



# HOME THERAPY

## Dr. Karack's Oil Therapy Treatment

### PROCEDURE:

- ◆ In the morning before breakfast, on an empty stomach, take 1 tablespoon of cold pressed vegetable oil\* in the mouth, but do not swallow. Swish the oil around the mouth, "chew it" (Mayr cure) and mix it with your saliva for 10 - 20\*\* minutes, then spit it into the toilet bowl. Chewing activates the enzymes that draw toxins out of the blood. In 10 - 15 minutes, the blood from the entire body has had the opportunity to circulate through and around the mouth. After 10 - 20 minutes, the oil should be thinner and white. If it is still yellow, you have not held it in your mouth long enough (10 minutes the first week is usually sufficient, then increase to 15 - 20 minutes as you get clearer).
- ◆ Immediately, brush your gums, teeth and tongue with warm salt/soda water - 1 cup of water to 1/2 tsp. salt and 1/2 tsp. soda, or with food grade hydrogen peroxide diluted in water. Then gargle and spit with the remaining salt/soda water. It is also helpful to tip the cup under the nose and gently sniff up the water to clean the nasal passages. Then gently blow the nose. The sink should be cleaned afterward, because the saliva contains harmful bacteria and toxic bodily waste.
- ◆ Repeat this procedure two to three times a day, before meals, on an empty stomach. Continue this procedure two to three times a day, before meals, on an empty stomach. Continue this procedure until you are healthy (a few weeks to years).

### DISCUSSION:

This procedure has been helpful to curative in almost every disease or dysfunctional immune state that Dr. Karack has encountered.

We have found the same amazing results, especially in patients who are detoxing their petroleum solvents. Remember that petroleum solvents are lipophilic and will readily be absorbed into the oil. Additionally, the toxic metals/minerals form soap complexes with the oil, and can then be easily eliminated through spitting.

This oil technique has also had a major effect on chronic, severely toxic patients. Although neural therapy is excellent for a mild to moderate toxic tonsil focus, severely damaged tonsils can often be saved from surgery with the addition of Dr. Karack's technique. Since the tonsils are the first filtering system in the body for orally ingested toxins, this treatment helps boost everyone's immune system functioning through increased lymphatic cleansing of that area. Remember too, that even if you have had a tonsillectomy, the lymphatics in the tonsil area are still trying to function as a filter and neutralize ingested toxins and manufactured microbes in the oral cavity.

\* Best is Omegaflow sunflower Oil by Omega Nutrition.

\*\*Sesame oil only needs to be held in the mouth 3 minutes and is also very good.

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OCEAN PARK  
NATURAL THERAPIES



#200 - 12761, 16th Avenue  
Surrey, B.C. V4A 1N2  
Telephone: 604-538-3017 Fax: 604-538-3027

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