

ORAL SWISHING OIL



Standard:

SKU: 9347246003596

Size: 115 ml / e 3.89 fl oz

RRP: AUD\$29.95

*price subject to change. Copyright 2018 Black Chicken Remedies. Last updated 20/03/2018

WHAT IT DOES:

**SWISH FOR FRESHER BREATH, WHITER TEETH AND CLEARER SKIN.
USE DAILY TO INCREASE YOUR KISSABILITY!**

Like most people you can probably get your head around how oil pulling can deliver fresher breath and whiter teeth... but clearer skin? Oil swishing can have this effect because it puts the brakes on the growth of toxic bacteria in your mouth that would otherwise travel down into your body where it contributes to your toxic load that can show up on your skin. It's not just the swishing and ejecting it that is doing all the work, it's also the powerful antiviral properties in our swishing oil formula that's masterfully at work.

Over time this practice helps unburden your immune system. Signs of high toxin levels in the body can include; constantly feeling tired, hormone irregularities, being low in energy and having skin issues that are challenging to resolve.

The Ayurveda practice of swishing oil then ejecting it from the mouth to draw out toxins has been around for centuries. Ayurveda is a holistic system of medicine which evolved in India over 3000 years ago.

THE GOOD STUFF:

Cocos Nucifera* (Coconut Virgin), Helianthus Annuus* (Sunflower oil), Sesamum Indicum* (Sesame), Cannabis Sativa* (Hemp), Ricinus Communis* (Castor oil), Persea Gratissim* (Avocado oil), Elettaria Cardamomum (Cardamom essential oil), Mentha Piperita (Peppermint essential oil), Commiphora Myrrha (Myrrh essential oil), Mixed Tocopherols from Non-GMO Soy sources (Vitamin E)

*Certified organic ingredients



ORAL SWISHING OIL

Mouth detox for fresher breath,
whiter teeth and clearer skin

WORKS WELL WITH



Copper (Cuprum) Tongue Cleaner
Scraping the tongue daily reduces the production of bacteria in the mouth and ensures it won't be reabsorbed back into the body where it is an added burden to your immune system.

HOW TO USE ME:

On an empty stomach and before brushing, place 1 tbsp of oil in the mouth, swish for up to 20 minutes then spit out into the toilet bowl.

REMEDIAL BENEFITS:

Sunflower* - A nutrient dense ingredient containing lecithin, carotenoids, tocopherols and vitamins A, D and E for overall wellbeing

Sesame* - Used for it's high level of antioxidants and healthy fatty acids

Castor Oil* - Assists in loosening and removing plaque, as well as whitening the teeth

Virgin Coconut* - For whitening and antibacterial properties

Avocado* - Maintains health of the gums, while also high in antioxidants

Cardamom essential oil - Assisting digestive health, cardamom also contains antibacterial properties to help in preventing cavities and bad breath

Peppermint essential oil - Providing a fresh minty taste, this oil gets rid of bad breath and soothes the digestive system

Myrrh essential oil - Aids in soothing toothaches, gingivitis, and mouth ulcers, all while freshening breath.

Myrrh oil detoxes the mouth by stopping infection and encouraging tissue repair. With the ability to expel mucus, it is also a huge help in calming the respiratory system.

*Certified organic ingredients

Frequently Asked Questions

Why swish for 20 minutes?

It is best to swish for 20 minutes, as this will ensure you really break through all the built up plaque and bacteria. However, some struggle with this at first and find it is best to work their way up, 5 minutes is a good place to start.

We have found it is a good idea to swish while doing other things, for example, during your morning routine of washing your face, and showering etc.

Make sure when expelling the oil, you do so in a bin or toilet bowl to avoid the oils solidifying in the pipes.

Why first thing in the morning?

Oil pulling should be done first thing in the morning, as the best results are achieved on an empty stomach – even before water.

Where does it fit into my oral hygiene routine?

Oil pulling is best done once a day, after tongue scraping with our Copper (Cuprum) Tongue Cleaner, and followed by flossing and brushing.

How does it work?

It's not just the swishing and ejecting of the oil that does all the work; it's also the powerful antiviral properties in our swishing oil formula that are at work. Over time just this practice itself helps to unburden your immune system and detox your body.

Is it safe during pregnancy and breastfeeding?

Our Oral Swishing Oil detoxes your body as you expel the oil, so at no point are these toxins being flushed through the body. It is a gentle way to detox and all quantities of essential oils in our formula are low enough to be safe for all to use and all ingredients are food-grade. Oil pulling is best done once a day, after tongue scraping with our Copper (Cuprum) Tongue Cleaner, and followed by flossing and brushing.

