

Folk Remedy: *Oil Swishing*

The exciting factor of this healing method is its simplicity. It consists of swishing cold-pressed vegetable oil in the mouth. The healing process is accomplished by the human organism on its own. In this way it is possible to heal cells, tissue and all organs simultaneously; the body rids itself of toxic waste without disturbing the

healthy microflora. Dr. Karach says human beings are living only half their life span. They could potentially live to be 140 to 150 years old.

He claims that the following illnesses can be effectively healed with the application of oil therapy: headaches, bronchitis, lung and liver conditions, toothache, thrombosis, blood diseases, arthrosis, paralysis, eczema, gastric ulcers, intestinal disorders, heart and kidney ailments, encephalitis, nervous conditions and female disorders.

The oil therapy is preventative as well as curative. Dr. Karach says: "With the oil therapy, I healed my chronic blood disease of fifteen years. With the use of this therapy, I was healed within three days of an acute arthrosis that had forced me to lie in bed."

If you can get it, the best oil to use is Hain Sunflower Oil or Spectrum Natural Peanut Oil. In the morning before breakfast on

Dr. F. Karach

F. Karach, M.D., presented a paper before the All-Ukrainian Association. The meeting was attended by oncologists and bacteriologists belonging to the Academy of Science of the USSR. Dr. Karach explained an unusual, simple healing process using cold-pressed oils.

The results of this therapy invoked astonishment and doubt concerning the contents of his report. However, after further examining the workings of the oil therapy, one has but to then test it on oneself to prove its validity and effectiveness. It is most astonishing that such results can be effected with this absolutely harmless, biological healing method. This simple method makes it possible to prevent the most varied diseases, in some cases enabling one to avoid surgical intervention and the taking of medications that can have harmful side effects.

TESTIMONY 1

For fifteen months I had been having pain in my liver. It seemed to become more intense and frequent as the weeks went by. I had tried many different remedies but the pain did not go away. After hearing about this therapy from a friend, I decided to try it.

Each morning before breakfast, I took one tablespoon of sunflower oil and slowly swished it in my mouth for fifteen to twenty minutes. I repeated the procedure each night before going to bed. After spitting out the oil, I found it helpful to use my Water Pik to thoroughly cleanse the tongue and gums.

Three days after I had started the treatment, the pain disappeared completely! One week when I was extremely busy, I only did the treatment in the morning. During that time, I noticed the recurrence of a slight pain, which disappeared again when I resumed the practice twice a day.

I have now been using the treatment regularly for 1-1/2 to 2 months. I am very grateful!

TESTIMONY 2

I had been on chemotherapy for a whole year, which had left me weak and tired. In October 1991, I started the oil treatment and noticed an immediate improvement in how I felt. I was able to go back to work full-time plus overtime.

I feel this treatment is helping my immune system, even though I usually only have time to use the treatment once a day.

an empty stomach you take one tablespoon in the mouth but do not swallow it. The oil is slowly swished in the mouth and drawn through the teeth for fifteen to twenty minutes. It is thoroughly chewed and mixed with saliva as it is done in the Mayr cure. Chewing activates the enzymes and the enzymes draw toxins out of the blood. Thus, the oil must not be swallowed, for it has become toxic. As the chewing process continues, the oil gets thinner and white. It is then spit from the mouth into the toilet bowl.

If the oil is still yellow, it has not been masticated thoroughly or long enough. After the oil has been removed from the mouth, the oral cavity must be thoroughly rinsed several times. It is preferable to use a cup of pure warm water to which has been added one-half teaspoon of salt and one-half teaspoon of baking soda. The teeth, gums and tongue must be brushed carefully. It is recommended that salt and soda be applied directly to the brush.

After rinsing, gargle with the warm salt-soda water. You can add cooler water to what remains in the cup, thereby diluting its strength. Then tip the cup under

the nose and gently sniff up the water to clean the nasal passages. Gently blow the nose.

The sink must be cleaned because the spittle contains harmful bacteria and toxic bodily waste. If you were to see one drop of this liquid magnified 600 times under a microscope, you would see microbes in their first stage of development.

It is important to understand that during the oil-swishing process your metabolism is intensified. This leads to improved health. One of the most striking results of this process is the fastening of loose teeth, the elimination of bleeding gums and the visible whitening of the teeth.

The oil swishing is done best before breakfast. To accelerate the healing process, it can be repeated three times a day, but always before meals on an empty stomach. The therapy is not harmful if it is repeated several times a day. Repetition hastens the healing process and renders it more effective.

How long? This therapy should be repeated until you have returned to your original vitality and your sleep has been returned to a peaceful state.

My housemate has tried the treatment, too. Every time she feels a sore throat coming on, she swishes the cold-pressed oil in her mouth and the sore throat disappears!

TESTIMONY 3

I want to tell you about my exciting experience in using Dr. Karach's oil-pulling therapy.




Many years ago, I was an oil tester in a laboratory. After a recent medical test found that I had considerable amounts of oil residue in my body, my doctor recommended that I take a supplement to remove it. I ordered the supplement but, interestingly, the order was lost.

In the meantime, I learned of the oil therapy which I tried for about a week (one to two times a day). At that point I thought I should have my doctor test me again. Miraculously, he said, "There's not a trace of the residue left in you. It's all gone!" To say the least, I was thrilled!

I have continued to use the oil therapy for its many other benefits, and as a preventative as well as a curative. I have noticed that I have not had any colds or coughs, unlike so many others around me.

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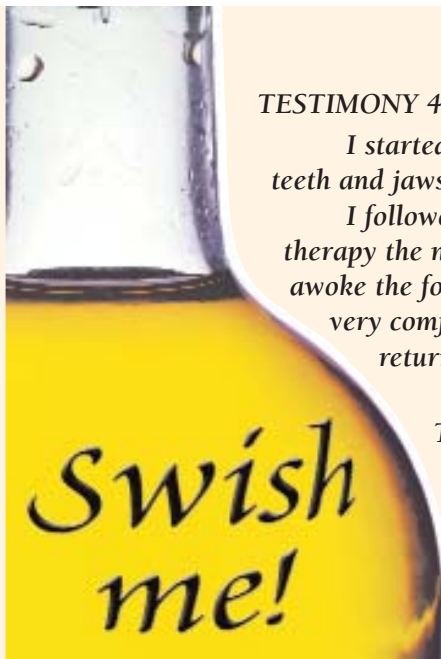
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TESTIMONY 4

I started the oil therapy one night when my teeth and jaws were extremely sore.

I followed the instructions and repeated the therapy the next morning and next night. When I awoke the following day, my teeth and jaws were very comfortable and the soreness never returned.

TESTIMONY 5

When I learned of the oil therapy, I started swishing immediately, experimenting with different oils.

For years I have had post-nasal drip and a film on my teeth in the morning as well as a heavy

feeling in my mouth. Severe colds, flu and bronchitis have been a yearly experience. In general, I have had a difficult health history but have been on a good diet and work constantly on my health.

I enthusiastically started the oil-swishing therapy three times a day. In the evening, I would often swish for twenty minutes and follow up with an additional twenty minutes while reading or exercising. To my great joy, I immediately began to experience a clean feeling in my mouth each morning. My teeth felt like velvet and have become whiter.

During the swishing, I experience much drainage from my sinuses. I have slept more soundly than I have in years.

It takes concentration to keep the oil moving in the mouth, but this is necessary because the action of chewing and swishing activates the micro-organisms out of the bloodstream into the saliva.

The scraping of the tongue with a spoon is something I have practiced for years. I feel it is an important part of the cleansing of the mouth from bacteria.

I am delighted with the therapy and looking forward to further changes in my body.

TESTIMONY 6

I must admit that I was a bit skeptical upon hearing about the oil-swishing treatment. But it sounded so simple, and the possibility of improving my health stimulated my desire to try it.

After using this treatment for the last two months, I can truly say that I feel stronger and less vulnerable to the latest illness going around the neighborhood.

I have also noticed that my digestion has improved. I can eat less and yet not feel famished before my next meal.

It's a great little remedy!

Reference: www.oilpulling.com

When you practice this therapy faithfully, you will awaken refreshed in the morning with no bags under your eyes. Normal appetite and improved memory are additional benefits.

Healing symptoms: Patients who suffer from chronic conditions may appear to get worse in the beginning. Dr. Karach emphasizes that a worsening of your condition may be a sign that the disease is in the healing process. It may even happen that your temperature increases.

A word of caution: Whereas the oil therapy can be very helpful to people, it is not a substitute for ongoing care by a qualified health practitioner. Any serious symptoms that develop during the course of this treatment should be reported to your doctor to determine whether they are due to the healing process or to a worsening of your condition, which may require immediate medical treatment.

How often? Questions as to the repetition and duration of therapy can only be answered on an individual basis. Acute conditions often improve quickly, within two to three days. Chronic conditions usually need longer therapy, sometimes up to a year. Never give up! ■

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