

Oil Pulling Therapy by Dr. Karach: Russian Folk Remedy

Folk remedies have an endearing quality for mankind because they are simple, easy to use and often effective. The most well known folk remedies are garlic and apple cider vinegar. In Russia, garlic is considered to be a Russian antibiotic comparable to Penicillin in America.

The other well known folk remedy is apple cider vinegar which I described in a previous article. Chicken soup for colds and duct tape for warts are other well known folk remedies. What about Oil Therapy? This is not some exotic aromatic oil but what you can buy from your local grocery store.

This lesser known folk remedy of Oil Therapy from Russia was introduced by Dr. Karach., MD. He presented a paper to the All-Ukrainian Association of the Academy of Science of the USSR. He explained an unusual simple healing process using cold-pressed oils.

The exciting factor of this oil therapy is its simplicity. It consists of swishing cold-pressed vegetable oil in the mouth. The healing process is accomplished by extracting toxic waste without disturbing the healthy microflora. Dr. Karach says humans are living only half of their potential life span. They could potentially live to be 140 to 150 years old by simply following his oil therapy.

Dr. Karach claims the oil therapy is effective for the following conditions: headache, bronchitis, lung and liver conditions, toothache, thrombosis, blood disorders, arthritis, paralysis, eczema, gastric ulcers, intestinal disorders, heart and kidney conditions, encephalitis, nervous conditions and female disorders.

The best oil to use is cold pressed Sunflower seed oil or Natural Peanut oil. If you have a hard time getting cold pressed oil, you can use regular Sunflower oil or Peanut oil. In the morning before breakfast on 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 swished in the mouth and drawn through chewed and mixed with saliva. Chewing activates the enzymes and the enzymes draw toxins out of the blood. **The oil must not be swallowed because it becomes toxic**. The oil gets thinner and white. It is then spit from the mouth into the sink or toilet.

If the oil is still yellow, it has not been masticated thoroughly or long enough. After the oil has been removed from the mouth, rinse with warm water mixed with a half teaspoon of sea salt and baking soda for several times. Then, brush gums, teeth and tongue with salt and baking soda. If you have chronic sinusitis, you may also gently sniff up the mixed salt and baking soda water to clean the nasal and sinus passages.

If Dr. Karach is correct, this simple oil therapy is preventive as well as curative. He states, "With the use of this therapy, I healed my chronic blood disease of fifteen years. I was healed within three days of an acute arthritis that forced me to lie in bed."

I ran into the article while I was reviewing my old conference materials. The date he presented his work in Russia is unknown. I have been emphasizing the complexity of dental/medical problems which have been related to so many unexplainable medical conditions.

I believe Dr. Karach's oil therapy is a simple and elegant way to solve common dental related medical problems. Oil Therapy is an excellent dental hygiene self-care therapy. Your visits to your dentist and medical doctor will be less frequent. After all, I never enjoyed going to the dentist. For that matter, it's even worse to be evaluated by a medical doctor. I recommend that all my patients follow his regimen. Thank you, Dr. Karach! This is a gift of love from Russia.