



AYURVEDA AND ORAL HEALTH

Both Western medicine and Ayurveda recognize that oral health is related to the health of the entire body and that keeping our gums, teeth, and mouth healthy will benefit our overall well-being. Here's a simple, three-step daily routine to support your oral health and keep your teeth sparkling clean.

THE BENEFITS

BENEFITS OF TONGUE CLEANING

Tongue cleaning dates back to ancient times in India, but its benefits have recently gained a lot of attention in the West, bringing the following benefits:

- Clears toxins & bacteria from the tongue
- Helps remove coating on the tongue that leads to bad breath
- Enhances the sense of taste
- Gently stimulates the internal organs
- Promotes overall oral & digestive health
- Increases your awareness of your state of health

BENEFITS OF TOOTH POWDER

Using a powdered blend to clean your teeth may seem curious, but it's actually an oral hygiene practice that stems back through history and across cultures. Banyan's Tooth Powder blends botanical ingredients and naturally occurring minerals to keep the mouth cleansed and refreshed, while it also:

- Detoxifies the mouth
- Cleans and polishes the teeth
- Freshens the breath
- Supports strong, healthy teeth and gums
- Is free of fluoride, additives, and artificial sweeteners

BENEFITS OF DAILY SWISH

Oil pulling is an Ayurvedic practice of vigorously swishing oil through the mouth, teeth, and gums. It is recognized for its power to draw toxins out of the tissues and support excellent oral hygiene. Banyan's Daily Swish is an herbal oil specifically designed to support this healthy ritual and offers the following benefits:

- Cleans and whitens the teeth
- Removes toxins and bacteria
- Supports healthy teeth
- Promotes strong, healthy gums

THE TECHNIQUE



1. SCRAPE YOUR TONGUE.

- Use your tongue cleaner first thing in the morning on an empty stomach.
- Simply extend your tongue and gently pull the tongue cleaner from back to front so that it removes the unwanted coating.
- Rinse the tongue cleaner and repeat 3-5 times or until your tongue feels fresh and clean, up to 10 more strokes.

2. BRUSH WITH TOOTH POWDER.

- Moisten your toothbrush. Dip your brush in the Tooth Powder.
- Brush your teeth as you normally would, and rinse your mouth with water.

3. OIL PULL WITH DAILY SWISH.

- Place about 1 tablespoon of Daily Swish pulling oil in your mouth.
- Swish the oil around in your mouth, moving it in front of, behind, and through the teeth. Continue for up to 20 minutes, until the oil has become thin and whitish in color.
- Spit out the oil in the trash (not down the drain) and rinse your mouth with warm water, spitting out this water too. Do not swallow the oil!

That's it! When you're done, your mouth will feel bright, fresh, and sparkling clean.



The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.