

The oral cavity is the beginning of the digestive system. The mucous membrane is in her function equal to the rest of the digestive system. You can find plentiful of lymphatic tissue, which is part of the immune system, in the oral cavity. Through the salivary glands the digestive secret is being given into the mouth so that the digestions of sugar can start here.

The mucous membrane of the whole digestive system is not only able to absorb nutrients but also to excrete toxins. This excretion can be intensified by 'pulling oil' with the VIVAméd mouth care oil. It has a favourable effect on the hard to extractable fat-soluble toxins.

#### **How to use:**

A teaspoon of VIVAméd mouth care oil will be taken in the morning on an empty stomach and before you brush your teeth, then pull the oil without much effort back and forth, draw it through your teeth, even bite and suck it so that it has intensive contact with the mucous membrane. Duration approx. 10 - 15 minutes, afterwards the oil must be spit out.

By pulling oil toxins will be extracted from the lymphatic area of the head and extracted. The oil will turn white, foamy and fluid. When you are done spit the rest of the oil into the water closet and do not swallow it.

#### **Note:**

The best time for pulling oil with VIVAméd mouth care oil is in the morning, with an empty stomach. To intensify the detoxication you can repeat the procedure several times a day, before meals.

Pulling oil with the mouth care oil is part of the daily oral hygiene and an important part to maintain your health. It supports and improves also the excretion of toxins by numerous troubles and diseases; it is especially helpful with the following:

- Indisposition of the jaw, loosening of the teeth
- periodontosis, gum bleeding
- aphthae in the mouth, decay
- headache, migraine
- chronic sinusitis, digestive problems
- exposure to environmental toxins
- unspecific exposure to toxins
- fatigue, faintness, abnormal fatigue



**VIVA**  
Das Zentrum für  
MODERNE MAYR MEDIZIN

**Use of VIVAméd mouth care oil**