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My oil pulling experience (3 weeks) ... summerhaunt 17 y 263,360 RR Success † Cross † summerhaunt I've been oil pulling consistently for three weeks. I had started a couple months ago, but stopped because I was trying an alternate therapy and wanted to make which results were a part of which therapy. I decided I had been getting more
results with oil pulling, so I returned to it three weeks ago. (On a side note, I'm going to begin supplementing with Lugol's shortly ... I've ordered some that should arrive by Monday.) I began with Crisco's Natural Blend, which as rural as I am, was the closest I could find to the protocol. It has sunflower oil among the ingredients. Sadly, it also had
canola and soy. I kept it up for three days, and then was able to locate coconut, and then did three days just coconut, and then started including light EVOO. Then about 5 days ago, after reading how others had success with safflower, I included safflower in my routine. I usually try to swish when I first get up in the morning
when I shower ... dear hubby tends to get chatty or want a smooch when I'm oil pulling, so that's the best time for guaranteed uninterrupted time. Usually we have lunch together, but if there's a time he can't come home, I'll squeeze in another session before doing lunch. Then I try to get in a third session in the evening, and if I can get away with it, I
make it a "mega" session, with several back-to-back pulls with the oil du jour. I may do the mega sessions with the equally. The Extra-Virgin Olive-Oil gets thick and foamy for me much sooner than the other two, but otherwise
all seem to do me good! First, I'll list my health background, then I'll list my health background my health background
skin. Fingernails would split/peel. Hair is very fine, a very few silver hairs, lots come out in hair brush. CIRCULATION: Always cold, edema when travelling (stuck in car seat or on airplane). TEETH: As a child, my teeth developed a condition where they have a weakened enamel and they look like someone took a chisel and carved a horizontal chasm
across them. My dentist when I was a teen told me it was caused by a high fever when really little, which ruined the development of my teeth. So I had veneers put on the front teeth when I was 17, to fill in the gaps, and provide a protective layer over the teeth. I've taken care of the veneers waaaay beyond their normal life span. They were only to
last 10 years max, and I'm over 20 years with them now. There are a few places between the veneers and teeth that have started to decay a little. I also have a molar I'm sure has micro-fractures (pain when biting, but nada on X-rays). I've always been self-conscious of my smile, so have been more of a Mona Lisa smiler. The primary teeth were
perfect. Sadly, the secondary weren't. Those early years with the veneers were the only time in my adult life I could smile without embarrassment. Can you imagine all the years growing up with folks saying, "Smile! Why don't you smile?" And all I could think about was, "These folks really don't want to see my smile." And dental visits would just fill
me with shame and dread, despite the fact I couldn't do anything about my teeth's condition. (I paid for those veneers with babysitting money. My dentist, bless him, only charged for the materials and not his time, and actually managed to get the insurance to later pay 80%. I recently tried getting insurance to cover replace the old veneers, and they
denied saying I was too young to require such extensive dental work. Duh! So was I when I was a teen!) MUSCULO/SKELETAL/PAIN: Lots of all-over muscular pain (probably would have been approaching the pain as caused by other issues). Deep, down-to-the-bone muscle pain related to saying I was too young to require such extensive dental work. Duh! So was I when I was a teen!) MUSCULO/SKELETAL/PAIN: Lots of all-over muscular pain (probably would have been approaching the pain as caused by other issues).
barometric pressure changes. Lots of back and neck pain due to muscles that NEVER relax. Migraines and visual migraines. SLEEP and NEUROLOGY: I've got undiagnosable neuropathy and sleep disorder. Most of the neuropathy is a pins-and-needles feeling in the face, head, hands, arms, and legs. The neuropathy and sleep disorder.
couldn't determine what was causing it. He was also my sleep doctor, and I've been given three sleep studies that have not been able to determine my sleep disorder. Also, blood tests reveal nada. No sleep meds or allopathic remedies have helped. I arouse from sleep 39 times in one hour (about every 1.5 minutes) for no knowable reason (no apnea
RLS, narcolepsy, etc.), and only get to sleep levels 1 and 2, and REM. Anytime I try to hit level 3, I immediately get bounced out. I get no deep sleep. I attribute the un-relaxable back muscles to this lack of quality sleep. This has been going on for years, but started getting really
bad the last 7-8 years. Because of the light sleep, I hear everything, notice every ache, and have to make frequent restroom runs, but it doesn't work. I've been so long-term sleep deprived that I've caught myself wishing I were dead just for the rest. Sounds bad, but I'm not
really suicidal. It's just the despearation for some genuine rest! So you can imagine, how I long for a cure for my sleep problem. I feel so guilty when I have to sleep, but it's a must just for physical survival! OIL PULLING RESULTS DAY 1-3: (Natural Blend) Definite energy boost and
teeth whitening. Teeth felt cleaner than when I get a cleaning at the dentist. Stopped taking the meds for the night-time restroom runs. DAY 4-10: (CO and light EVOO) I went out to garden on day 4, and got sunburned. However, it took an hour-and-a-half to burn, when normally I burn in 15-20 minutes. I also had two red patches on my right palm
that alternated numb with pins-and-needles. That thumb and the ring finger occasionally started twitching. Pins-and-needles also went up that forearm a little; this went away within 2 days. Decreased appetite. Immediately with the start of CO, my skin felt like I'd applied lotion, which I hadn't. And the scaly dragon skin on my legs was gone (lotion has
never even done that)! The KP bumps were gone by day 4, though I'm still waiting for the redness from them to go away. I did start to get a rash on my left forearm, my thigh, and feet. Oddly the rash was like what I used to get every summer, like a poison ivy rash. However, I'd never been able to determin the cause of the rash. I think the oil pulling
pulled out some similar toxins. The rash hung around a few days until I broke down and took one Claritin. It was gone the next day. Muscle pain is less, but not totally gone. The barometric pressure pain has increased, but that may more just be a result of all the summer storms that are passing through and not be a side-effect of the oil pulling. Teeth
continue to whiten. A small cavitation between a tooth and a veneer is going away! I expect to see continued improvements, and look forward to smiling again! About day 6, I took an Epsom Salt bath and did a mega-pull (three 20-minute sessions) while soaking. I spit out in a glass, and took new swigs of the oil to continue. My skin was super, baby
soft for days after. Day 10, I started supplement (this was a complex with an Omega fish oil supplement (this was a complex with 3, 6, and 9). The first night, NO RESTROOM RUNS!!! Ever since, no more than one restroom run in the middle of the night, and if I do have one it is because I was thoroughly awakened so much I couldn't fall back asleep for an hour or
more. One issue of the sleep problems is nipped in the bud! DAY 11-21: The CO and safflower just hadn't been getting thick until after 15 minutes. However, I continue to have the same benefits as the previous days. About day 14, my sister introduced me to Swedish pressure points because my back and neck had been in such pain. I can't believe how
many knots I had in my back. She was shocked when she got one knot on my left shoulder to release and the muscle dropped 3 inches! She got most to release, though there's still about 4 big problem knots that are being stubborn. Why mention the Swedish pressure points? The oil pulls for days 14 through yesterday with the CO and safflower
IMMEDIATELY got thick and foamy. I think releasing the muscle knots released a lot of toxins. Skin started getting a little dry again about day 18. However, I took another Epsom Salt bath tonight with a mega-pull using CO. It's back to the baby soft skin again. My hands look decades younger. I got a nasty looking pimple on my cheek below the
cheekbone right below the eye four days ago. It never pussed up until last night, and today it was just gross. I don't recall ever having one so nasty, and haven't had one in that area since the teen years. I drained the infection tonight, smeared some CO on it while I soaked in the Epsom Salt bath, and now all swelling and infection seem to be totally
gone. I may have to try CO on another wound or infection some day to see if it instantly clears up like this again. I have not noticed hair benefits yet. They may be there, but it's hard to determine, since one long hair looks like a whole bunch in the
brush. Nails haven't been peeling or splitting and seem stronger. I do think my vision is changing some, but I'm not sure if it's worse or better in the long run). I've had a few migraines over the three weeks, but if I oil pull the migraines lessen and end sooner
I've had some more pins-and-needles neuropathy, which I'm thinking is related to the oil pulling. But I think it's probably from loose toxins or from healing. The thumb has started twitching again the last couple days. In about a week, I'm going up to KCMO to visit family, and I plan to visit a health food store to see if I can find some hemp oil. I really
want to give it a try because of all the benefits folks have reported. I'll keep you posted on any benefits from the Lugol's and hemp oil. I'm so hoping the Lugol's will probably know because I'll shout with joy so loud you'll be able to hear it coast to coast. I
guarantee, I'm gonna be in tears the first day I have feeling alert and awake! Weirdly, there have been maybe a day or two over the last seven years I've felt alert, but I've never been able to distinguish what allowed for that. Maybe those days I managed to get extra Iodine in my diet or had detoxed or the right fatty acids ... I've convinced my co-
worker to give oil pulling a try this week, and she's really happy with it. She's had a broken off tooth and sometimes gets pressure at the sinus over that area and a nasty taste and pain, and is terrified of the dentist. She's tried gargling salt-water, mouth wash, etc., to try to help, but they do nothing. She's getting some relief in the pressure, and the
bad taste is gone, just after three days of oil pulling! For her, if oral health is all she gets from oil pulling, she's content. I'm so hoping it'll help her in other ways. She's got a rare eye disease (as in from what her doctor can tell she's the only person with it) that I hope may get some benefit, since doctors have no idea whatsoever of how to treat it. Re
My oil pulling experience (3 wee... molly bloom This is a reply to # 913,222 Jeeze Louise Summer! What a post!! It seems you must have been lurking around CZ for awhile. I'm so glad you posted, and I'm also happy you shared all of this with the OP forum. I don't know how much experience you've had with alternatives,
but personally, I want to see your progress. Please, post often on this and other forums. OP is amazing, and your issues with your teeth are probably playing some part in your health. We've definitely discovered that the mouth is the gateway to many problems in a person's physiology. There is no doubt in my mind that OP can have unusual and
sometimes astounding effects on a persons health. And coconut oil is very powerful also. I'm so glad you discovered this stong antiviral. I would suggest you change up your oil every few weeks or so. Or do one oil in the a.m. and a second later in the day. I do backler in the day in the
to back coconut oil and it usually alleviates my symptoms. I've hardly been sick since I started to OP. You might want to check out the IP6 we are all trying right now. I've never had such a wild ride on any therapy, this one knocks my socks off. And Iodine is definitely one of the most important things I've done for my body. Measureable results in the
areas of pain (breasts) and my female balance. I want to give you a resounding welcome. You post well, and I know you will become an asset here. Thanks. Molly Re: My oil pulling experience (3 wee... summerhaunt This is a reply to # 913,325 I first came across oil pulling at another website, but when I started back
again 3 weeks ago, I came here and read through most of the posts. So, yes, I was a lurker. Not too shy to speak up, but I wanted to make sure before I posted that I'd done my research, and definitely wanted to make sure before I posted that I'd done my research, and definitely wanted to make sure before I posted that I'd done my research, and definitely wanted to make sure before I posted that I'd be helpful to others. I'd just noticed several folks not believing the benefits could possibly be
seen so quickly. And in my case, it really has been that quick. I know my sister has told me she has proven issues with vitamin and mineral absorption through everyday diet/eating. So I've always suspected we're deficient in some way. The
definitely believe I'm absorbing something good from it. And maybe the fish oils are helping me to absorb vitamins and minerals more efficiently. I really am impatient to see how the Iodine helps. The docs always thought many of my issues sounded like thyroid problems. However, their tests never showed thyroid issues. My grandmother DID have
radiation applied to her thyroid, so thyroid problems are in the family. I forgot to add, I recently started having acid reflux. It sporadically gets better and then reverts now since doing the oil pulling. I've only had to take the Prevacid once or twice over the three weeks, so that is going down. Like you suggested, I alread do alternate using the oils.
When one doesn't seem to work as well as the other I switch, or I may do one type in the morning, and in the evening I may do one of the others. My morning oil is usually the CO. Evening recently has been the safflower. Haven't done as much of the Extra-Virgin Olive-Oil lately. (Re: the long post ... it's almost pure torture to keep me from writing too
much. It's the writer in me.) Re: My oil pulling experience (3 wee... jfh 17 y 233,627 jfh This is a reply to # 913,325 I agree that summerhaunt has an excellent and informative post - much appreciated. One issue regarding IP6 At least one vendor, Source Naturals, has this to say. It means that I will not be able to use it for a while; due to its blood
thinning quality. IP-6 Suggested Use: Mix one and a half teaspoons with water daily, or as recommended by your health care professional. For systemic support, take on an empty stomach if you are pregnant or breastfeeding, or taking
blood-thinning medications, consult your health care professional before using this product. Pages and Ads Suggested by Google All twisted up O/T, though portions ... summerhaunt This is a reply to # 913,222 Y'all might get a laugh out of this. I had to cut myself out of my dress this morning. It was one of those
whispy dresses with two layers. When I went to put it on, the layer underneath got all twisted up. Hubby had left for work about 3 minutes earlier, so I couldn't ask his help. It was so twisted it was cutting into my ribs and was hard to breathe. I fought for 10 minutes to get it untwisted and didn't think I could get it back over my head again, so I dug
out the scissors ... fortunately it wasn't one of my favorite dresses. However, (this may be the relevant part) I did notice the new dress wasn't as tight at the arms or across the breast as usual. It seems a little looser at the hips, too. I'm about 30 lbs. over where I need to be. It made me think about the Epsom Salt bath I took last night with the oil
pulling, because I did notice when I put yesterday's dress back on afterward that those sleeves were much looser. While I definitely noticed they were a bit snug when I'd put it on that morning, and those sleeves don't usually stretch. I've monitored my weight since oil pulling, just curious to see if it'd help. Weight hasn't gone down, but it also hasn't
gone up. I used to get drastic swing in weight throughout the week because of water retention. I've made a point to not "consciously" change my diet or activity any, to see if the oil pulling might have added is the Omega fish oils. The flab does
 seem less flabby (firmer), though it's still there. And I have noticed a definite decrease in appetite. Nothing sounds good, except the occasional avacado, or eggs. I can't blame it on the heat, because I've mostly been in the A/C. I'm definitely going to keep an eye on this. If I continue to notice benefits regarding weight or size, I may start a thread
specific to it, to make the info easier for folks to find. But note, I'll be supplementing soon with iodine/iodide, Ester C, Sea Salt water, and selenium, as per the Iodine forum, so that may affect weight, too. Question: Would it be OK for me to copy the portions of threads I have relevant to the Iodine forum and post there, or vice a versa? I'm also going to
continue trying oil pulling with the Epsom Salt baths, and working on getting muscle knots to release with the Swedish massage points too, because the two times I've done so I've had fantastic results. I think I'm getting a bigger detox without overloading my body. I'm also going to start a thread specific to sleep, since that's my main health concern
right now. Last night I had much less of the barometric pressure pain, even though some friends I know who suffer from it were in great pain last night. Not sure if that was from the Epsom Salt bath, the oil pulling, the fish oil, or a combo. The sleep was calmer too. One restroom break, but it wasn't necessary. I just went because I didn't want major
urgency when I first got up in the morning. Still tired, but it seems improved (I feel like what maybe a normal person might feel at about midnight). I've got years' worth of accumulated sleep deprivations, so even if the outright cause were cured, it may take me time to know if I'm better because I'm going to have to recover from the debt. Note: I'm
thinking about starting a forum specific to barometric pressure pain. Maybe someone out there has tips that will help. Re: All twisted up O/T, though porti... molly bloom This is a reply to # 913,502 Absolutely you may cross post between the two. Many people practicing OP actually are all over Curezone. It's one of the
most practiced therapies on CZ, and we are visited by almost everyone here. The very reason the OP forum is so popular is because of the sheer number of people practicing OP and feel comfortable discussing whatever here. And we do not overly moderate this forum in order to keep the new ideas flowing. In fact, two of the owners of the
supplementation forum helped to create and breathe life into the OP forum. They are active here when they are googling this therapy. Often, this is the first forum they visit that leads them to many other forums. I'm proud that we are considered a gateway to
this website. As far as starting a new forum I'd get some interest going on Ask Curezone. I was very interested in your sleep disturbances and clinical depression. I truly believe that the two issues are related, but trying to get him to believe that is a challenge. He is very out of touch with his body
(depression) and hopeless about his condition. I'm about to enter him into the Stanford Integrated Medicine program and I'm hoping that we come away with a diagnosis to work with. He is Aspergers (autism), and I don't know if there are any natural therapies for a condition such as that. I guess what I want to say is....go for it! By the way...I loved
the dress story. I've ripped dressed that are zipped in the back that I couldn't get out of! That was hilarious! Molly Re: All twisted up O/T, though porti... summerhaunt This is a reply to # 913,508 My son, age 14, was just diagnosed with Asperger Syndrome, and ADD-NOS (ADD inattention-like issues, but not ADD). Alex
also has mild Tourette Syndrome (so mild that unless you know him really well you wouldn't notice his tics). He's definitely a challenge because he does get a low self-image, although he's brilliant. Being
able to share his interests in his favorite interests in his favorite interests have helped boost his confidence (winning Science fair, awards in art contest, etc.). He loves electricity and electronics (his main fixation), so has been using it to WOW other kids and teachers. Still struggles with socialization. Though we do get a laugh out of his pi fixation. I'm trying to get him
interested in phi now (the Golden Ratio). Alex does seem tired all the time, too, I did have a sleep study done on him, because lots of kids with ADD or Tourette issues do have sleep disorders, but he tested fine, I'm hoping the oil pulling, and maybe jodine, will help with that, I definitely WILL post on him if we see improvements with Asperger.
Tourette, or behaviors (he's very impulsive and gets obnoxious when he's bored or the topic isn't one he has an interest in, and is lazy w/school work). Here's an interest in, and is lazy w/school work). Here's an interest in, and is lazy w/school work).
plan to try. She mentioned she had thyroid problems before. She had drastic tiredness issues (had to lay down after walking 20-30 feet). Her doctor had done a thyroid test, which turned out normal. But the doc decided to test a little differently. There's actually two parts to the thyroid, and when he tested individually, on part of her thyroid was
overactive. The other part was underactive. With the original test, the overactive and underactive cancelled each other out on the results, making things really aren't normal. He had her on a pill for a little while, then her problems
cleared up. She can't remember anymore what the med was, but I'm wondering if it wan't similar to the Iodine supplementation. By the way, she's still amazed at how the oil pulling out the infection. Re: All twisted up O/T, though porti... molly bloom 17 y 233,315 molly bloom
Re: All twisted up O/T, though porti... Lymie1 11 y 199,711 Lymie1 11 y 199,711 Lymie1 Attn: Molly, re: Aspgerger/autis... jfh 17 y 232,962 summerhaunt 18 y 232,962 summer
y 232,767 summerhaunt This is a reply to # 913,956 My Booger (I've nicknamed him Sugar Booger, since he can be a sweet little snot), began as an infant with a fascination with lightbulbs. Was his first word after "Mama". Sadly, he could care less about music (we're a very musical family). We went through phases of his fascination with sewer
systems, locks, etc. We have to wipe the hard drive on his computer and reinstalls). I've strongly suspected his dad (we're no longer together, but my current husband is awesome with my son) and uncle have Asperger to a
degree. I think the idea of oil pulling is "gross" and weird enough I can get him to give it a try. Before the summer he was wanting to do experiments with Iodine with the Science teacher, so I think the current Iodine fixation might keep him open to supplementing. However, he has as much of a fixation on not medicating, equating even prescribed
medication as to being on drugs. It's tough getting him to understand if it's necessary. I think he feels a little shame at the Tourette Syndrome. He's kind of enjoying the Asperger Syndrome because some of the folks he admires had it or some form of
autism (Einstein, Tesla, Newton, etc.). Re: Attn: Molly, re: Aspgerger/autis... molly bloom Re: Attn: Molly, re: Aspgerger/autis... summerhaunt This is a reply to # 914,431 I've already gotten him some of Feynman's books. He loves them. Weird kid won't read fiction, but loves Science books
and manuals. By the way, Molly, has your husband tried L-tyrosine? It's an amino acid that's good for sleep and depression. Seratonin is the precursor to L-tyrosine takes one step out of the process. I did notice a little improvement
myself, but for sleep it was sporadic. Mood uplift was most of the time. The IMPORTANT thing to do when taking tyrosine is to not follow the bottle's directions. The bottle says to take before bed. My doctor explained that there's only a finite number of amino acids the brain will allow past the blood-brain barrier, so they're competing to be the first to
the brain. It's hard to ensure which gets there from just eating whatever food you want. The doctor said to take the tyrosine first thing in the morning, before you eat anything. That way, the tyrosine is the first to the brain, so is guaranteed to be among those the brain will use that day. Re: Attn: Molly, re: Aspgerger/autis... Lymie1 11 y 199,784
Lymie1 This is a reply to # 913,683 Lyme disease is causing a lot of these problems in kids. ADD/ADHD and autism. I was bit as a kid and lyme stays in your body and you pass it to you baby when your pregnant. What "Under Our Skin" on YouTube it's an hour 44mins but it explains all of it. Lyme is a spiral bacteria so it can go everywhere through out
your body. Lyme disease is an epidemic right now that the cdc needs to address. 300,000 people are getting it a year. Through blood transfusions, mothers having it and passing it to their kids, and getting a tick bite. I new nothing about it till this year. I went four years up diagnosed and then tested my kids and they also have it. The thing is once you
start treating it symptoms and problems go away. Re: My oil pulling experience (3 wee... Lymie 1 11 y 199,700 Lymie 1 This is a reply to # 913,222 Hi, I was reading your post on oil pulling. I just got diagnosed with Lyme disease last month. I prob had it when I was young but it doesn't take over till your antibodies lower due to stress, surgery or
getting sick. But I have all the symptoms and problems you have. Lyme effects your nervous system and mimics other diseases like fibromyalgia, it attacks the thyroid, I had horrible bladder pressure and went to the bathroom constantly, teeth problems, brittle nails and hair thinning. I have bad insomnia but yet have chronic fatigue. I get weird
rashes. I twitch all the time, even got checked for MS and Parkinson's. Lyme is a spiral bacteria from a tick that can go everywhere through your body, brain, organs, blood and eyes. I constantly have vision problem. If your parents got bit by a tick it can be passed down to the fetus and then were born with it. Only 50% of people get a bulls eye rash
from ticks so then it goes untreated and you are a big miserable medical mystery. Watch "Under Our Skin" on YouTube is an hour and 44 mins but you'll be shocked. They say 300,000 people a year are diagnosed with lyme. My mom has it, myself and my kids. You get brain fog, memory problems, kids seem to have a harder time in school. Please just
check it out. Re: My oil pulling experience (3 wee... angama0a 10 y 97,052 angama0a Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content
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limitation. No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Recently, people have been using oil to pull sebaceous filaments out of their skin! This is called "oil pulling," but how did this
all start, and what is it? Firstly, let's explain what sebaceous filaments are located in our pilosebaceous filaments are made of sebum. Our sebaceous filaments are made of sebum. Tansports itself to the top of our skin
by moving up the hair. Once the sebum moves up the hair and to the skin's surface, it helps create something called "the acid mantle." Photocred: GoodieCo The acid mantle is not technically a layer of oil that our skin secretes. When you touch your face at the end of the day, you can feel it, and it comes off on your hands.
It's the skin's first layer of protection against invaders. Additionally, the acid mantle waterproofs your skin, and transports very important nutrients such as antioxidants and omega-3 fatty acids to the skin's surface. However, sometimes too much oil is made, and all of it cannot climb up the hair. When there is too much oil, not all
of it will make it to the skin's surface. Likewise, the pilosebaceous unit can get clogged. And if there's bacteria involved, this clog can become a pimple. However, if that acne bacteria isn't all that present, the sebum will mix with dead skin cells and dry up. From there, it will become a yellow or white piece of paste, known as a sebaceous filament.
Sebaceous filaments can become so dry that they turn into little gold nuggets or pieces as well. When you look in the mirror, sebaceous filaments look like little white dots. When you squeeze these dots, that white paste will come out. But in
reality, you shouldn't squeeze your skin because doing so is very irritating. There are other ways to remove sebaceous filaments or blackheads from your skin, and oil pulling is just one way. What is oil pulling requires
you to rub oil into your face for 5 to 30 minutes. But, what is the reason for this? In chemistry, when you mix a bunch of oils together, they combine. So, when you rub oil on the skin, it combines with sebum or sebaceous filaments. And when you're rubbing it, you're able to dislodge, loosen, or pull some of it out. This is very different than oil
cleansing. Oil cleansing is when you remove something like makeup or sunscreen, and then, you follow up with a regular cleanser. How do you do oil pulling for the skin? Simply take your skin to break out. If you have oily skin, you might not want to
use this method at all. But even though Cassandra has oily skin, this is how she did it. Cassandra used olive oil and rubbed it on her face for 30 minutes, Cassandra actually had a few chunks come out. Around 17 minutes, her sebaceous filaments truly started to lift. After
20 minutes, her skin started to get a little red. But after a while, it just felt like she was exfoliating her face with her skin's own debris. It took a while to work, and it did work to remove sebaceous filaments, but Cassandra would rather stick to chemical exfoliants. Does oil pulling work on the skin? Well, it can work to pull out sebaceous filaments.
But, just because it pulls out sebum doesn't mean that it helps the skin or yields results. For example, Cassandra often deals with sebaceous filaments from returning? There's nothing in oil that prevents sebum from building back up
and getting stuck again. Likewise, "oil pulling" removes things, but it doesn't truly help the skin in the long run, especially if you have oily skin. Plus, if you have acne might look worse afterward. That's what happened to Cassandra. She not only broke out
more the next day, but she broke out even more the following week. There's also the risk of accidentally using an oil that doesn't work for your skin. If you are going to do oil pulling, Cassandra would recommend using a skincare oil as opposed to a cooking oil. Here are some that Cassandra likes. Trader Joe's SPA 100% Pure Jojoba Oil - $13.25 This
is technically not an oil. It's a waxy esther. It mimics sebum which can help with oil control. It's hasic, and it works for the skin. People also use almond oil and marula oil from the manufacturer for $11. But
once again, chemical exfoliants, serums, and cleansers are much better options for breaking down sebaceous filaments. It also prevents
them from coming back. Retinoids are also a great option. They help with wrinkles, hyperpigmentation, and scars. But, they can also help if you have enlarged pores that are prone to sebaceous filaments. Retinoids go deep into your skin and stimulate your body to create more new skin cells. If your skin is resurfacing more often, there's a lower
chance of your pores getting clogged with sebaceous filaments and likewise dead skin. However, you might get redness, peeling, and irritation from retinoids, especially if you're using prescription stuff. Also, niacinamide better known as vitamin B3 is a fantastic option, and it helps regulate oil production. Niacinamide can help lessen the appearance
of pores on the skin. It goes into the pores, and it helps to regulate how much oil your skin produces. It also helps with the uneven spread of pigment. If you're prone to splotchy skin, niacinamide can be a great option. So, for sebaceous filaments, you want to look for BHAs, retinoids, and niacinamide. But, if you enjoy oil pulling, you can. However,
products like these will yield better and longer-lasting results. Wishful Yo Glow AHA & BHA Facial Enzyme Scrub - $39 Mixsoon Bean Essence Exfoliating Serum People have been using these products to pull sebaceous filaments out of the skin. Haruharu Wonder Centella 3% PHA Gentle Liquid - $28 This is plant cellulose or plant fiber. The products to pull sebaceous filaments out of the skin.
balls up on itself, and it exfoliates. Likewise, it can also pull some blackheads or sebaceous filaments out. However, the most consequential step in removing excess sebum in a few minutes instead of 30 like oil pulling. Shutterstock This article
was written by Allison Young and provided by our partners at Rodale's Organic Life. The practice of oil pulling is said to whiten teeth, treat gum disease, clear up acne, fight migraines, cure jaw pain, purge toxins, and improve overall health and well-being, but that's not why I tried it. In fact, I didn't know any of these "promises" when I started
swishing oil around in my mouth. I did it because my yoga teacher, Lorilee Gillmore, recommended it. Not only is she a kick-ass yoga instructor and owner of Phoenix-based Moksha Ayurveda, (a center for the ancient science and medical arm of yoga dating back more than 3,000 years), she's also the picture of health and happiness. "Ama, which is
known as toxicity in Ayurveda, builds up on the mouth and tongue," she explained one day, "Oil can pull the toxicity out of the mouth." I was game. I got started the next day, and almost a year later, I'm still going strong. Related: 10 Tooth-Whitening Myths You Keep Buying Into Not that it was love at first swish. The mouth feel of oil isn't silky like
wine, and that first tablespoon of olive oil was like gargling with grease, but still I swished and swished for what felt like forever. Four minutes in, I'd had it and couldn't spit the oil out fast enough. The next day, I switched to cold-pressed organic coconut oil, which made all the difference. Any vegetable cooking oil will do—sesame, sunflower,
grapeseed—so go with the one you like best, and opt for a high-quality organic version, because you are using it as medicine, says Lorilee. I kept at oil pulling, and before I knew it, four minutes every day stretched to 15, and my gag reflex turned off. But even better, the swish turned meditative. Instead of trying to talk with an oil spill in my mouth—
which, spoiler alert, is nearly impossible—the silent morning ritual became akin to a killer meditation session. My kids quit asking me questions when they saw my pursed lips, and the ocean-like sound of the swishing worked like sound therapy on my monkey mind. And yes, my teeth felt cleaner and looked whiter, but that was just the icing on the
cake. "That first tablespoon of olive oil was like gargling with grease." About a month into my new habit, I went for my regular six-month dental checkup and nailed my periodontal exam. You know, when the hygienist pokes and probes your gums, firing numbers to correspond to the bone loss around each tooth. The 1s, 2s, and 3s are no biggie, but
when you get into the 4s and 5s, it can mean the beginning of periodontal disease—and I always used to have 4s and 5s. But not this time. Even the hygienist seemed surprised by my numbers, so I told her about oil pulling, and even though the dental community hasn't embraced the holistic practice, the hygienist seemed intrigued. ("Based on the
lack of currently available evidence, oil pulling is not recommended as a supplementary oral hygiene practice and certainly not as a replacement for standard, time-tested oral health behaviors and modalities," says the American Dental Association's website.) Related: Gargling With Coconut Oil Helps Me Taste Food Better, Says Carla Hall Some say
the oil works like a magnet on bacteria and plaque, sucking them out of oral hiding spots, but there's no proof yet that either bacteria or plaque are fat soluble and cling to swished oil. Others claim the act of swirling turns the oil into a kind of soap for the mouth, leaving it squeaky clean. The science isn't definitive, but preliminary studies show it can
reduce plaque and cavity-causing bacteria. Related: 12 Things Your Dentist Knows About You Just By Looking In Your Mouth These days, my routine is simple. I do my oil pulling first thing in the morning, before coffee or teeth brushing. Sometimes I swish for five minutes, sometimes 20, depending on my schedule that day. Then I spit the oil in the
garbage (no sense clogging my kitchen or bathroom drain). Gillmore has her own style: "I do my pulling while I'm in the shower. I tongue scrape, floss, and take a big swig of organic sesame oil before I get in, and then I work the oil in my mouth while I shampoo, condition, and shave." It's her version of singing in the shower. Reddit and its partners
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