled. After you are settled for natural food, there may be a moment when you feel like having tasty food for a change. You will suggest the lady of the house to add a pinch of salt, and she will add a bit more and make a normal curry. Taking only a pinch of salt, a little bit of spice, or two drops of oil will not end with that day. Before you know it, you'll be back on your normal diet. For instance, you were once a chain smoker and gave it up forever. But if you are tempted to have a smoke for a day or two, you know how it works. You will end up smoking regularly. The dividing line disappears without your knowledge. Our desire is for good health. If we really want it, we should completely give up salt, oil and spices and bring about a revolution in our eating habit. The natural food we eat should be easy to make and tasty to relish.

At the same time, it should help curing the sick and benefit the healthy that believe in prevention than a cure. I experimented making curries with that aim in mind. It worked out, and my wish is fulfilled. The new curries smell pleasant, attractive to look at, good to eat, and easy to cook! In addition to curries, you can prepare quite a variety of foods in less time and with less expenditure. They give you extra time and energy in your busy day. They don't give birth to new diseases; on the contrary, they act as preventive medicines. Eating them won't bother you, and they will brighten your mind. They are useful for all age groups, helpful even to manual workers and last but not least, make you perform better at work.

Are you surprised at this long list? Do you think I am exaggerating? No. If you really taste this new menu, you will discover for yourself more important information I missed. See, it is a chain reaction. If you wish to understand it, you should experience it; if you have to experience it, you should begin it. If you want to begin it, you should develop the desire to follow it. To have the desire, you should first know all about it. So come on! Learn about this new way to prepare your food. There are seven flavorings. They are salt, oil, ghee, sweet, sour, hot and spices. Any variety of food preparation springs out of these seven basic flavors. Without these seven there is no taste, but without these seven there are no diseases either. From these seven flavorings spring an infinite number of diseases.

To please our taste buds, we distort the natural food provided by God. The diseases in our body are directly proportionate to the quantity of these seven tastes. When you give up these seven, you have conquered the whole world. You can eat happily. You can live and let others around you live happily. Now let us look at the substitutes to the harmful seven tastes: Salt: Every edible item created by God has some pinch of salt in it. In fact, our bodies need only a small quantity of salt and every item that we eat contains inherently more than the required quantity. The creator of our body, God, knows very well what we need, so He has taken care that we should not miss any of them. That's why He has provided natural salt in every food and that's why we don't need to add further salt through our food.



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Then you may ask why your tongue does not taste this salt in our natural food. It is because your tongue has become so used to salt that it no longer tastes the lesser quantity. If you are accustomed to drinking strong coffee, can't you tell the difference at once if the brew is weak? The same principle is applicable here also. If you don't add salt to your food for three or four months, your tongue will be able to identify the salt in vegetables and fruits.

In place of salt, you can add any of these to make your food tasty – milk, curds, coconut, tomato, leafy vegetables, or sour items. Chili Powder: So far you have used red chilies or red chili powder in your cooking. Now substitute it with green chilies. Sour: Till now you have been using tamarind for sour taste. Now use raw tamarind, mangoes, lemon, or amla as much as you want. Sweet: Sugar is well known. Stop using it. You can use harmless honey in its place. You can also use dates. Ghee: You can replace this with the required amount of thick milk or curd. Oil: You can use the seeds that provide oil. For instance, in the place of groundnut oil, you can grind groundnut seeds and use the powder. Similarly, you can use coconut. They are not harmful.

Spices: Black cumin, ginger, coriander seeds, mustard seeds, etc., are prohibited. Replace them with pulses. Replace garlic with onion. Onion also gives a good flavor to the curry. So this is the secret to our success. In the place of seven harmful tastes, you can use many more helpful tastes and give your food new dressing. In such a way you can prepare anything and everything--chutney, soup, fry, snacks, sweets, and what not. Where there is a will, there is a way. You can still enjoy all types of tastes and be rid of your diseases. Of course, the first few days of this new routine may inconvenience you. You may feel disappointed. Let me suggest some methods to help you fight against this disappointment.

A few tips for happy eating:

1. Silent eating:

You need the services of your tongue while eating. You also require the services of the same tongue while talking. The poor tongue can't do two things at the same time! That's why you should eat when you are supposed to eat and talk when you are supposed to talk. If you talk while you eat, the food gets stuck. But you don't care. So it's high time you realize you are sitting before the food for a purpose and so concentrate on that one task. You have two-fold advantage if you chew your food properly while eating. First, food begins being digested in the mouth itself. So a healthy practice is to chew solid food until it becomes liquid. At that time, if you try to talk, the tongue has to free itself to do so. It drives out the food into the esophagus before it is completely chewed. The mind, which has to decide whether the food is turned into liquid or not, and whether it is digested or not, is otherwise busy, so the tongue escapes its duty. Our elders did not tell us for no reason that we should chew our food 32 times. Food is digested 30% in the mouth, but for a talkative, only 10% gets digested. If you can eat the food in small morsels and chew it properly, then the digestion in the stomach will be quick and effective.



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The digestion in the mouth is equivalent to the primary education from kindergarten to fifth grade. Just as the primary education lays a strong foundation for higher education, the digestion in the mouth lays a strong foundation for the digestion in the stomach. Follow a simple logic. God hasn't given us teeth in the stomach. This means each thing has its own place and has its own duty to perform. We should not neglect this duty. We are not born as animals to gulp food in a hurry and ruminate later.

We are different from them and so let us eat differently. Food that isn't chewed enough in the mouth consequently cannot be digested properly. As a result, it stays long in the stomach and creates new problems. It becomes sour and produces gas, bloatedness, belching, breathlessness, etc. Another problem is, however much you eat half of it goes out in your stool undigested. That's why though you eat a lot, you still feel weak. The second advantage is, if you eat silently, the saliva glands in the mouth, from contact with food, produce more saliva. As a result, the food in its first stage gets mixed up thoroughly with the saliva and digestive juices. Moreover, since you chew it more, it touches the upper part of the mouth more and so fills you with the pleasure of eating. So only those who chew their food well get the full pleasure from it. You won't get hiccups if your food is mixed well with saliva when it enters the esophagus. If you do get hiccups, it means your body is sending you a warning signal that you are not chewing properly. Instead of realizing this, you drink water and continue to gulp food. That's wrong. Man alone is given the ability to reason, but he does not use his reasoning ability properly.

Your food should get mixed up with saliva, not with water, mind you. After all, you talk the whole day. Can't you keep quiet for the few minutes while you eat? Haven't you learned, "Speech is silver, silence is gold"? Practice silence, especially while eating. It helps you in so many ways.

2. Concentrate on your tongue:

The tongue conveys taste, but it is the mind that decides the taste. When the mind is distracted, it cannot sense the taste in food, so you taste nothing and you will not be satisfied. Today, man is surrounded by TV's., CD players, magazines and newspapers, etc. But he is so busy working that he hardly finds time to watch them. So he tries to save time by watching them while eating. Then the tongue does its work like a lifeless machine. For some, the only chance they get to see their families is during mealtimes. So they all talk and laugh while eating. You wish to eat tasty food, but you don't concentrate on the taste. Isn't it funny? How can you pay attention to what the tongue tastes if your mind is elsewhere? One may argue that we eat without knowing the real taste of food? The food you eat with your mind on something else doesn't give you more than 50% of the potential pleasure it could provide. You can accept this only if you test it with 100% concentration. Let me give you an example. I once served a sweet made out of honey to four people.

They were talking to me while eating the sweet dish. After they were halfway through, I asked them how it tasted. They unanimously answered it was good, it was sweet, and it didn't look different though it was made out of honey. Now I asked them to chew the second half of it silently without talking. Then they were able to realize the salty taste more than the sweet. They could make out the presence of honey, and they thought it was much better than sugar.



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So, their first opinion was a biased opinion. They took for granted that it would be sweet, and so could experience no other taste. If you concentrate, you may even discern the taste of milk and coconut in it. The same is true with all fruits and vegetables. If you concentrate while eating, you can taste salt in them and find pleasure in it. If you eat dates and papayas this way, you will at once realize they are saltier than other vegetables or fruits. When you eat salt-free food, pay close attention and you will have the real flavor and pleasure of it.

The mind is the sole cause of everything. If you realize this and concentrate on what you eat, you can eat more with satisfaction. Then you will be benefited more through natural food and your health will improve.

3. Mix rice in vegetable curries or eat curries with chapattis (breads).

Till now the practice has been to mix curry in rice. With that you eat less curry and more rice. Even that little curry is full of oil, salt, chili powder, etc. Since you are eating only a small quantity of curries, you are not getting enough protein that your body needs. With that you will not have free bowel movements and you will become prone to new diseases. But in our natural lifestyle, you should mix rice in curry instead of the other way around, so you will be eating more curry than rice. If you're involved in physical work, you can eat more rice, but it should be in equal proportion to the curry. The curries will not taste completely bland if you mix rice with them. Of course, in the beginning you may not like them with rice. If so, eat them with chapattis (breads). This way, you can consume more curry, and you will be healthy very soon. You will have free bowel movement. But if you eat only a small amount of this type of curry, you will be weak and face some problems. So don't forget. Don't eat too little curry.

4. Squeeze a lemon over food:

The curries that you eat may not be tasty in the early stages. Some people don't want to eat this kind of salt-free food. If you want to relish this food, even if you are not used to it, you better squeeze lemon on the curries. It tastes sour and drives out the uneasiness caused by the salt-free food. The sour taste of lemon minimizes the salt-free flavor. There is another advantage too. Salt-free food doesn't stimulate saliva quickly in the mouth, so you can't taste it right away. On the other hand, the very idea of the lemon's taste inspires saliva to spring out as a stream. As this sour taste hits the mouth, it gives a new dimension to curry's taste. So you can eat more of the curry. Anyone can use one or two lemons every day. You won't develop ulcers or gas if you use only this much lemon. So don't entertain such strange fears. Lemon never does any harm. In fact, it provides vitamin C, which helps the intestines to absorb the iron from vegetables and rice. Lemon can also help lessen your cravings. Once you eat lemon you don't long to eat anything for some time.

5. Add curd to tasteless food: You can eat some curries and really enjoy them. But some of them you may not. You get up from the table still hungry. This isn't necessary. Instead, you can add some thick, creamy curd to curries you don't like as much and see if it makes a difference. Curd has its own salt content and so helps substitute for the lack of salt.



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6. Use more green chilies: Those who taste natural food for the first time complains of its spiciness. In fact, some people feel dry chilies or chili powder is bad for health and so avoid them. They are bad, there is no doubt, but green chilies are good for the body. Green chilies have nutritious value that is not found in anything else. Now you understand that you can eat as many green chilies as you can bear. As you eat this spicy food, the tongue enjoys its spicy taste and forgets the lack of salt. So it diverts the mind. Isn't it enough? There is yet another advantage. This spicy taste also creates more saliva, which makes the food tasty. Of course, once the chili goes into your stomach, it causes no harm. Eat them along with curries and see for yourself. You will discover a new flavor.

7. Round pieces of onions all along: You can cut onions into round pieces, squeeze lemon over them, and have a bite of it every now and then while eating and see. Once you taste it, you yourself will wonder how you have missed such a tasty food all along. The raw onion can replace the salt in making food. Any amount of onion will not harm you. I want you to be far away from the clutches of diseases, medicines, doctors and hospitals. Health is happiness. No amount of wealth can give you the happiness of sound health. If you can stay free from salt for four months that is the foundation for your good health. In these four months, your age-old stores of salt will dissolve slowly in the water you drink and come out over the time in the form of sweat and urine. The new food--healthy and salt-free food--you eat for these four months will help get the salt out of your blood, so you will not crave for it again.



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Yoga Postures Step-by-Step

1. The Sun salutation - *Suryanamaskar*



Posture: *Surya-namaskar* - Sun Salutation
Translation: The Sanskrit word *surya* means sun. Namaskar is the Hindi word for Namaste, from the root *nam*, to bow. Namaskar means salutation, salute, greeting or praise.

Pronunciation: soor-yee-ah-nah-ma-skar

Difficulty: (3)

STEP ONE:



Stand facing the direction of the sun with both feet touching. Bring the hands together, palm-to-palm, at the heart.

STEP TWO:



Inhale and raise the arms upward. Slowly bend backward, stretching arms above the head.

STEP THREE:



Exhale slowly bending forward, touching the earth with respect until the hands are in line with the feet, head touching knees.

STEP FOUR:



Inhale and move the right leg back away from the body in a wide backward step. Keep the hands and feet firmly on the ground, with the left foot between the hands. Raise the head.

STEP FIVE:



While exhaling, bring the left foot together with the right. Keep arms straight, raise the hips and align the head with the arms, forming an upward arch.

STEP SIX:



Exhale and lower the body to the floor until the feet, knees, hands, chest, and forehead are touching the ground.

STEP SEVEN:



Inhale and slowly raise the head and bend backward as much as possible, bending the spine to the maximum (as in the [Urdhva-dhanurasana](#)).

STEP EIGHT:



While exhaling, bring the left foot together with the right. Keep arms straight, raise the hips and align the head with the arms, forming an upward arch.



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STEP NINE:



Inhale and move the right leg back away from the body in a wide backward step. Keep the hands and feet firmly on the ground, with the left foot between the hands. Raise the head.

STEP TEN:



Exhale slowly bending forward, touching the earth with respect until the hands are in line with the feet, head touching knees.

STEP ELEVEN:



Inhale and raise the arms upward. Slowly bend backward, stretching arms above the head.

STEP TWELVE:



Stand facing the direction of the sun with both feet touching. Bring the hands together, palm-to-palm, at the heart.



2. Akarna-Dhanura-asana – The Shooting – bow – Pose



Posture: *Akarna-dhanura-asana*
The Shooting-bow Pose

Translation: The Sanskrit word *karna* means ear and the prefix "a" means near to or towards. *Dhanur* means bow-shaped, curved or bent. The "bow" here referred to is a bow as in "bow and arrow." Literally we could translate this as the near-the-ear bow posture but because of the obvious appearance of the posture we'll call it the shooting bow posture.

Pronunciation: ah-car-nah da-noor ah-sa-na

Difficulty: (6) Requires flexibility of hips and legs.



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Instructions:

1. Sit on the floor with the legs together and extended straight out in front. Keep the back straight, shoulders level and head straight. Place the hands, palms down, flat on top of the thighs then inhale deeply.
2. Exhale and reach down and loop the forefinger of the right hand around the big toe of the right foot and grasp the left foot with the left hand.
3. Inhale and pull the right foot back placing the big toe next to the right ear. Straighten the back as much as possible and hold the posture for the duration of the inhale breath.
4. Exhale and return to the seated position of step #1 then repeat the posture on the opposite side.

"Having caught the toes of the feet with both hands and carried them to the ears by drawing the body like a bow, it becomes *Dhanura-asana*."

The Hatha-Yoga-Pradipika I.27.

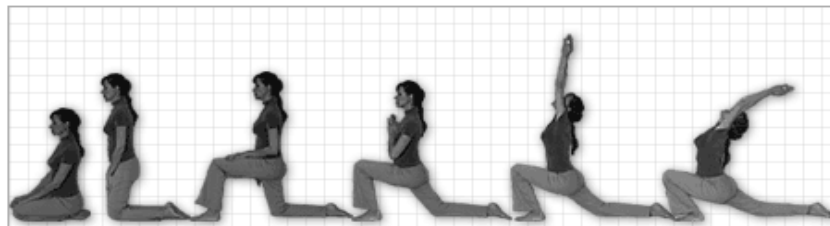
Comments:

While practicing this posture imagine yourself as an archer with the gaze focused on the target and the arrow firmly yet gracefully being pulled back in the bow. Hold the posture steady as an archer would hold the arrow aimed at its target. Return the foot to the floor gently. This simple technique will help cultivate a focused and unwavering attention.

Variations:

Reverse the hands and feet so that the right hand pulls the left foot to the left ear and vice versa. The foot gets pulled under the outstretched arm.

3. Anjanaya-asana – The Salutation Pose



Posture: *Anjanaya-asana* - The Salutation Pose

Translation: The Sanskrit word *anjaneya* means salutation or praise from the root *anj* which means to honor, to celebrate, to anoint.

Pronunciation: Ahn-jah-nay-ah-sa-na

Difficulty: (7)

Instructions:

1. Sit comfortably in the *vajra-asana* (thunderbolt pose).
2. Kneel up on your knees until your back, buttocks and thighs are aligned.
3. Extend your left foot forward bending your left knee at about a 90 degree angle.
4. Place the palms of your hands together at the heart in the *anjali-mudra*.
5. Raise your arms straight up keeping the palms together while bending the head backward and looking up.
6. Slowly bend backward stretching the arms backward and straightening out the right leg. Hold this position for as long as comfortable while breathing gently through the nostrils.



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7. Come back to the *vajrasana* (thunderbolt pose) then reverse the posture by alternating legs.

Comments:

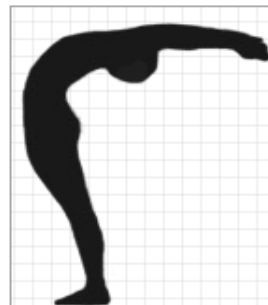
The *anjaneya-asana* combines several postures and *mudras* (gestures) in a fluid, evolving flow that combines motion, stretching and holds. It delivers great benefits for the back, arms, chest, legs and hips. Regular practice will strengthen concentration and improve balance.

Perform this posture with a sense of reverence and praise. Take a moment to reside in silence and peace as your hands are held at the heart in the gesture (*mudra*) of salutation (*anjali-mudra*). Keep the intention of praise in mind as you extend your arms skyward. Feel your entire body-mind-heart extending outward in recognition of the sacredness of life.

Duration/Repetitions:

Repeat twice on each side.

4. Ardha-chandra-asana – The Half – moon Pose



Posture: *Ardha-chandra-asana* - The Half-moon Pose

Translation: The Sanskrit word *ardha* means "half," and the word *chandra* means "moon," thus, this is the "half moon" posture.

Pronunciation: ard-ha-chun-drah-sa-na

Difficulty: (2)

Instructions:

1. Stand in the *tada-asana* (Stand with both feet touching from the heel to the big toe, keeping the back straight and the arms pressed slightly against the sides with palms facing inward).
2. Bring the hands together at the chest with palms lightly pressed against each other (the *Anjali-mudra*).
3. Inhale and raise the arms straight up keeping the palms pressed lightly together.
4. Arch your body backwards keeping your arms alongside your neck and head, tilt the head backward and hold. Keep your knees straight while holding posture.
5. Slowly return to the *tada-asana*.



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Comments:

The *ardha-chandra-asana* is a basic stretching and balancing pose that benefits principally the lower back, abdomen and chest. It is equally suitable for use in your stretching routine as well as formal *asana* practice.

This pose is also one of the postures that are sequenced in *surya-namaskar* (the Sun Salutation).

Duration/Repetitions:

Repeat *ardha-chandra-asana* two to three times.

5. Ardha-matsyendra-asana – The Half Spinal Twist Pose



Posture: *Ardha-matsyendra-asana* The Half Spinal Twist Pose

Translation: *Ardha* means half. *Matsyendra* is one of many Siddhas or masters who were accomplished Yogis mentioned in the medieval Yoga text the *Hatha-Yoga-Pradipika*. This posture is traditionally called the Spinal Twist because the spinal column is twisted gently.

Pronunciation: ard-ha-mat-syen-drah-sa-na

Difficulty: (4)

"Keeping the abdominal region at ease like the back, bending the left leg, place it on the right thigh; then place on this the elbow of the right hand, and place the face on the palm of the right hand, and fix the gaze between the eye-brows. This is called *Matsyendra*-posture."

Hatha-yoga-pradipika I.37

Instructions:

Sit in any comfortable cross-legged position.

1. Straighten the legs out in front. Bend the right knee and bring the heel of the right foot close to the left hip.
2. Inhale and bend the left knee upward and place the left foot flat on the floor to the right of the right leg with the ankle touching the right thigh.
3. While turning the spine to the left straighten the right arm bringing it around to the outside of the left knee and grasp the left foot with the right hand.
4. Turn your head as far as possible to the left and bend the left arm behind your back. Keep your spine, neck and head aligned and continue to exert effort at turning to the left.
5. Repeat the posture the other side by reversing directions 2-6.



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Comments:

The Half Spinal Twist is one of the best Yoga postures for cultivating flexibility and strength in the spine. It soothes stiff necks and upper back tension caused by stress, poor posture, or prolonged periods of sitting in one position.

The alternating compression and release of the abdominal region flushes this area with blood and massages the internal organs. Muscles of the stomach and hips are also toned from repeated practice of the Half Spinal Twist.

Duration/Repetitions:

The posture can be held for as long as you are comfortable. (One repetition consists of performing the posture on each side. Two to three full repetitions should be done at each session.

6. Baddha-kona-asana – The Restrained Angle Pose



Posture: *Baddha-kona-asana*
The Restrained Angle Pose

Translation: The Sanskrit word *baddha* means a bond, chain, caught or restrained. The word *pada* means foot, and *kona* means corner or angle therefore this is the restrained-foot-angle posture.

Pronunciation: ba-dah-cone-ah-sa-na

Difficulty: (4)

Instructions:

1. Sit on the floor with the legs together and extended straight out in front. Keep the back straight, shoulders level and head straight. Place the hands, palms down, flat on top of the thighs then inhale deeply.
2. Exhale and bend the knees drawing the feet toward the torso.
3. Place the soles of the feet together, clasp the hands over the feet interlocking the fingers pulling the feet closer and placing the heels against the perineum. The outer edge and small toe of each foot should touch the floor.
4. Lower the knees to the floor and keep the back straight. Use the elbows to press down on the thighs if necessary to bring the calves and knees to the floor. Hold the posture breathing gently through the nostrils.
5. Release the posture and sit with the legs extended out and hands on the thighs.

Comments:

Regular practice of the *baddhakana-asana* stretches the knees and stimulates circulation in the legs. It should be practiced frequently until one is comfortable sitting in the *padma-asana*. The main areas of the body that are stimulated, besides the legs, are the stomach, pelvis and lower back. It is said to keep the kidneys, prostate and bladder healthy. The *baddha-konasana* is one of the few postures that can be practiced comfortably soon after eating.

Duration/Repetitions:

Hold the posture from thirty seconds to two minutes depending on comfort. Repeat two or three times.

7. Bala-asana – The Child Pose



Posture: *Bala-asana* - The Child Pose

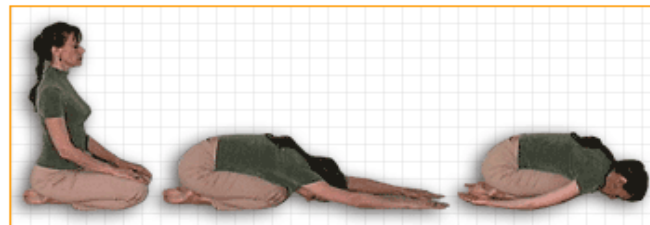
Translation: The Sanskrit word *bala* means child.

Pronunciation: ba-lah-sa-na

Difficulty: (2)

"As innumerable cups full of water, many reflections of the sun are seen, but the sun is the same; similarly individuals, like cups, are innumerable, but spirit, like the sun, is one."

The Shiva-samhita I.35 II 42-43.



Instructions:

1. Sit on your knees with your feet together and buttocks resting on your heels. Separate your knees about the width of your hips. Place your hands on your thighs, palms down. (This is the *vajra-asana* or Thunderbolt Pose).
2. Inhale deeply, then exhale as you bring your chest between your knees while swinging your arms forward.
3. Rest your forehead on the floor, if possible, and then bring your arms around to your sides until the hands are resting on either side of your feet, palms up.
4. Breathe gently through your nostrils as you hold the posture. Hold for about one to two minutes. Then return to an upright kneeling position with your back straight and your hands on your thighs.
5. Repeat the posture at least one more time.



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Comments:

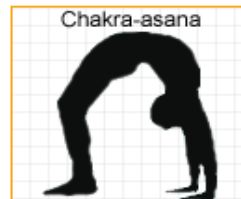
The *bala-asana* is one of the more relaxing Yoga postures and can easily be done by beginners. As part of your Yoga routine it is best used as a counter-pose to any posture that stretch the spine backward (such as the [naga-asana](#), the [dhanura-asana](#), the [chakra-asana](#), the [ushtra-asana](#), etc.)

The *bala-asana* gently stretches and relaxes the shoulders, neck, back muscles and thighs.

Duration/Repetitions:

The *bala-asana* can be held for as long as is comfortable. Repeat at least twice if it is held for less than a minute.

8. Chakra-asana



Posture: *Chakra-asana* The Wheel Pose

Translation: *Chakra*, from the root *cak* ("to move") means wheel and therefore this is the Wheel Posture. The *chakra-asana* is also known as the *urdhva-dhanurasana*. *Urdhva* means raised, elevated or upright and *dhanur* means bow. Both "wheel posture" and "raised bow posture" describe the appearance of this asana.

Pronunciation: chu-krah-sa-na

Difficulty: (8) (full variation), (3) (bridge variation)

Instructions:

1. Lie flat on the back in the *shava-asana* (corpse pose).
2. While exhaling bend the knees and bring the feet as close to the buttocks as possible with the soles of the feet flat on the floor.
3. Bend the arms at the elbows and place the palms of the hands flat on the floor directly under each shoulder with the fingers pointing toward the back.
4. While inhaling slowly, begin to raise the head, back and buttocks off the floor while arching the spine. Continue to press downward on the hands and feet while raising the hips and stomach as high as possible.
5. Hold for the duration of the held inhaled breath. When you can't hold the breath comfortable any longer, slowly exhale and return the back to the floor, slide the legs out straight returning to the *shava-asana*.

Comments:

The *chakra-asana* is more challenging than most other yoga postures. Don't be discouraged if your unable to accomplish it right away. Even attempting this posture without successful completion holds great benefits.

First and foremost is the strength and suppleness it restores to the spine. It strengthens the arms, shoulders and upper back as well and stimulates the cardiovascular system. The *chakra-asana* has an overall tonic effect for the entire body.



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As the natural suppleness of the spine is restored after a period of practice you can begin to perfect the form of this *asana* and thus experience greater benefits.

First be certain that the arms are as straight as possible with very little to no bend in the elbows. When you can hold this comfortably, begin breathing through the nostrils while holding the posture and attempt to get a greater arch in the spine by bringing your hands closer to your feet and/or bringing your feet closer to your hands. Finally, you can extend the duration of the *chakra-asana* by doing several repetitions in sequence without resting in-between. As you return from the posture keep the hands behind the shoulders and the soles of the feet flat on the floor and as soon as the back returns to floor immediately raise it and enter the full posture again.

Duration/Repetitions:

The *chakra-asana* is either held for the duration of the inhaled breath or between one and three minutes while breathing gently through the nostrils. Repeat it two or three times.

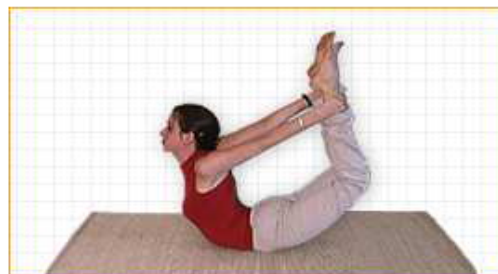
The "Bridge" Variation:

Although this variation is much easier to perform than the full *chakra-asana*, it shares several of its benefits. In particular it will help to stretch the spine and relieve tightness in the upper back and shoulder area.

To get the full benefit of the bridge variation continual effort should be applied to raising the back upward and creating the greatest possible arch with the spine.

While holding the bridge breath slowly through the nostrils. If there is no discomfort felt in the spine or shoulders then one should advance to the full variation of the *chakra-asana* as described above. Both variations strengthen the back and promote flexibility of the spine. Tightness in the back and spine results from poor posture, stress, a sedentary lifestyle and/or emotional disturbances. You should begin to feel the tightness being released after just a few repetitions.

9. Dhanura-asana



Posture: *Dhanura-asana* - The Bow Pose

Translation: The Sanskrit word *dhanur* means bow-shaped, curved or bent. The bow referred is a bow as in "bow and arrow." This *asana* is so named because the body mimics the shape of a bow with its string stretched back ready to shoot an arrow.

Pronunciation: dha-noor-ah-sa-na

Difficulty: (5)



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Instructions:

1. Lie flat on the back in the shava-asana (corpse pose).
2. Lie on the stomach with the head turned to one side and the arms alongside the body with palms facing upward.
3. Turn the head and place the chin on the floor. Exhale, bend the knees, reach back with the arms and grasp the right ankle with the right hand and the left ankle with the left hand.
4. While inhaling, slowly raise the legs by pulling the ankles up and raising the knees off the floor while simultaneously lifting the chest off the floor. Hold the inhale breath. The weight of the body should be resting on the abdomen.
5. Tilt the head as far back as possible. Hold the posture as long as you can comfortably hold the inhale breath.
6. Slowly exhale bringing the knees to the floor, release the ankles, slowly bring the legs and arms straight down on the floor and turn the head to one side, assuming the prone posture you began with.

Comments:

The most obvious benefit of the *dhanur-asana* is that it restores flexibility to the spine. Regular practice will relieve lower back pain and release tension and strain in the upper back and neck area. The alternating stretching and releasing of the abdominal muscles increases blood flow to this area and aids all sorts of digestive disorders and discomforts. Strain or fatigue in the legs is also released after a few repetitions. Extended practice will help develop upper-body strength.

Duration/Repetitions:

The *dhanur-asana* is either held for the duration of the inhaled or between one and three minutes while breathing gently through the nostrils. Repeat it two or three times.

Variations:

The two variations of the *dhanur-asana* have to do with the method of breathing and the amount of arch of the back. As one progresses with this asana and is able to hold the posture for a longer period of time, the posture can be held while slow, rhythmic breathing is maintained through the nostrils. As the spine becomes more flexible try drawing the feet closer to the head. Some are able to join the top of the head to the soles of the feet although this is certainly not necessary to accomplish the *dhanur-asana*.

10. Ekapada-asana



Posture: *Ekapada-asana* - The One-legged Pose

Translation: The Sanskrit word *eka* means one and *pada* means foot making this the one-foot, or more commonly, one-legged pose.

Pronunciation: eka-pod-ah-sa-na

Difficulty: (5)



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Instructions:

1. Stand with the feet together and the arms by your sides (see the *tad-asana*).
2. Focus the eyes straight ahead on a spot midway between waist and eye level and remain focused there throughout this asana. (standing about five feet from a wall would be helpful).
3. Inhale and extend the arms directly in front, parallel with the floor with thumbs touching.
4. Exhale and raise the right knee bending the leg at a 90 degree angle, pause for a moment then extend the leg straight out in front pointing the toes forward.
5. Pause for a moment then swing the leg backward while bending forward at the waist.
6. Breathe slowly through the nostrils and make sure the arms, torso and legs are parallel with the floor.
7. Hold the posture for at least 30 seconds and then return slowly to a standing position.

Comments:

The *ekpada-asana* tones and strengthens leg muscles, improves sense of balance and helps sharpen concentration.

The *ekpada* requires that you become aware of your body/mind as a whole. As you practice this posture turn the attention away from distractions of the mind and center it on full body-awareness. Continual effort in the *ekpada-asana* in this way will help cultivate concentration.

The "closed eyes" variation (see below) intensifies the effect of the posture. Instead of relying on a fixed point of vision as an "anchor" the practitioner will cultivate an inner stability. The *ekpada-asana* also gives strength to the hips and lower back.

Duration/Repetitions:

This posture should be held for a minimum of 30 seconds and can be extended to up to several minutes. Repeat at least twice on each foot.

Variations:

When you can remain in the *ekpada* effortlessly for at least 30 seconds without wavering or losing balance, try doing it with the eyes closed. This variation makes the posture quite challenging but it increases the benefits as described above.

11. Garuda – asana



Posture: *Garuda-asana* - The Eagle Pose



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Translation: The Sanskrit word *garuda* means eagle. In Hindu mythology Garuda is known as the king of birds. He transports the God Vishnu (shown with a bow and arrow in the illustration to the left) and is said to be eager to help humanity fight against demons.

Pronunciation: ga-roo-dah-sa-na

Difficulty: (3)

Instructions:

1. Lie flat on the back in the *shava-asana* (corpse pose).
2. Stand with the feet together and the arms by your sides (see the *tada-asana*).
3. Draw the left foot upward bending the knee and wrap the left foot around your right leg as you rest the back of your left thigh on the right thigh.
4. Cross your arms at the elbows, left over right.
5. Join the palms of your hands together keeping the fingers pointed upward.
6. Inhale and hold the posture for the duration of the inhaled breath.
7. Exhale and return to the *tada-asana*. Repeat the posture on the opposite side, wrapping the right leg over the left and the right arm over left.

Comments:

The *Garuda-asana* will strengthen the legs, knees and ankles. It stretches and tones muscles of the leg and can help relieve cramps of the legs.

Duration/Repetitions:

Hold the *hala-asana* for as long as you are comfortable. 20-30 seconds is fine for early attempts, increase the time gradually as you become more comfortable. You can also try holding the posture for as long as you can hold the inhaled breath. Repeat 2 or 3 times on each leg.

12. Gomukha - asana



Posture: *Gomukha-asana* - The Cow face Pose

Translation:

The Sanskrit word *garuda* means eagle. In Hindu mythology Garuda is known as the king of birds. He transports the God Vishnu (shown with a bow and arrow in the illustration to the



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left) and is said to be eager to help humanity fight against demons.

Pronunciation: ga-roo-dah-sa-na

Difficulty: (3)

"Placing the right ankle on the left side and the left ankle on the right side, makes *Gomukha-asana*, having the appearance of a cow."

Hatha-yoga-pradipika 1.22

Instructions:

1. Sit in a crossed-leg position, right leg over left.
2. Spread the legs as far apart as possible without bending the knees.
3. Bend the left knee and place the bottom of the left foot against the inner left thigh. Bring the left heel as close to the perineum as possible. Keep the left knee on the floor.
4. Grasp the right foot with the left hand and keeping the foot on the floor place the heel of the right foot against the front-left portion of the left buttock. The right knee should be directly on top of the left knee.
5. Inhale slowly through the nostrils and raise the right hand over the head and bend the right elbow. Reach behind the back with the left hand and clasp the fingers of both hands (forming an "s" shaped lock).
6. Hold the posture as long as you can comfortably hold the inhaled breath. Exhale slowly and then repeat the posture reversing the arms and legs.
- 7.

Comments:

This posture stretches the arms, upper back, chest and the sides of the chest and abdomen. As the shoulder blades are stretched backward the lungs are expanded and as the abdominal muscles are lifted the stomach is toned. It helps to relieve neck strain, backache and tight shoulders. The hands, fingers and wrists are strengthened.

Duration/Repetitions:

You can either hold the posture while the breath is held or you can try holding the posture while breathing gently through the nostrils. If you choose to breathe, then hold the posture for thirty seconds to a minute. Repeat the *gomukha-asana* two to three times on each side.

Variations:

If you are unable to lock the fingers behind the back you may grasp one end of a small piece of cloth in the right hand and the other end of the cloth in the left hand.

13. Hala - asana





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Posture: *Hala-asana* - The Plow Pose

Translation: The Sanskrit word *Hala* means plow, as in a traditional plow that is drawn by a horse or oxen. When performing this posture your body resembles a plow.

Pronunciation: hull-ah-sa-na

Difficulty: (5)

Instructions:

1. Lie flat on the back in the [shava-asana](#) (the corpse pose).
2. Inhale through the nostrils. Place the palms face-down on the floor. Keeping the hips on the floor, bend the knees and bring them up toward the stomach while exhaling.
3. Inhale, then while exhaling, raise the legs straight up perpendicular to the floor. You may support your hips with your hands or leave the arms flat on the floor, whichever is most comfortable.
4. Exhale and continue to raise the legs over the head, bending at the waist, lifting the back and buttocks until the toes touch the floor directly in back of the head. Keep the feet together. If the lower back is supported by the hands try returning the arms flat to the floor with the palms facing down. If you are unable to comfortably place the arms on the floor continue to support the lower back with the hands.
5. Keep the knees straight. Breathe slowly through the nostrils and hold the posture for several minutes. If you cannot touch the floor with your toes hold them as close to the floor as possible and continue to exert effort to lower them.
6. Reverse the steps to return to the *shava-asana*.

Comments:

The benefits of this posture, like the *sarvanga-asana*, are numerous. All of the muscles and ligaments in the calves and thighs are stretched resulting in greater leg flexibility. People suffering from leg cramps will find great relief from the *hala-asana*.

Since the abdominal area is contracted, blood compressed out of this area releases toxins and when the contraction is released the area is flooded with richly oxygenated blood. The contraction also helps to relieve gas and stimulates a sluggish digestive system. Similar effects take place as the neck and chest area is compressed effecting the throat, thyroid, hyperthyroid and lungs. Upper and lower back pain or discomfort is relieved due to the forward stretching of the spine.

It is highly recommended that this posture be accompanied by the [sarvanga-asana](#). In fact, many of the benefits of the *sarvanga-asana* apply to the *hala-asana* as well with the added benefits detailed above.

The *hala-asana* is an excellent morning posture although some might find it more difficult then. During sleep the spine can become somewhat compressed resulting in the experience of tightness or stiffness in the back. A few repetitions of the *hala-asana* will quickly restore flexibility to the spine as well as promote alertness.

Duration/Repetitions:

Hold the *hala-asana* for as long as you are comfortable. 20-30 seconds is fine for early attempts, increase the time gradually as you become more comfortable.

Variations:

There are several variations of the basic *hala-asana* each of which require greater flexibility in the spine



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and legs. Once one is adept at performing this *asana* these variations may be tried. The first entails swinging the arms around and either touching or grasping the toes with the hands (1). The posture is then held in this position. (illustrated above)

Another variation calls for dropping the knees to the ground and placing them close the ears and keeping the arms extended on the floor (2). And finally from this variation the arms are swung around and placed over the legs behind the knees and the hands are clasped and pressed down on the knees to hold them firmly on the floor (3). All three variations are held while breathing gently through the nostrils.

Cautions/Restrictions:

The *hala-asana* should not be performed by woman who are menstruating, as is the case with all inverted postures (where the legs are raise over the head). No other restrictions apply.

14. Hasta – pada – angusta - asana

Posture: *Hasta-pada-angusta-asana*

The Hand-Foot-Big Toe Pose

Translation: The Sanskrit word *hasta* means hand, *pada* means foot, and *angusta* means big toe therefore this is the hand-foot-big toe posture.

Pronunciation: ha-sta-pah-don-goo-stah-sa-na

Difficulty: (3)

Instructions:

1. Sit on the floor with the legs together and extended straight out in front. Keep the back straight, shoulders level and head straight. Place the hands, palms down, flat on top of the thighs.
2. Spread the legs as far apart as possible without bending the knees.
3. Bend the left knee and place the bottom of the left foot against the inner left thigh. Bring the left heel as close to the perineum as possible. Keep the left knee on the floor.
4. Stretch both arms straight out in front of you, then keeping the back straight turn slowly at the waist toward the right aligning the arms with the right leg.
5. Inhale slowly while raising the arms over the head and arching the back.
6. Exhale and slowly while bending forward bringing the chest down to the right thigh. Clasp the big toe of the right foot with the first finger of both hands. Hold this position for the duration of the exhaled breath.
7. Inhale slowly through the nostrils releasing the posture while sitting up straight.
8. Straighten the left leg and return to the seated position described in step 2 then repeat the posture, this time bending the right leg.

Comments:

The benefits of the *hasta-pada-angusta-asana* are similar to those of the *ugra-asana* (i.e.: spinal stretch,



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abdominal toning, gastro-intestinal stimulation). There is additional stretching of the leg that is outstretched as well as to the groin.

Duration/Repetitions:

Repeat two or three times on each leg.

15. Matsya - sana



Posture: Matsya-asana - The Fish Pose

Translation: The Sanskrit word *matsya* means fish, therefore this is the fish posture. Matsya (depicted to the left) is a divine being, found in Hindu mythology, that saved mankind from a universal flood.

Pronunciation: maht-see-yah-sa-na

Difficulty: (3)

Instructions:

1. Lie flat on the back in the *shava-asana*.
2. Keeping the buttocks on the floor, inhale and raise the head, shoulders, back and upper arms off the floor arching the back and raising the chest up. Tilt the head back and place the top of the head flat on the floor.
3. Raise the elbows off the floor bring your hands up just below the chest and join them at the palms with the fingers pointing straight up (form the *anjali-mudra* or salutation hand gesture). Hold for the duration of the inhale breath or breath gently through the nostrils to remain in the posture longer.
4. Return to the *shava-asana*.

Comments:

The *matsya-asana* creates a great expansion and stretching of the chest which helps relieve upper respiratory congestion as well as benefits the heart. Additionally, the sinus are drained and opened from the inversion of the head, stretching of the neck and pressure placed on the top of the head. The thyroid and parathyroid glands are stimulated as well.

Duration/Repetitions:

Since this is not a difficult posture, it is recommended that you breath while holding it for between two and four minutes. If you are uncomfortable breathing, hold the posture for the duration of the inhaled breath. Repeat two or three times.



Variations:

There is one major variation in the *matsya-asana* and it is a bit more challenging than the one described



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abdominal toning, gastro-intestinal stimulation). There is additional stretching of the leg that is outstretched as well as to the groin.

Duration/Repetitions:

Repeat two or three times on each leg.

15. Matsya - sana



Posture: Matsya-asana - The Fish Pose

Translation: The Sanskrit word *matsya* means fish, therefore this is the fish posture. Matsya (depicted to the left) is a divine being, found in Hindu mythology, that saved mankind from a universal flood.

Pronunciation: maht-see-yah-sa-na

Difficulty: (3)

Instructions:

1. Lie flat on the back in the *shava-asana*.
2. Keeping the buttocks on the floor, inhale and raise the head, shoulders, back and upper arms off the floor arching the back and raising the chest up. Tilt the head back and place the top of the head flat on the floor.
3. Raise the elbows off the floor bring your hands up just below the chest and join them at the palms with the fingers pointing straight up (form the *anjali-mudra* or salutation hand gesture). Hold for the duration of the inhale breath or breath gently through the nostrils to remain in the posture longer.
4. Return to the *shava-asana*.

Comments:

The *matsya-asana* creates a great expansion and stretching of the chest which helps relieve upper respiratory congestion as well as benefits the heart. Additionally, the sinus are drained and opened from the inversion of the head, stretching of the neck and pressure placed on the top of the head. The thyroid and parathyroid glands are stimulated as well.

Duration/Repetitions:

Since this is not a difficult posture, it is recommended that you breath while holding it for between two and four minutes. If you are uncomfortable breathing, hold the posture for the duration of the inhaled breath. Repeat two or three times.



Variations:

There is one major variation in the *matsya-asana* and it is a bit more challenging than the one described



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above (illustrated above). It calls for beginning the posture in *padma-asana* or the full lotus seated posture and then lying flat on the back while the legs are still locked. From there on the posture is done the same way as described above.

16. Naga - asana



Posture: *Naga-asana* - The Cobra Pose

Translation: The Sanskrit word *naga* means snake or serpent. The *naga-asana* is also known as the *bhujanga-asana*. The Sanskrit word *bhujanga*, which also means snake, is derived from the root *bhuj* which means to bend or curve.

Pronunciation: na-gah-sa-na

Difficulty: (4)

"Let the body, from navel to toes, touch the ground, the palms placed upon the ground, and raise gently the upper part of the body (from navel to head) like a snake. This posture increases the gastric fire; it destroys all diseases and by constant practice leads to the awakening of *Kundalini*."

The Gheranda-samhita II.42-43.

Instructions:

1. Lie on the stomach with the head turned to one side and the arms alongside the body with palms facing upward.
2. Turn the head and place the chin on the floor. Inhale then exhale slowly through the nostrils and swing the arms around until the hands are placed just below the chin with the palms down and the finger tips of each hand almost touching and the elbows on the floor.
3. Inhale slowly through the nostrils, press down on the hands and lift the torso from the waist up off the floor, arching the spine backwards and straightening the arms. Keep the hips on the floor.
4. Tilt the head as far back as possible and hold the posture for the duration of the inhaled breath.
5. Exhale and reverse the process to return to position #1.

Comments:

If you find it uncomfortable holding the breath while the posture is held, breath gently through the nostrils. Some may find that they are able to arch the spine back even more than in the initial arch in step 3. In this case try "walking" the hands toward the pelvic region and stretching the head further back.

In addition to the obvious benefits to the spine and lower back, the standard variation of the *naga-asana* strengthens the wrists and stretches the muscles in the chest. By maintaining a constant exertion to create a greater arch in the spine, the stomach and pelvic muscles are strengthened. Greater strength in these areas can be cultivated by performing the variation where the arms remain on the ground. B.K.S.

Iyengar, a renowned expert in *yoga-asanas*, claims that displaced spinal discs can be placed back in their original position by practicing the *naga-asana*.

Duration/Repetitions:

Hold the posture for either the duration of a held inhaled breath or from one-half to three minutes. Repeat the *naga-asana* two to five times.

17. Nataraja - asana



Posture: Nataraja-asana

The King of the Dance Pose

Translation: The Sanskrit word *nata* means dancer and *raja* means king. Nataraja is another name for Shiva, the Lord of the Dance, whose cosmic dance is the creation and destruction of the world.

Pronunciation: nah-tah-raj-ah-sa-na

Difficulty: (3)

Instructions:

1. Stand with the feet together and the arms by your sides (see the *tad-asana*).
2. Inhale and bend the right leg backward grasping the left foot with your left hand while simultaneously extending the right arm straight out in front.
3. Continue raising the right arm upward until it is about 45 degrees from the floor while lifting the left leg as high as possible with the left arm.
4. Hold the posture while breathing gently through the nostrils. Keep your gaze fixed slightly above the horizon.
5. Remain in the *nataraja-asana* for about one minute then return slowly to a standing position. Repeat by reversing directions 2-4.

Comments:

Perform the *nataraja-asana* gracefully as if dancing, yet firmly with focused attention.

This posture helps to strengthen your sense of balance and concentration. The arch formed by the back and stretched leg gently aligns the vertebrae of the spine restoring suppleness and easing strain caused

by poor posture or long periods of sitting. It tones the muscles of the hips and legs as well as stimulates the chest muscles.

Duration/Repetitions:

Begin by holding the *nataraja-asana* for about a minute and gradually increase the time as you become more comfortable with this posture. Repeat it three times on each side, alternately from right to left.

18. Padmasana – The Lotus Posture



Posture: Padma-asana - The Lotus Posture

Translation: The Sanskrit word *naga* means snake or serpent. The *naga-asana* is also known as the *bhujanga-asana*. The Sanskrit word *bhujanga*, which also means snake, is derived from the root *bhuj* which means to bend or curve.

Pronunciation: pud-mah-sa-na

Difficulty: (2-6) depending on flexibility of legs

Instructions:

1. Sit on the floor with the legs stretched out straight in front.
2. Bend the right knee and grasp the right foot with both hands and place it on top of the left thigh bringing the heel as close to the navel as possible.
3. Bend the left knee and grasp the left foot with both hands and place it on top of the right thigh bringing the heel as close to the navel as possible.
4. Both knees should be on the ground and the soles of the feet are pointed upward. The spine is held straight but not rigid.
5. The position of the legs may be switched after a period of time if the posture becomes uncomfortable.

Comments:

When in the *padma-asana* the hands can be placed in one of the following three positions:

- Place one hand on top of the other, both palms up, and rest the hands on the heels (this is known as the *dhyana-mudra*). This variation is recommended for meditation.
- Place the hands on the knees, palms down.
- With palms up, place the hands on the knees, form a circle with the thumb and forefinger and extend the remaining fingers straight ahead (this is known as the *chin-mudra*). Recommended for *pranayama* (Yogic breathing).

The *padma-asana* facilitates relaxation, concentration and ultimately, meditation. The posture creates a natural balance throughout the body/mind. When the knees are stretched enough to remain in the *padma-asana* without discomfort the posture creates a feeling of effortlessness and ease that will soothe the nervous system, quiet the mind and bring about the condition of one-pointedness.



Duration/Repetitions:

The length of time to sit in the *padma-asana* depends on your intention. In the course of a typical asana routine you might hold it for several minutes or until you experience discomfort in the legs. When used as a meditation posture you hold it for the duration of the meditation.

Variations:

If you find the *padma-asana* difficult or painful, can try the *ardha padma-asana* variation or half lotus posture (*ardha* means half). Instead of placing both feet on the thighs, only one foot is place on top of the opposite thigh and the other is place under the opposite thigh. Periodically alternate positions to allow both knees to be stretched. Those who are unable to do either variation of this asana comfortably should practice the [*baddha kona-asana*](#).

19. Parivritta-parshvakona-asana

Posture: *Parivritta-parshvakona-asana*

The Turned Side-Angle Pose

Translation: The Sanskrit word *parivritta* means revolved, turned round or back, *parsva* means side and *kona* means angle.

Pronunciation: par-ee-vrit-ah parsh-va-cone-ah-sa-na

Difficulty: (6)

Instructions:

1. Stand with the feet together and the arms by your sides (see the *tad-asana*).
2. Inhale and spread your legs apart slightly further than shoulder distance (about 3-4 feet).
3. Stretch your arms straight out from the shoulders parallel to the floor with your palms facing down.
4. Exhale slowly and turn your right foot toward the right 90 degrees. Bend your right knee about 90 degrees.
5. Place the palm of your left hand flat on the floor next to the outside of your right foot. Rest the right elbow on the outside of the right knee.
6. Stretch the right arm over your head, parallel with the floor, with the inside of the elbow resting on the ear. Hold for abot 30-60 seconds while breathing gently through the nostrils.
7. Slowly return to a standing position and repeat on the other side reversing directions 2-6.

Comments:

The *parivritta-parshvakona-asana* stretches the muscle group along the side of the torso. It strengthens the ankles, calves and thighs as well as the arms. It is also an excellent posture to tone the muscles in the waist and hips. This posture also strengthens the digestive system and thus aids digestion, stimulates blood circulation and assists in restoring strength and flexibility to the spine.

Duration/Repetitions:

Hold the posture for as long as is comfortable. Performing the *parivritta-purvashakona-asana* once on each side is considered one repetition. Do 2 or 3 repetitions.



20. Pavana – mukta - asana



Posture: *Pavana-mukta-asana*

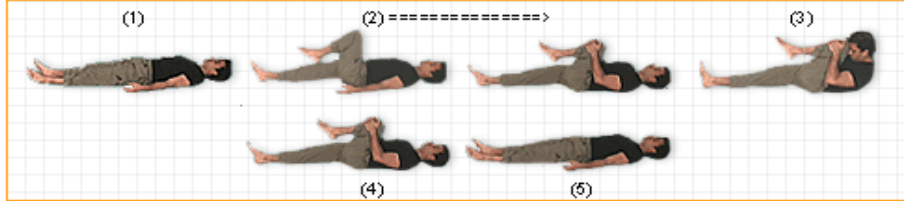
The Wind-releasing Pose

Translation: The Sanskrit word *pavana* means air or wind and *mukta* means freedom or release, therefore this is the "wind relieving posture" so named because it assists in releasing trapped digestive gas from the stomach and intestines.

Pronunciation: pa-vana mook-tah-sa-na

Difficulty: (1)

Instructions:



1. Inhale and bend the right knee and pull it close to the torso with both hands while interlocking the fingers just below the knee. Keep the left leg flat on the floor.
2. Hold the inhaled breath for a few seconds then exhale slowly through the nostrils and lift the back, shoulders and head off the floor and touch the knee with the forehead.
3. Hold the exhaled breath for a few seconds then slowly inhale and return the back, shoulders and head to the floor. Remain holding the knee.
4. Hold the inhaled breath for a few seconds then exhale while bringing the right leg to the floor.
5. Lie flat on the back in the shava-asana for a few seconds then repeat beginning with the left leg.

Comments:

As mentioned above, practicing the *purvana-mukta-asana* will help to release gastrointestinal gas. It is also improves other gastrointestinal problems like upset stomachs and constipation by stimulating the abdominal region.

Duration/Repetitions:

Hold each of the four parts of this posture (corresponding with the held breaths) for three to five seconds each. Repeat the *purvasa-mukta-asana* three to five times on each side.



21. Sarvanga – asana:



**Posture: *Sarvanga-asana*
The Shoulder-stand Pose**

Translation: The Sanskrit word *sarvaanga* means limb or body. *sarvanga* therefore translates as either "all-limb" or "whole-body posture". It is so named because of the benefit it provides to the entire body. It is commonly referred to as the "shoulder-stand" because one is essentially standing on one's shoulders.

Pronunciation: sar-vong-ah-sa-na

Difficulty: (5)

Instructions:

1. Lie flat on the back in the *shava-asana*.
2. Inhale through the nostrils. Place the palms face-down on the floor. Keeping the hips on the floor, bend the knees and bring them up toward the stomach while exhaling.
3. Inhale slowly through the nostrils, press down on the hands and lift the torso from the waist up off the floor, arching the spine backwards and straightening the arms. Keep the hips on the floor.
4. Inhale, then while exhaling, raise the legs straight up perpendicular to the floor. You may support your hips with your hands or leave the arms flat on the floor, whichever is most comfortable.
5. The legs should be together with the knees straight and toes pointed straight up. Keep the head straight without turning it to either side. The chin should be pressed against the chest.
6. Breathe gently through the nostrils while the posture is held.
7. Reverse the steps to return to the *shava-asana*.

Comments:

The *sarvanga-asana* is considered by many to be the most beneficial of all yoga postures. Because of its many benefits, if you find that your time is limited in the course of Yoga practice at home, it is recommended to place special emphasis on the *sarvanga-asana*.

When performed in the morning the *sarvanga-asana* relieves fatigue caused by sleeping too much or too little and when practiced in the evening it helps to promote deep, restful sleep. It strengthens the back and helps to relieve lower back pain.

The increased blood flow to the head and upper body helps to heal many disorders such as headaches, nasal congestion and sore throats. The entire endocrine, digestive, nervous, and venous systems of the body are stimulated in ways that no form of diet or conventional exercise can perform.



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Because the body is inverted a rich supply of oxygenated blood is sent to the organs and glands in the upper part of the body, such as the brain, thyroid and pituitary, and heart thereby stimulating them. Pressure is relieved from the lower body extremities relieving pain and/or swelling of the feet and legs. The *sarvangha-asana* also provides great benefit to the abdominal organs helping to relieve gas and constipation and stimulate digestion. Regular practice of this posture invigorates the mind and helps to calm the nervous system.

Duration/Repetitions:

Hold the *sarvangha-asana* anywhere from one to five minutes depending on comfort. Repeat the posture two or three times.

Salamba
Variation



Nirlamba
Variation



Variations:

There are two common variations to this posture. One is called the *shalamba-sarvangha-asana*. *sa* means with and *alamba* means prop or support and refers to the use of the arms to support the legs and torso as they are inverted. The other variation is called the *niralamba-sarvangha-asana*. *Nir* means without and thus this variation is done without the support of the arms.

22. Shalabha – asana – The Locust Pose



Posture: *Shalabha-asana*

The Locust or Grasshopper Posture

Translation: The Sanskrit word *Shalabha* means locust or grasshopper. There is a variation of this posture called the *viparita-shalabha-asana*. The Sanskrit word *viparita* means "reverse." This is an advanced variation not covered here.

Pronunciation: sha-la-bhah-sa-na

Difficulty: (3)

Instructions:

1. Lie on the stomach with the head turned to one side and the arms alongside the body with palms facing upward.
2. Turn the head and place your chin on the floor. Slide your hands under your thighs, with the palms pressed gently against the top of your thighs.



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3. Inhale slowly and then raise the head, chest, and legs off the floor as high as possible. Tilt your head as far back as possible. Keep your feet, knees, and thighs pressed together.
4. Starting at the top of the head and working your way down to the feet, bring your attention to each part of your body, consciously relaxing it before proceeding on to the next.
5. Remain in the posture while holding the breath. You can support your legs by pressing the hands upward against your thighs.
6. Hold the posture for as long as you can hold the inhaled breath then slowly return the legs, chest, and head to the floor while exhaling.
7. Remove your hands from under your thighs and place the arms alongside your body. Turn your head to the side and rest.

Comments:

The *shalabha-asana* has many benefits. Besides strengthening the muscles of the upper legs and lower back, it stimulates the stomach and intestines helping to relieve gastrointestinal gas, strengthens the bladder, and stretches the spine.

To assist raising the legs as high as possible keep the back of the hands resting against the floor while pushing the legs upward with the fingers. As you get better at this posture and increase the strength of your legs you can raise the hands completely off the floor so your legs are raised unsupported. This increases the benefits of the *shalabha-asana*.

Duration/Repetitions:

Hold this posture for as long as you can hold the inhaled breath. Repeat the *shalabha-asana* three times.

23. Shava – asana – The Corpse Pose:



Posture: *Shava-asana*
The Corpse Pose

Translation: The Sanskrit word *shava* means corpse hence this is the Corpse. The *shava-asana* is also known as the *mrita-asana*.

Pronunciation: sha-vah-sa-na

Difficulty: (1)



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Instructions:

1. Lie flat on your back with your legs together but not touching, and your arms close to the body with the palms facing up.
2. Keep your eyes gently closed with the facial muscles relaxed and breath deeply and slowly through the nostrils.
3. Starting at the top of the head and working your way down to the feet, bring your attention to each part of your body, consciously relaxing it before proceeding on to the next.
4. Remain in the shava-asana for between 3 and 5 minutes or longer. If you become sleepy while in the shava-asana begin to breath a bit faster and deeper.

Comments:

While many consider this a simple posture at first, its simplicity eventually proves to be deceiving. The goal of the shava-asana is for the body and mind to be perfectly still and relaxed. Not only should the body be motionless and at ease, but the mind as well should be quiet, like the surface of a still lake. The result will be a deep and stable relaxation that will extend into your meditation or be felt through the activities of your daily circumstances.

It goes without saying that the *shava-asana* will take some time to perfect. You will find the simple exercise of focusing your attention on each part of your body and consciously directing the breath there to be a great help with this posture.

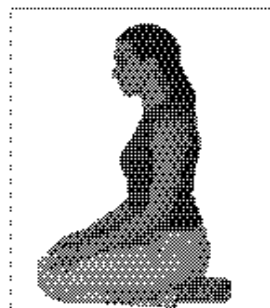
There are two common obstacles that can prevent you from fully benefitting from this posture: sleepiness and a restless mind. If find yourself getting drowsy while in the *shava-asana* increase the rate and depth of your breathing. If your mind is restless or wondering focus your attention on all of the bodily sensations you're experiencing. Bring your mind to the sensation of the floor beneath you or on the rhythm of your breath.

While practicing your *Yoga-asana* routine you should always begin and end each session with the *shava-asana*.

Duration/Repetitions:

We recommend that you begin your period of *yoga-asana* practice with at least 3-5 minutes of *shava-asana*. Return to it periodically through your posture session to relax and rejuvenate the body/mind and then conclude your session with at least 3-5 minutes more.

24. Siddha – asana – The Adept Pose:





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Posture: *Siddha-asana*

The Accomplished or Adept Pose

Translation: The Sanskrit word *siddha* means accomplished or adept, one who has attained the highest. The name implies the attainment of a perfectly stilled mind and the experience of peace that results from meditation. The *siddha-asana* is a recommended pose for meditation.

Pronunciation: sid-dhah-sa-na

Difficulty: (2)

Instructions:

1. Begin in a seated posture. Bend the left knee and grasp the left foot with both hands and place the heel against the perineum and the sole of the foot against the inside of the right thigh.
2. Exhale and reach down and loop the forefinger of the right hand around the big toe of the right foot and grasp the left foot with the left hand.
3. Bend the right knee, grasp the right foot with both hands and place the outside edge of the right foot where the calf and thigh of the left leg meet, right ankle over left ankle. The heel of the right foot should line up approximately with the navel and be as close to the pubic area as possible..
4. With palms up, place the hands on the knees, form a circle with the thumb and forefinger and extend the remaining fingers straight ahead.

Comments:

The *siddha-asana* is complicated to describe but is actually one of the simpler sitting postures. It requires less flexibility of the legs than the [padma-asana](#) yet it facilitates relaxation, concentration and ultimately, meditation.

Siddha-asana helps to establish an equilibrium throughout the body/mind. It will also help stretch the legs and pelvic area to the point where the *padma-asana* can be held effortlessly. Either posture, by creating a firm foundation with the legs locked in a crossed position and the spine held straight and motionless, awakens the attention and helps cultivate concentration. When concentration is highly focused and undistracted, meditation follows.

Duration/Repetitions:

Sit in the *siddha-asana* for a minimum of 1 minute and extended the time up to ten minutes or more.

25. Simha – asana – The Lion Pose:





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Posture: *Simha-asana* - The Lion Pose

Translation: The Sanskrit word *simha* which literally means "the powerful one" is the word for "lion." This, therefore is known as the lion posture, and one performing it can be said to resemble a roaring lion about to attack.

Pronunciation: sin-gha-sa-na

Difficulty: (2)

Instructions:

1. Sit up on the knees with the heels of the feet pressed against the buttocks and the calves of the legs flat on the floor.
2. Place the balls of the hands on the knees, straighten the arms and keep the back erect and the head straight (not tilted forward, back, to the left or the right).
3. Inhale while leaning forward slightly, stretching the mouth the jaws as wide as possible, extend the tongue out and downward as much as possible, fix your gaze either at the tip of the nose or between the eyebrows and stretch the fingers straight out from the knees.
4. Hold the posture for the duration of the inhaled breath then exhale, relaxing the forward stretch, dropping the fingers to the knees and closing the mouth and eyes.

Comments:

The *simha-asana* benefits parts of the body that most other asanas do not: the face, jaw, mouth, throat and tongue. Those who experience tightness or discomfort in the jaws such as teeth grinding, clenched jaws, a misaligned bite, etc. will benefit from both the jaw and tongue stretching of the *simha-asana*. This asana is also known to help prevent or cure sore throats. The muscles and tissues of the face are rejuvenated from the alternating stretching and release, an exercise they rarely get in the course of our everyday lives. The fixed gaze relieves tense or burning eyes and the stretched fingers benefits the hands and wrists.

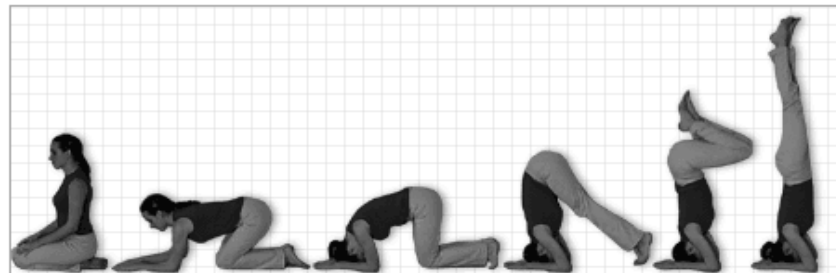
Duration/Repetitions:

Hold the *simha-asana* for thirty to sixty seconds and repeat three to five times.

Variation:

Try roaring loudly like a lion as you enter into the Lion Pose while sticking your tongue out. This stimulates the throat and cultivates courage and fearlessness. Kids love to do it, shouldn't adults as well?

26. Sirsha – asana – The Head Stand





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Posture: *Sirsha-asana* - The Head-stand

Translation: The Sanskrit word *sirsha* means head. This posture is the well-known headstand posture, and perhaps second only to the *padma-asana* or lotus posture, is widely identified with the practice of Yoga.

Pronunciation: sir-shah-sa-na

Difficulty: (7)

Instructions:

1. Sit in a kneeling position with the buttocks resting on the heels of the feet.
2. Lean forward and place the forearms on the floor in front while keeping the elbows about shoulder distance apart. Interlock the fingers of both hands.
3. Place the top of the head flat on the floor with the back of the head pressed against the inside of the interlocked fingers.
4. Placing the tips of the toes firmly on the floor while lifting the heels, raise the knees off the floor.
5. Hold for the duration of the held inhaled breath. When you can't hold the breath comfortable any longer, slowly exhale and return the back to the floor, slide the legs out straight returning to the *shava-asana*.

Comments:

The *siddha-asana* is complicated to describe but is actually one of the simpler sitting postures. It requires less flexibility of the legs than the [padma-asana](#) yet it facilitates relaxation, concentration and ultimately, meditation.

Siddha-asana helps to establish an equilibrium throughout the body/mind. It will also help stretch the legs and pelvic area to the point where the *padma-asana* can be held effortlessly. Either posture, by creating a firm foundation with the legs locked in a crossed position and the spine held straight and motionless, awakens the attention and helps cultivate concentration. When concentration is highly focused and undistracted, meditation follows.

Duration/Repetitions:

Hold the *sirsha-asana* for 15-30 seconds when you first attempt it and increase the duration gradually over a period of a few weeks. As you skill increases you should hold it for as long as you feel comfortable.

Cautions/Restrictions:

If you are new to Yoga we recommend that you find a qualified instructor to teach you this posture and monitor your performance. If you attempting this alone position yourself in front of a wall as mentioned above.

If you are suffering from high or low blood pressure you should not attempt this posture.

The *sirsha-asana* should not be performed by woman who are menstruating, as is the case with all inverted postures (where the legs are raise over the head).

Variations:

There are several variations to the *sirsha-asana* that you can try when you are comfortable with the standard variation. First try spreading your legs wide apart, carefully separating them very slowly, while maintaining your balance, until they are as far apart as is comfortable. Bring your legs together before returning from the posture. Next you can try placing the soles of your feet together while steadily holding the pose.



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27. Tada – asana - The mountain Pose



Posture: *Tada-asana* - The Mountain Pose

Translation: The Sanskrit word *tada* means mountain. This posture is also known by the name *samasthiti-asana*. Sama means unmoved, equilibrium, and sthiti means standing upright or firmly, abiding, remaining, thus *samasthiti* means standing firmly without moving.

Pronunciation: ta-dah-sa-na

Difficulty: (1)

Instructions:

1. Stand with both feet touching from the heel to the big toe, keeping the back straight and the arms pressed slightly against the sides with palms facing inward.
2. Slightly tighten or flex the muscles in the knees, thighs, stomach and buttocks maintaining a firm posture. Balance your weight evenly on both feet.
3. Inhale through the nostrils and lift the buttocks off the legs arching the back and thrusting the abdomen forward and tilt the head as far back as possible.

Comments:

Many common ailments and discomforts can be traced to poor posture. If the spine is not properly aligned or if there is tightness or stiffness in the back, the result is often an imbalance in the body. When this imbalance becomes chronic many kinds of disorders arise in the organs, glands and nervous system.

Performing the *tada-asana* allows one to observe one's posture closely and clearly recognize those problems which get masked or ignored by day-to-day activities. As the posture is held and the breath, mind and body is quieted various effects will surface to indicate difficulties with the spine. Favoring one foot over the other, shifting back and forth, drooped shoulders, tightness in the neck and upper or lower back, and various other physiological disturbances may appear indicating the need for further yoga practice.

The proper execution and continual practice of the *tada-asana* along with other postures helps to re-train the body to stand correctly and reverse the negative effects of poor posture.

When the *tad-asana* is performed properly and the mind is focused and free of distraction, the body is experienced as being rooted firmly to the earth and as steady and motionless as a mountain.

Duration/Repetitions:

One repetition for several minutes is advisable. The *tada-asana* is also recommended prior to and following any other standing posture.



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28. Trikona – asana – The Triangle Pose



Posture: *Trikona-asana* - The Triangle Pose

Translation: The Sanskrit word *tri* means three and *kona* means corner or angle. Thus "three corner or three angle posture" is often called the triangle posture. This posture is also known as the *utthita trikona-asana*. *Utthita* means stretched or extended thus this is the Extended Triangle Pose.

Pronunciation: tri-cone-ah-sa-na

Difficulty: (3)

Instructions:

1. Stand with the feet together and the arms by your sides (see the *tada-asana*).
2. Separate the feet slightly further than shoulder distance apart.
3. Inhale and raise both arms straight out from the shoulders parallel to the floor with the palms facing down.
4. Exhale slowly while turning the torso to the left, bend at the waist and bring the right hand down to the left ankle. The palm of the right hand is placed along the outside of the left ankle. The left arm should be extended upward. Both legs and arms are kept straight without bending the knees and elbows.
5. Turn the head upward to the left and gaze up at the fingertips of the left hand. Inhale and return to a standing position with the arms outstretched.
6. Hold this position for the duration of the exhaled breath. Exhale and repeat steps 4 - 6 on the opposite side.

Comments:

The *trikona-asana* is an excellent posture to do early in your routine. The forward bending and lifting stimulates blood flow and helps to stretch and relax the back, shoulders, legs and arms as well as increases the flow of blood to the head. The muscles of the thighs and calves as well as the hamstrings are stretched. The slight twist of the spine creates suppleness in the spinal discs and relieves lower back discomforts.

The posture can be held longer by breathing gently through the nostrils rather than holding the breath. Another variation is to perform the *trikona-asana* rapidly thereby giving it a slightly aerobic effect.

Duration/Repetitions:

Remain in the forward bending position for the duration of the exhale breath. Do two or three repetitions (one repetition consists of bending forward on both sides).



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29. Ugra – asana – The Noble Pose



Posture: *Ugra-asana* - The Noble Pose

Translation: The Sanskrit word *ugra* means powerful, mighty, strong or noble. We usually keep this posture untranslated but it can be called the noble or powerful posture.

Alternate name: Also known as the *pascimottana-asana* or the *brahmacharya-asana*. The word *pascima* can mean behind, later, last or final but it literally means "western" as in the direction. *Pascimottana* thus means back-stretching posture.

Pronunciation: oo-grah-sa-na

Difficulty: (4)

Instructions:

1. Sit on the floor with the legs together and extended straight out in front. Keep the back straight, shoulders level and head straight. Place the hands, palms down, flat on top of the thighs then inhale deeply.
2. Exhale and extend the arms straight out in front, parallel with the floor with fingers pointed straight ahead and palms facing down.
3. Inhale slowly while raising the arms over the head, keeping them straight, and bending as far back as is comfortable. Tilt the head back and look up at the hands.
4. Exhale slowly bending forward at the waist and grasp the feet with the hands. Bring the head as close to the knees as possible, placing it on the knees if you can, keeping the legs straight. (If you are unable to grasp the feet then grasp the ankles).
5. Hold that position for the duration of the exhale breath.
6. Inhale slowly and return to the seated position described in step #1.

Comments:

When the *ugra-asana* is properly performed, all the vertebrae of the spine and each muscle in the back is stretched. This type of stretching is highly beneficial. Try it regularly for a week and you will, without doubt, notice the benefits.

The compression or contraction of the stomach followed by the release increases blood flow to the abdominal region and tones the muscles. Gas is released and sluggish digestion and/or constipation is improved. The muscles in the calves and thighs get a good stretching, helping to relieve fatigue and soreness in the lower extremities.

Duration/Repetitions:

Repeat this posture two or three times holding each repetition for the duration of the exhaled breath and take at least three deep breaths in-between each repetition. As you become more adept at doing the *ugra-asana* you may begin breathing slowly through the nostrils while holding the posture to increase its duration.



30. Ushtra – asana – The Camel Pose



Posture: *Ushtra-asana* - The Camel Pose

Translation: The Sanskrit word *ushtra* means camel.

Pronunciation: oosh-trah-sa-na

Difficulty: (5)

Instructions:

1. Sit up on the knees with the heels of the feet pressed against the buttocks and the calves of the legs flat on the floor.
2. Reaching backward, grasp the left ankle with the left hand and right ankle with the right hand.
3. Inhale through the nostrils and lift the buttocks off the legs arching the back and thrusting the abdomen forward and tilt the head as far back as possible.
4. Either hold the posture for the duration of the inhale breath or breath gently through the nostrils while holding the posture.
5. Exhale and return to the kneeling position.

Comments:

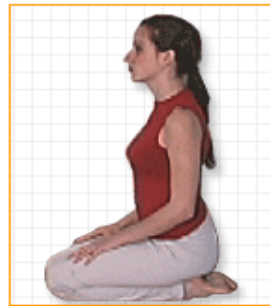
The *ushtra-asana* is a powerful posture for stretching the spine, back muscles, shoulders and arms. It is best to practice it later in your *asana* routine after most of the muscles are limber and you have worked the back and shoulders.

Duration/Repetitions:

Hold the posture for the duration of the inhaled breath. If you choose to breath while holding the *ushtra-asana*, hold it for between thirty seconds to one minute. Repeat the posture three times.



31. Vajra – asana – The Thunderbolt Pose



Posture: *Vajra-asana*

The Thunderbolt or Diamond Pose

Translation: The Sanskrit word *vajra* means thunderbolt or diamond.

Pronunciation: vuh-drah-sa-na

Difficulty: (2)

Instructions:

1. The vajra-asana is a seated posture. Begin by sitting back on your heels and placing your knees, legs and feet together.
2. Keeping the back straight place the palms of your hands down on top of your thighs.
3. Breath gently through your nostrils and sit in this position for at least three minutes.

Comments:

The *vajra-asana* is a versatile posture well suited for meditation, rest in between other seated postures, or as an aid to digestion.

The *vajra-asana* is the position in various other yoga postures such as the [anjaneva-asana](#) (salutation posture) and the [ushira-asana](#) (the camel).

Duration/Repetitions:

The *vajra-asana* can be held for as long as is comfortable (and depending on the reason for doing the posture).

32. Vira – asana – The Hero Pose

Posture: *Vira-asana* - The Hero Pose

Translation: The Sanskrit word *vira* means hero, brave or eminent man, or warrior.

Pronunciation: veer-ah-sa-na

Difficulty: (2)



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Instructions:

1. Kneel on the floor with the calves and tops of the feet flat on the floor and the thighs touching.
2. Slowly spread the feet, about shoulder distance apart, while keeping the knees together. Place the buttocks flat on the floor. The outer sides of the thighs are touching the inner sides of the calves and the soles of the feet are exposed facing up. Place the hands palms down, on the knees and form a circle with the thumb and forefinger (in the chin-mudra) while pointing the other fingers straight ahead.
3. Breathe slowly and deeply through the nostrils and remain motionless for six complete breaths (an inhale and exhale is one complete breath).
4. Inhale slowly and stretch the arms straight up over the head and interlock the fingers with the palms pushed upward. Remain in this position for six complete breaths.
5. Exhale slowly, release the fingers and slowly bend forward at the waist while placing the palms of the hands flat on the soles of the feet. Place the chin between the knees.
6. Hold this position for the duration of six complete breaths. Inhale, raise the chest up, stretch the legs straight ahead and place the hands, palms down, on top of the thighs.

Comments:

The *vira-asana* is an alternative to the [padma-asana](#), [siddha-asana](#), as well as other seated postures, for meditation and *pranayama*.

Duration/Repetitions:

Hold the posture from several minutes as part of an *asana* session or for the duration of your meditation or *pranayama*.

Variations:

The *Supta-vira-asana* variation (*supta* is the Sanskrit word for "lying down") stretches the abdominal muscles and relieves pain and discomfort in the legs. Begin the posture as detailed above then incline backwards and lean the back on the floor. The arms are stretched straight above the shoulders and kept flat on the floor.

33. Vriksha – asana – The Tree Pose

Posture: *Vriksha-asana* - The Tree Pose

Translation: The Sanskrit word *vriksha* means tree, thus this is the Tree Posture.

Pronunciation: vrik-shah-sa-na

Difficulty: (3-4)



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"Standing straight on the left leg, bend the right leg and place the right foot on the root of the left thigh. Stand thus like a tree on the ground. This is called *vriksha-asana*."

Gheranda-samhita II.36

Instructions:

1. Stand with the feet together and the arms by your sides (see the *tad-asana*).
2. Bend the right leg at the knee, raise the right thigh and bring the sole of the right foot as high up the inside of the left thigh as possible.
3. Balancing on the left foot, raise both arms over the head keeping the elbows unbent and joining the palms together. Hold the posture while breathing gently through the nostrils for about 10 complete breaths.
4. Lower the arms and right leg and return to the *tad-asana*, standing position with feet together and arms at the sides. Pause for a few moments and repeat on the opposite leg.

Comments:

The challenge of the *vriksha-asana* is maintaining balance on one leg. Poor balance is often the result of a restless mind or distracted attention. Regular practice of this posture will help focus the mind and cultivate concentration (*dharana*).

When practicing *vriksha-asana* it may help to imagine or picture a tree in the mind and apply the following technique: Imagine that the foot you are balanced on is the root of the tree and the leg is the trunk. Continue by imagining the head and outstretched arms as the branches and leaves of the tree. You may be unsteady for a while and find the body swaying back and forth, but don't break the concentration. Like a tree bending in the wind and yet remaining upright, the body can maintain balance.

Aim to achieve the "rootedness" and firmness of a tree. Regular practice of the *vriksha-asana* improves concentration, balance and coordination. Because the weight of the entire body is balanced on one foot, the muscles of that leg are strengthened and toned as well.

As you advance in this posture and are able to remain standing for more than a few moments, try closing the eyes and maintaining your balance.

Duration/Repetitions:

Hold the *vriksha-asana* as long as your comfortably can. Repeat it two or three times on each leg.

34. Vrischika – asana – The Scorpion Pose

Posture: *Vrischika-asana*
The Scorpion Pose

Translation: *Vrischika* is the Sanskrit word for scorpion. This posture is so named because the body resembles a scorpion with its tail arched above its head ready to sting its victim. Although it may not be a simple posture for beginners to perform, the Scorpion is not as difficult as it may at first seem.

Pronunciation: vrik-shah-sa-na

Difficulty: (7)



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Instructions:

1. Kneel on the floor and lean forward placing the elbows and forearms flat on the floor with the palms facing down. Your arms should be placed about shoulder-distance apart.
2. Extend your head forward and lift it as high as possible.
3. Raise the buttocks and place the feet firmly on the bottoms the toes.
4. Inhale a swing the legs up and over the head while maintaining your balance. Bring the legs straight up over your head.
5. Slowly bend the knees and drop the legs toward the head being careful not to move too quickly or drop the legs to far while maintaining balance.
6. Reverse the steps above and return to a kneeling position.

Comments:

The Scorpion should not be attempted until you are comfortable with all the balance postures (e.g.: [Vriksha-asana](#), [Ekapada-asana](#), etc.) as well as the Headstand ([Sirsha-asana](#)). Beginners should do this posture under the supervision of a qualified teacher. When first attempting the Scorpion asana you may want to try it while facing a wall. Position yourself so that when you are doing step #1 above your head is about 2 - 3 feet from the wall. This way if you lose your balance you can use the wall for support.

This posture will provide maximum stretch to the neck, spine and chest. It combines many of the benefits of the [Chakra-asana](#) (the Wheel posture) and the [Sirsha-asana](#) (the Headstand).

Duration/Repetitions:

Hold the [vrischika-asana](#) for as long as you are comfortable. Keep in mind that returning from the posture gracefully without falling out of it will take some strength, so don't hold it too long. 20-30 seconds is fine for early attempts, increase the time gradually as you become more proficient.

Salamba
Variation



Nirlamba
Variation



Variations:

There are two common variations to this posture illustrated and described below:



To do the first variation, illustrated above, after entering the Scorpion as described above slowly raise the legs straight up until your feet are directly over your head (you won't, of course, be able to see this but you will easily be able to feel when they are properly positioned). This variation requires a bit more strength and a stronger sense of balance than pose described above.



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