## How to Do Oil Pulling

This is how I like to do coconut oil pulling:

1. Make sure to oil pull first thing in the morning right after you get out of bed — before you brush your teeth or drink anything. Often it’s a great thing to do in the shower.
2. Gently swish one tablespoons of coconut oil in your mouth and between your teeth for 10–15 minutes, making sure that you don’t swallow any of the oil. (Do this gently so you don’t wear out your jaw and cheeks!)
3. Spit out the oil in the trash (not the sink so it doesn’t clog up the plumbing… ask me how I know), and immediately rinse your mouth out with warm water (use salt water for added antimicrobial properties).
4. Finally, brush your teeth as normal.
5. Voila, easy as that!

I recommend oil pulling three to four times per week with coconut oil and also adding [essential oils](https://draxe.com/essential-oils/essential-oils-guide/) to your mixture.

As you can see, oil pulling with coconut oil is a simple procedure with very effective results. If 10–20 minutes sounds like a long time, simply do oil pulling while in the shower or while driving to work in the morning. You can even do it while you do work around the house to help pass the time.