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Does anyone else do Coconut oil pulling for their teeth?

Anonymous Coward

User ID: 78803317

United States

01/02/2023 09:06 AM

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Does anyone else do Coconut oil pulling for their teeth?

It seems to be one of the best things you can do naturally for oral hygiene. The only difficult part is you're supposed to do it for 15-20 minutes it can take a little getting used to. But worth it

Benefits

Benefits of oil pulling with coconut oil may include:

Killing harmful bacteria in the mouth

The mouth contains a diverse population of bacteria. Some are harmful and may lead to tooth decay, bad breath, and gum disease.

A 2016 studyTrusted Source with 60 participants found that oil pulling can reduce the population of bacteria in saliva and support oral hygiene. The researchers say that coconut oil is a safe alternative to chlorhexidine, an ingredient in some commercial mouthwashes.

Reducing bad breath

Bad breath generally results from a buildup of bacteria in the mouth. This may be related to poor oral hygiene, infection, or gum disease.

A 2011 studyTrusted Source found that oil pulling may be an effective natural treatment for bad breath.

Preventing cavities

Cavities stem from tooth decay. They result fromTrusted Source bacterial buildups, poor oral hygiene, and sugar consumption. Plaque is a coating of bacteria, saliva, and food particles. It coats the teeth and can damage the enamel, eventually causing cavities.

According to 2016 researchTrusted Source, oil pulling may reduce the population of cavity-causing bacteria in the mouth. With brushing and flossing, oil pulling may be another way to support oral health.

Reducing inflammation and improving gum health

The bacteria in plaque can contribute to gingivitis, a commonTrusted Source gum disease that causes redness and swelling and inflammation. It can also cause the gums to bleed easily. ResearchTrusted Source suggests that coconut oil can reduce inflammation.

In addition, according to a small 2015 studyTrusted Source and another 2020 studyTrusted Source, oil pulling with coconut oil can reduce plaque formation and help prevent plaque-induced gingivitis.

Whitening the teeth  
No scientific evidence has confirmed that oil pulling can whiten the teeth.  
However, anecdotal evidence suggests that it may clear stains from the teeth's surfaces. There is little risk in trying to whiten the teeth in this way.

Anonymous Coward  
User ID: 68233063  
🇨🇦 Canada  
01/02/2023 09:08 AM  
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**Re: Does anyone else do Coconut oil pulling for their teeth?**

I use whole coconuts for pulling teeth, just gnaw away and BOOM!

**Daozen**

User ID: 85043161  
🇹🇼 Taiwan  
01/02/2023 09:08 AM



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**Re: Does anyone else do Coconut oil pulling for their teeth?**

It can help to add a little water, and even mint-oil/toothpaste. Maybe a tiny bit of ginger would help too.

You're also supposed to wash all the oil off with water after.

Thanks for the reminder.

*Daozen appears to be mentally impaired, but harmless.*

*Attention! You are in a Private Universe. Simulation Terms of Service: <https://godlikemidnight.vercel.app>*

*The world is a feeling.*

*"The syntactical nature of reality, the real secret of magic, is that the world is made of words."*

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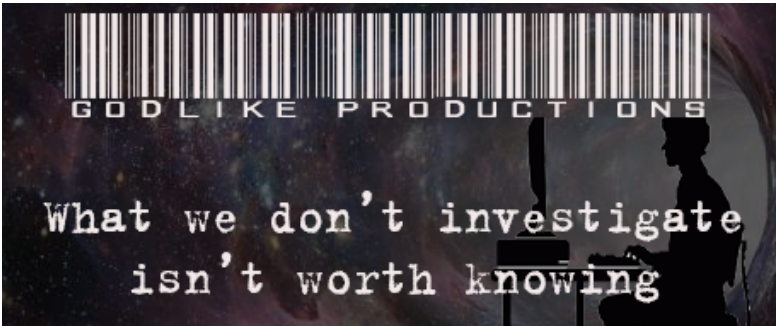
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