

A Bizarro Take on Oil Pulling

Within our society exist those who perceive natural as *being one with nature* and the only true path to enlightenment. This same cohort often has a visceral antithesis for the scientific method, big pharma, randomized double blind clinical trials and statistically significant results. For those wishing a different-humorous take on the practice of *Oil Pulling*, below are some hopefully amusing ramblings.

for stain removal properties, whitening your pearly whites or similar to wine, the oil bouquet or terroir (earthy tones) upon which French wines are judged. Further, would the essential oils in Listerine even qualify? I suspect naturopaths might remove Listerine from the list due to a visceral antithesis to big pharma or published scientific articles.



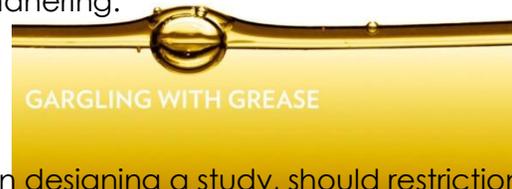
Oil Type

It stands to reason (in some universe) that evaluation into the safety and efficacy of *Oil Pulling* would be dependent upon the particular type of oil used. Taking a particularly patriotic perspective, we should choose Western Canada Select over Brent Crude. Given our colder climate, maintaining liquid stability in -40 degrees Celsius temperatures is only possible with 5W-40, as compared with 10W-40, the type of oil more popular in the United States. For those who desire a *natural* oil, considering Canada is the leading producer of canola oil, an extremely light (i.e. good) oil, this might be the *right* choice for you. Other considerations may include the presence or absence of mouth odors that require masking, the desire

Study Design, Observational Period & Technique

The investigative study design, technique employed and operational period of study have been shown to impact the results obtained. I suspect that the current gold standard double blind randomized controlled trials (RCT) may prove an unnecessary inconvenience for those with a religious fervor to bask in the benefits of *Oil Pulling*.

Another aspect to evaluate is whether there exist differences between natural versus "experimental" oils. Even if the oil itself proved of little significance, there are those that might argue that the *slippery* feel left on teeth could prevent new plaque from adhering.



In designing a study, should restrictions be imposed to investigate solely *natural* versus refined or synthetic oils created on molecular level? To further complicate such an evaluation of so called synthetic oils, proprietary permission would need to be

granted. It's also likely that just about any practice is bound to have an effect on certain people some of the time. Should killing bacteria be the test criteria or should evaluation focus solely on those oral bacteria known to cause periodontal disease? The permutations are endless!

Monetizing Oil Pulling

Despite the lack of any rational scientific articles supporting the practice of *Oil Pulling*, there are those that may still seek to profit from this practice. One can envision *Oil Pulling* bars sprouting up nationwide as entrepreneurs employ the latest Google big data advertizing to tap into angst filled millennials.

Just imagine for a moment, an *Oil Pulling* bar being as ubiquitous in a periodontal office as a stethoscope around the neck of your family physician?



Tourism

We are all aware of the downturn in the Alberta economy due to the precipitous drop in the price of crude oil that was then worsened by the Fort McMurray fire. Just think about it, *Oil Pulling* could single handedly reinvigorate the Alberta economy. Perhaps it should be our patriotic duty to buy Canadian, that is Western Canada Select! I can just see media blitzes with the following catch phrase "What better place to enjoy fresh oil than straight from the well head!"

Will My Insurance Pay For Treatment?

Before insurance companies consider funding new dental treatments, the Canadian Dental Association (CDA) in consultation with provincial dental associations and legislative bodies must all agree that a need and hopefully scientific rational exist for the procedure. Perhaps, in a Bizzaro dimension, we might forgo such safeguards in favour of the *natural order* of things? In such, an alternative perhaps we could enjoy free insurance coverage and never mind small technicalities such as scientific validity or proven patient benefits.

Various *Oil Pulling* delivery modalities may warrant evaluation and could include irrigation per tooth, sextant, quadrant, arch or why stop there, the full mouth. Perhaps an additional fee should be levied dependent upon which oil is doing the pulling? Should there be a greater value given when employing a *biologic-natural* product? Some may even suggest in the not so distant future that *Oil Pulling* (OP) may prove as pervasive as that other dental acronym LANAP (Laser Assisted New Attachment Procedure). A tomorrow where oil rules the space between ones lip is only a day away. Yes the future has never been brighter!

Perhaps it's best to complete this Bizarro take on *Oil Pulling* as any good trekkie would.

***"Beam me up Scotty,
there is no intelligent
life found on this
planet!"***

