



**CDBY**  
CoyDog Botanicals & Yoga

**Holding oil in the mouth and swishing or pulling** it through the teeth is an excellent way to support oral health and hygiene. Daily oil pulling leaves your mouth feeling clean and fresh. Coconut oil has a cooling and soothing quality. It contains lauric acid and is known to help maintain a healthy balance of microbes in the mouth.

- Supports overall oral health and hygiene
- Removes natural toxins from the mouth
- Lubricates the tissues of the mouth
- Freshens the breath



#### **THE SCIENCE OF OIL PULLING**

Oil shares a natural affinity with the lipid-based cell membranes on the exterior of a cell—including those of the many microorganisms that inhabit the mouth, such as plaque and odor-causing bacteria. When these microbes come in contact with oil, they naturally adhere to it, helping them detach them from the teeth and gums and restoring a healthy oral microbe balance.



1. Place 2–3 tsp. oil in your mouth.
2. Swish vigorously for 2–20 minutes. 20 minutes may seem like a lot, but you can slowly increase to this length. Try swishing while showering, getting dressed, or simply relaxing.
3. Spit out the oil (do not swallow) and rinse well. To protect your pipes, it's best to spit the oil outside or in a lined trash can.

For best results, make this practice a regular part of your normal oral hygiene routine, along with brushing and flossing. We suggest oil pulling once a day in the morning after brushing, but you're welcome to find a time that works for you.

Keep out of the reach of children. If more than one dose is accidentally swallowed, seek professional advice immediately.

Warning: All oils make surfaces slippery and can be combustible. Use caution when drying or storing linens exposed to oils as they are potentially combustible when exposed to heat. Consult your dryer manufacturer's guidelines for drying linens that have been in contact with oils.

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