DR. KARACH’S OIL PULLING THERAPY - WITH SUNFLOWER OIL

Oil pulling is an effective biomedical method which involves swishing oil in the mouth. It can achieve outstanding results in the treatment of various conditions, with absolutely no adverse side effects. This simple therapy can be used to treat many kinds of ailments and diseases. It may even eliminate the need to undergo surgery or to take certain medication.

How oil pulling works

According to Dr. Karachi, the essence of this method lies in its simplicity. Cold-pressed sunflower oil has been found to be extremely effective in curing diseases. In the morning, before breakfast, take one tablespoon of oil and hold it in your mouth. Slowly swish the oil around. Push and pull the oil back and forth, left and right, drawing it between your teeth. Tilt your chin up and chew for 15-20 minutes as chewing triggers a sort of digestive process in the mouth. Try to produce as much saliva as possible because mucous traps bacteria, keeping unwanted substances out of the blood. Make sure you don’t swallow the oil as it has become toxic.

The oil is quite thick at first, but it will gradually begin to thin out and turn white. If the liquid is still yellowish, then you probably haven’t pulled and chewed long enough or thoroughly enough. When you spit out the oil, make sure you rinse your mouth thoroughly and repeatedly with water and then brush your teeth. Remember to clean the sink afterwards because the fluid now contains a lot of pathogenic bacteria and other harmful substances. If we were to put a drop of this fluid under a microscope and magnify it 600 times, it would look like a bunch of flexible fibers. These are microbes in their earliest stage of development.

Oil pulling draws toxins and impurities out of the system and enhances the body’s metabolism. This leads to major improvements in overall health pulling. Some of the most obvious results of oil pulling are that gums stop bleeding, loose teeth tighten and teeth become visibly whiter.

Oil pulling is most effective first thing in the morning, before breakfast. To enhance the healing process, it can be done three times a day — but always before meals and on an empty stomach. The organism will not be disturbed by this at all, and the body will heal at a faster and more efficient rate.

How long should we do oil pulling?

We should continue with oil pulling until we regain our original strength and appetite, and wake up feeling refreshed after a good night’s sleep. You should wake up in the morning feeling refreshed and relaxed - not tired. The results will include increased energy & awareness, stabilized appetite, improved quality of sleep and improved memory.
**Initial worsening of symptoms**

When people have several diseases or health problems at the same time, it is very possible that their medical conditions might appear to get worse first. Sometimes, one medical condition can even aggravate another medical condition during treatment. Dr. Karachi suggests that you continue with oil pulling therapy even if the conditions seem to be worsening. There is no serious reason to stop the therapy - not even if you have a fever. In fact, a fever is a sign that you should continue with the oil pulling. Should you for any reason decide to discontinue the therapy, just remember that the healing process takes place in the mouth. Dr. Karachi says that an initial worsening of symptoms is an indication that the disease or condition is being cured.

The answer to the question of “How many times a day do you practice Oil Pulling?” is that each of you should decide for yourself, depending on how you feel. Acute illnesses can be cured very quickly - within two to four days. Chronic illnesses usually require more time, often even up to a year. So we shouldn’t give up too soon!

Oil pulling therapy can completely cure headaches, bronchitis (inflammation of the mucous membrane of the bronchial tubes), toothache, thrombosis (blood clots in the veins/arteries), arthritis (inflammation of one or more joints), chronic blood disorders, paralysis (paraplegia), eczema (inflammation of the skin), stomach ulcers, intestinal disorders, heart and kidney problems, encephalitis (inflammation of the brain) and women's illnesses. It also helps prevent the forming of life-threatening growths such as neoplasms and tumours, and treat and prevent chronic blood conditions, paralysis, stroke, nervous disorders, stomach problems, lung and liver diseases and continuing chronic sleep disorders. Dr. Karachi claims that it is even possible to cure diseases that are caused by toxic chemicals (e.g. lung cancer, heart failure – caused by smoking).

It is highly recommended that you do oil pulling after strenuous physical work as this will take away any pain in your back, arms or legs. So when you finish working, before you eat, swish some cold-pressed sunflower oil around in your mouth. In an hour’s time, all the acute pain will have disappeared and you won’t feel like you worked hard at all.

Cold-pressed sunflower oil is also used in cooking. It is ideal for preparing all kinds of salads, salad dressings, toppings and other cold dishes. It is great for low-temperature cooking and baking, and excellent for making pancakes and other desserts.

**SOURCES:**

- Adapted from the article Dr. Karachi’s Oil Pulling Therapy
- Various Internet sources