

Oil Mouth Cleanse - Andreas Moritz

Oil Therapy (Swishing Oil in the Mouth) is a simple, yet astoundingly effective, method of cleansing the blood. It is effective for numerous disorders, including blood diseases, lung & liver disorders, tooth & gum diseases, headaches, skin diseases, gastric ulcers, intestinal problems, poor appetite, heart/kidney ailments, encephalitis, nervous conditions, poor memory, female disorders, swollen face, and bags under eyes.

Ingredients:

Cold-Pressed, Unrefined Sunflower, Sesame, or Olive Oil - 1 tablespoon (do not swallow)
Baking Soda or Unrefined Sea Salt or Real Salt - ½ tablespoon (do not swallow)

Slowly swish the oil in your mouth, chew it, and draw it through your teeth for **3 to 4 Minutes**. This thoroughly mixes the oil with saliva and activates the released enzymes. The enzymes draw toxins out of the blood. For this reason, it is important to spit out the oil after no more than 3 to 4 minutes. You do not want any of the released toxins to be reabsorbed. You will find that the oil takes on a milky white or yellowish color as it becomes saturated with toxins and with billions of destructive bacteria. For best results, repeat this process two more times. Then rinse out your mouth with ½ **Teaspoon of Baking Soda**, or ½ **Teaspoon of Unrefined Sea Salt or Real Salt**, dissolved in a small amount of water). This solution will remove all remnants of the oil and toxins. Additionally, you may want to brush your teeth to make sure your mouth is clean. Tongue scraping is also advised.

Some of the visible effects of oil swishing include the elimination of gum bleeding and the whitening of teeth. During times of illness, this procedure can be repeated 3 times per day, but only on an empty stomach. Oil therapy greatly relieves and supports liver functions, as it takes toxins out of the blood that the liver has not been able to remove or detoxify. This benefits the entire organism.

- *From Andreas Moritz - The Liver & Gallbladder Miracle Cleanse – Ulysses Press 2007*