



## TONGUE CLEANING

Fresh Breath and Much More!

Tongue cleaning dates back to ancient times in India, but its benefits – especially the promotion of fresh breath and oral hygiene – have recently gained a lot of attention in the West. Using a tongue cleaner offers rewards to anyone willing to give it a try, and it is worth understanding the advantages a tongue scraper has to offer your overall health and wellbeing.

### BENEFITS OF TONGUE CLEANING

- Clears toxins & bacteria from the tongue
- Helps remove coating on the tongue that leads to bad breath
- Enhances the sense of taste
- Gently stimulates the internal organs
- Promotes overall oral & digestive health
- Increases your awareness of your state of health

### THE TECHNIQUE

1. Ideally, a tongue cleaner is used every day, in the morning on an empty stomach.
2. Simply hold the two ends of the tongue cleaner in both hands.
3. Extend the tongue and place the tongue cleaner on the surface of the tongue, as far back as is comfortable.
4. Gently pull the tongue cleaner forward so that it removes the unwanted coating.
5. Rinse the tongue cleaner and repeat this action 3-5 times or until no more coating is being removed and your tongue feels fresh and clean.
6. For additional benefits add up to 10 more strokes to further stimulate the internal organs, supporting digestion and healthy elimination.



## OIL PULLING

Support that Extends Beyond the Mouth!

Maybe you've heard of oil pulling, but you're not sure what it means or how it's done. Here are the basics of this simple practice based on an ancient Ayurvedic treatment to help you decide if it's for you.

### BENEFITS OF OIL PULLING

- Cleans teeth
- Removes plaque
- Supports oral health
- Reduces teeth over-sensitivity
- Promotes healthy gums
- Strengthens the voice
- Promotes healthy sinuses
- Helps remove tension in the jaw and neck

### THE TECHNIQUE

1. In the morning on an empty stomach, start by putting about 1 tablespoon of Daily Swish pulling oil in your mouth. Sesame oil may be used for a more traditional method.
2. Swish the oil in your mouth, moving it around both sides; also move the oil in front of, behind, and through the teeth.
3. Continue this process for up to 20 minutes, until the oil has become thin and whitish in color.
4. Then spit it out and rinse your mouth with warm water, spitting this water out too, and brushing your teeth if desired.
5. Do not swallow the oil.



*The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.*