

Colorpuncture

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Oil Pulling

Dr. F. Karach

The results of this therapy invoked astonishment and doubt concerning the contents of his report. However, after further examining the workings of the oil therapy, one has but to then test it on oneself to prove its validity and effectiveness. It is most astonishing that such results can be achieved with this absolutely harmless biological healing method. This simple method makes it possible to effectively treat the most varied diseases, in some cases enabling one to avoid surgical intervention and the taking of medications that can have harmful side effects. The exciting factor of this healing method is its simplicity. It consists of swishing cold-pressed oil in the mouth (Sunflower or Sesame, Please note you don't need to go for organic oils only, A normal refined sunflower oil bought from any supermarket proven to be effective in many people). The healing process is accomplished by the human organism on its own. In this way it is possible to heal cells, tissue and all organs simultaneously; the body itself gets rid of toxic waste without disturbing the healthy microflora. Dr. Karach says human beings are living only half their life span. They could potentially live healthy to be 140 to 150 years old.

The method in the morning before breakfast on an empty stomach you take one tablespoon in the mouth but do not swallow it. Move Oil Slowly in the mouth as rinsing or swishing and Dr Karach puts it as "sip, suck and pull through the teeth" for fifteen to twenty minutes. This process makes oil thoroughly mixed with saliva. Swishing activates the enzymes and the enzymes draw toxins out of the blood. The oil must not be swallowed, for it has become toxic. As the process continues, the oil gets thinner and white. If the oil is still yellow, it has not been pulled long enough. It is then spit from the mouth, the oral cavity must be thoroughly rinsed and mouth must be washed thoroughly. Just use normal tap water and good old fingers to clean.

Clean the sink properly, you can use some antibacterial soap to clean the sink, because the spittle contains harmful bacteria and toxic bodily waste. If one were to see one drop of this liquid magnified 600 times under a microscope, one would see microbes in their first stage of development.

It is important to understand that during the oil-pulling/swishing process one's metabolism is intensified. This leads to improved health. One of the most striking results of this process is the fastening of loose teeth, the elimination of bleeding gums and the visible whitening of the teeth.

The oil pulling / swishing is done best before breakfast. To accelerate the healing process, it can be repeated three times a day, but always before meals on an empty stomach.

Precautions (a) Do not swallow. The oil should be spat out. But inadvertently if you swallow there is nothing to worry. It will go out through feces. Nothing is to be done.

(b) If you are allergic to a particular brand of oil, change the brand of oil or oil itself to different oil.

(c) Sunflower and Sesame oil have been found to be equally effective in curing diseases. Other oils were not found to be as good. Do not blame oil pulling by practicing with other oils. Use refined oils.

Results of Oil Pulling The result of this healing research has attracted amazement and resulted in further research. This additional research concerning Oil Therapy has now been thoroughly documented, especially with regard to physiological similarities between individuals. It is surprising that through this biological healing method a wide variety of symptoms have unquestionably disappeared without any side-effects. This simple method makes it possible completely heal such a wide variety of diseases which would normally be treated by an operation or by powerful or potent Drugs, usually with significant side-effects.

The simplicity of this healing system in which Oil is swirled backwards and forwards in the mouth, is due to the stimulating effect which it has on the body's eliminatory system. Through this method it is possible to heal individual cells, cell conglomerates such as lymph nodes and more complex tissues such as internal organs simultaneously. This occurs because the beneficial microflora throughout the body are provided with a healthy continuum. Without this natural bodily intrusive element evinced by the microflora the usual pattern of human health tends to lean towards illness rather than wellness. Dr. Karach anticipates that regular application of this treatment by reversing this process so that wellness is the dominant state of the human body is likely to increase the average human lifespan to approximately 150 years, double the present life expectancy. Dr. Karach is supported in this view by other colleagues in the world.

By means of this treatment {Oil } it is invariably the result that diseases like migraine headaches, bronchitis, diseased teeth, arterio thrombosis, chronic blood disorders such as leukemia, arthritis and related illnesses, neuro physiological paralysis, eczema, gastro enteritis, peritonitis, heart disease, kidney disease, meningitis, and women's hormonal disorders are completely eliminated from the organism. The benefit of Dr. Karach's method is that the oil therapy heals the whole body in perpetuity. In terminal diseases such as cancer, Aids and chronic infections this treatment method has been shown to successfully replace all others. Dr. Karach has successfully healed a chronic leukemia patient with 15 years of harsh treatment methods behind him. Acute arthritis in 1 patient who was totally bedridden was removed from his body in 3 days with no inflammation apparent.

NOTE: The recommended oils to use are Sunflower Oil, Sesame Oil. We are receiving many emails about which oil to use. Our experience with thousands of people across the globe says **USE COLD PRESSED OIL** as first choice, if it is not available use **REFINED OIL** (which seems to be effective in the process too). We have observed that any oil other than **SUNFLOWER** or **SESAME** may not be effective.