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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 oil, so switched at that point. I 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 same oil throughout, or I may opt for a different oil with each 15-20 minute span. So far, I don't have a favorite. I like all three 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 how I've noticed the oil pulling helping out. BACKGROUND AGE: 38, female, though folks mistake me for younger. SKIN/NAILS/HAIR: Very fair, sunburn easily, KP on arms and legs, lots of moles (especially on the back), dry dragon skin. Legs itched horribly because of the dry 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 waaay 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 diagnosed with fibromyalgia, if I saw a MD for it, but I've been approaching the pain as caused by other issues). Deep, down-to-the-bone muscle pain related to 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 disorders. Most of the neuropathy is a pins-and-needles feeling in the face, head, hands, arms, and legs. The neurological, on of focus best in the Midwest, 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 delta sleep whatsoever, 0%, so I don't get the healing benefits of deep sleep. I attribute the un-reliable 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 (avg. 6 a night). The doc had me try meds to cut down on the 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 desperation 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 bow out of doing things with the kids or family because 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 24 hours. 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 been used). The KP bumps were gone by day 4, though I'm still waiting for the redness to go away. I did not feel any itching or sores, and haven't had any rashes since the first day. 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 tell. I've too few silver hairs to tell just yet. And since my hair is long, hair loss in the brush is 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 yet (I do expect it to get worse some at some point because of loose toxins, but also 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 help with the sleep problem (even though the doc says I have no thyroid issues). If it does, you'll 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 her 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 17 y 233,661 molly bloom This is a reply to # 913,222 Ieeze 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 a EFA oil in the morning and coconut oil before dinner. If I feel like I'm getting sick, I do back 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. Measurable 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 17 y 233,567 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 things clear when I did post so that it'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 oil pulling and omega fish oils are only proving that to me. Besides the swishing possibly removing things, I 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 already 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 one on an empty stomach. For direct colon support, take just prior to or with meals. Warning: Take on an empty stomach if you are anemic. 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 17 y 233,505 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 wispy 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 any affect. I eat what's there, which isn't necessarily the best choice, or I eat what appeals. Only thing I 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 avocado, 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 3 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 17 y 233,079 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 aren't too busy over there. Many people are introduced to CZ through this forum 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 issues. My husband also has very profound 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 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. He's 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 17 y 233,602 summerhaunt This is a reply to # 913,508 My son, age 14, was just diagnosed with Asperger Syndrome, and ADD-NOS (ADD inattentive-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 difficult, too, in trying to get to do what you want because his tunnel-visioned world view. I do plan on getting him to try oil pulling this fall. He's definitely a challenge because he does a low self-image, although he's brilliant. Being able to share his 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 iodine, 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 interesting thing you might want to discuss with your husband. I was talking with my co-worker this morning, who is now trying the oil pulling, and mentioned the Iodine supplementation I 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 appear normal. Make the that's why so many of us have normal test results when things really aren't normal. He had her do 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 was similar to the Iodine supplementation. By the way, she's still amazed at how the oil pulling is helping her broken tooth and the sinus above it. It's definitely 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 Attn: Molly, re: Asperger/autism (o... summerhaunt 17 y 232,962 summerhaunt Re: Attn: Molly, re: Asperger/autis... molly bloom 17 y 232,758 molly bloom Re: Attn: Molly, re: Asperger/autis... jfh 17 y 232,531 Re: Attn: Molly, re: Asperger/autis... summerhaunt 17 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 reinstall the OS every month or two because of his experimentation (avoiding Vista since you have to repurchase license after two reinstalls). He 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 something his body needs and/or has been missing due to the biology he's been born with, then 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: Asperger/autis... molly bloom 17 y 232,773 molly bloom Re: Attn: Molly, re: Asperger/autis... summerhaunt 17 y 233,040 summerhaunt The 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. Serotonin is the precursor to L-tyrosine, which is the precursor to dopamine. Some folks have trouble converting from serotonin, so supplementing with 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: Asperger/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... Lymie1 11 y 199,700 Lymie1 This is a reply to # 913,222 H, 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 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 get 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 a i... 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. 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