A new health habit for 2017: Swish your mouth with coconut oil (the coconut has been described as "the tree of life") to cleanse your mouth of toxins. No matter how purely you to try to live, high concentrations of metals build up in your system and can lead to many health issues, such as high or low blood pressure, fatigue, dry skin dizziness, joint and muscle aches, as well as many others. Some dentists use oxygenated olive oil for cleaning the mouth area. Others suggest organic coconut oil which is what I am recommending.

Health benefits of coconut oil include: antibacterial, anticarcinogenic, antifungal, anti-inflammatory, antimicrobial, antioxidant, anti-protozoa, and antiviral. Some possible results of swishing mouth with oil include strengthens teeth, gums, and jaw; prevents plaque; prevents bad breath; prevents cavities and mouth diseases; prevents mouth dryness; may help solve TMJ; relief of migraine headache; hormone imbalance correction; reduce inflammation; supports normal kidney function; relieves sinus congestion; relieves eczema; improves vision; reduces pain, aids in detoxification, and helps with insomnia.

INSTRUCTIONS FOR SWISHING MOUTH WITH COCONUT OIL:
1. Swish on an empty stomach, preferably first thing in the morning
2. Use one tablespoon of organic virgin coconut oil (Start with ½ tablespoon and increase up to a tablespoon)
3. Swish the oil slowly around in your mouth being certain to thoroughly swish throughout your mouth. Do not swallow the oil.
4. Swish from five to ten minutes and even twenty minutes.
5. Spit out all of the oil and rinse your mouth with water, swishing with water.
6. Brush your teeth with a natural toothpaste
7. I use coconut oil nightly on my face after I clean it with organic apple cider vinegar as an astringent. I also use coconut oil as an overall moisturizer. I put it on the bottoms of my feet at night and then put socks on.

The coconut as a food is full of vitamins, minerals, and fiber. Island people have long considered the coconut the cure for all illness. The Western diseases, such as cancer, heart disease, and diabetes were almost nonexistent. Islanders had youthful complexions and soft wrinkle-free skin, almost no skin cancer, even with high sun exposure year-round, and vibrantly good health. Coconut oil, a saturated

fat, is full of health building properties. Putting a tablespoon of coconut oil in smoothies is recommended for burning fat.

Adding coconut oil swishing to your daily health regimen of eating food as God made it, exercising (weight training, aerobics, and flexibility), some sunshine each day, sipping your weight in ounces of pure water daily, doing deep breathing exercises, and immersing yourself in the Bible, God's Word, as well as carrying Scripture verses with you throughout the day brings your body, your mind, and your spirit into the best shape possible. A little secret that works wonders is to get up each morning and "preforgive" anyone who might offend you during the day. You can just smile at the person, you have already forgiven.

"*Therefore I urge you, [b]brothers and sisters, by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship. ²And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you],*" (Romans 12:1-2).