

## A Guide to Oil Pulling

### It's time to tackle the dreaded 'Keto Breath'

When the body begins producing ketones from body fat, people may notice a particular odor called 'keto breath'. Although it's annoying, it's actually a good thing because it means you're losing body fat! Oil pulling a useful way to help alleviate keto breath.

### HERE'S A QUICK GUIDE ON HOW TO DO IT:

1. Place one tablespoon of either coconut oil or olive oil in your mouth. If you choose coconut oil, you'll have to wait a minute for it to melt.
2. Swish the oil around and "pull" between your teeth for 20 minutes being careful not to swallow it. You can do this while showering, doing the dishes, sorting laundry, etc. which will make the time pass faster.
3. Discard the oil into a container or the garbage. Don't discard coconut oil down the drain since it will solidify and cause blockages.
4. Rinse with salt water and brush teeth.

**Do this two to three times a week.**

