



STICK OUT YOUR TONGUE

YOGIC BREATH FRESHENER

Hari Bhajan Khalsa

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As a child you might have been told to “mind your tongue.” As it turns out, paying attention to this under-appreciated organ holds an important key to your good health. The mucous membranes in the lining of your nasal passages, throat, and mouth collect a host of sulphur-producing bacteria. Scraping your tongue daily (a yogic technique called *Jiva Sodhana*) not only freshens your breath, it helps to open up your breathing passages and prevents toxins in your mouth from entering your bloodstream.

Practice tongue scraping regularly as part of your morning routine. Use your toothbrush or tongue scraper to get the job done. Stick your tongue out and carefully place the scraper at the back of the tongue. Scrape forward, rinsing the white film off the scraper between scrapings. Repeat several times. To clear out the small “monkey” glands in the back of your throat, brush your teeth with a mixture of potassium alum and salt. Take your toothbrush and reach back into your throat far enough to start a gag reflex. You should cough up a small ball of mucus that has accumulated overnight. Spit it out, then rinse your mouth. Do these yogic practices daily—your immune system will thank you.

Mint Plus

Potassium alum is known to be effective for preventing gum disease and pulling out toxins. Make a mixture of salt and alum and store it in a glass jar. In the morning, take a pinch and put it in the palm of your hand. Wet your toothbrush and dip it in the mixture to brush your teeth. Another way to kill bacteria and viruses in your mouth is to rinse with hydrogen peroxide. Use a 1% to 3% solution to keep your gums healthy and ward off tooth decay. Finish with your favorite (herbal) toothpaste, if you wish.

Potassium & Alum Mixture

For cleaning the teeth and brushing the tongue to induce gagging, use the following mixture of astringent powders:

- 1 part sea salt
- 2 parts potassium alum (use food grade Potassium Aluminium Sulphate)

Don't be concerned if your eyes water. It's been said that flushing the tear ducts can help prevent cataracts.

Recommended



Dr. Tung's Tongue Cleaner and Potassium Alum



Potassium Alum

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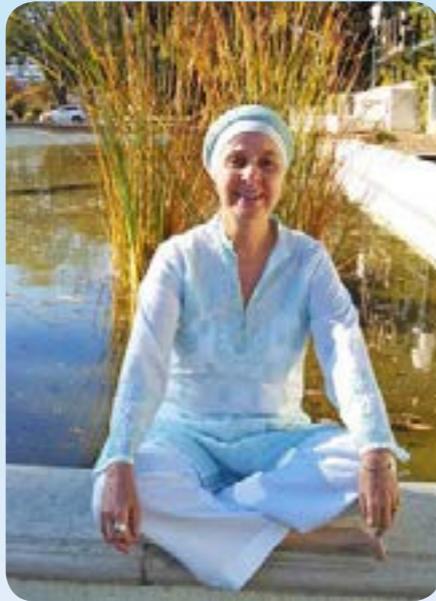
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About Hari Bhajan



Hari Bhajan Khalsa co-created Yogamint.com in 2009 to bring yogic and lifestyle wisdom through the internet and out into the world. She served as Chief Enlightenment Officer and Creative Director from 2009 to 2012. In 2016, she re-invented the Yogamint concept with a new face and purpose, reflecting her musings and experiences as a Life Coach, Yogi, Poet, and practicing Sikh. She studied with the Master of Kundalini Yoga, Yogi Bhajan for over 30 years, attending his classes in Los Angeles, as well as White Tantric Yoga Courses, Summer Solstice Celebrations, and Women's Camps. She has taught workshops on creativity, prosperity, and personal growth, as well as facilitated women's groups and retreats, all of which included Kundalini Yoga and meditation practices.

Hari Bhajan has published two books of poetry— LIFE IN TWO PARTS and TALK OF SNOW. Her poems have appeared in numerous literary publications. She works with her husband/ chiropractor, where they have successfully served the patients of the Khalsa Health Care clinic in Beverly Hills for over 30 years. She travels between her home amidst the towering pines of Central Oregon and an apartment nestled in the sprawling city of Los Angeles. As a spiritual seeker, Hari Bhajan walks her life path with curiosity and a deep desire to learn, always in gratitude for her wondrous, challenging, and blessed life.

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