

DR. CHRISTOPHER'S Herbal Legacy Newsletter

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“Oil Pulling Therapy” Book Review

-Yvonne L. Salcido MH

The first time I ever heard of oil pulling was from my daughter in law whose friend is a dentist. He mentioned to her how he had a patient that had come to him with a bad tooth. He told him he would need to have a root canal. The patient said he would call back to schedule an appointment. One year later the man came back and his tooth was completely healed. When her dentist friend inquired what he had done he said two words, oil pulling.

Shortly after, I went into my dentist for a cleaning and he, questioned, “Have you heard of this book, on oil pulling?” He showed me the book “Oil Pulling Therapy” by Dr. Bruce Fife and a great discussion evolved. I knew I needed to read this book. It is amazing! If you have teeth you should read this book! If you want to improve your overall health or continue to have good health and oral hygiene this book is a must read.

Oil pulling was a method used in Ayurvedic medicine of India. In ancient medical texts, dating back as far as 2,000 years, it was referred to as “oil gargling”. Dr. F. Karach M.D. brought “oil gargling” back into the light with extensive research and practice. He presented his findings to a medical conference in the Ukraine to a group of bacteriologists and oncologists. His findings are based on focal infection theory of disease where the bacteria in teeth and gums can transmit to other areas of the body causing disease.

A Dr. Edward C. Rosenow headed a team at the Mayo Clinic dedicated to focal research producing over 200 papers on this subject. His experiments precisely documented two important findings regarding microorganisms isolated from gums and teeth, elective localization and transmutation. Elective localization is where bacteria of certain types prefer different areas of the body. For example when bacteria was taken from the mouth of a patient and injected into a laboratory animal it would develop the same health issues. Rosenow showed that

streptococci isolated from the mouths of arthritis patients could cause arthritis when injected into lab animals. Streptococci from patients with gastric ulcers could be injected into dogs with resultant induction of lesion in the stomach and gastrointestinal tract. His second observation, of transmutation, showed that bacteria could change its form, especially streptococci. Organisms that were aerobic originally could change to anaerobic becoming potentially more destructive. No



wonder even a farmer will not buy an animal without checking its teeth first.

Oil pulling is a way to remove the bacteria in the gums and teeth to aid the body from the constant feeding ground of bacteria. This will help the body to do what it was made to do, detoxify and heal. This does not mean that you can live a life void of healthy lifestyle practices. To truly have great health you need to establish the health habits taught by Dr. John R. Christopher.

I highly recommend this book to read. Who doesn't want cleaner, healthier gums and teeth as well as an overall improvement in their health? I have been oil pulling for a while now and I can tell a difference. Read this book to ensure a great smile!

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