



QUICK POLL

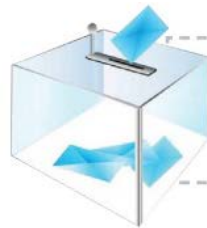
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Oil Pulling

Oil pulling is a method of oral hygiene which originated in India several millennia ago. The technique is to place approximately 2 teaspoons of oil in the mouth and to gently swish it around the mouth for 20 minutes. The oil is supposed to penetrate the plaque, pull out the toxins and bacteria, and trap them in the oil. The oil is then spit out and the mouth rinsed with warm water. People who use the technique report their mouth feels cleaner, has less tissue inflammation, and they have whiter teeth.

Please complete the 6 question poll regarding oil pulling.

To access the poll, go to "Oil Pulling Quick Poll" under Quick Links on the left hand side of this email.

Poll closes September 5th!