

ORAL HYGEINE, TOOTHACHES and ESSENTIAL OILS

by Penny Keay

Gums and Oral Health

The world is obsessed with sweet smelling breath. But then again, we should be.

Oral health can indicate the health of your entire body. If you have healthy gums and teeth, your overall health is generally pretty good too.



If you have poor teeth and gums, you should seek medical attention and review your overall diet and nutrition.

What to do when you have the occasional sore gum or tooth?

There are several essential oils known to help with many oral and gum problems.

Simply add to a couple ounces of warm water and rinse or and gargle several times a day.

Another thing you can do to make the essential oil mouth rinse more effective is to start by rinsing your mouth with a water, salt and baking soda solution.

Simple take a small jar and add 1-cup water. Then add 1/4 each of salt and baking soda. Still well, then use to rinse your mouth.

You will have made more than is needed at one time, but it will store nicely for several days.

After you have rinsed your mouth with the baking soda, salt and water mixture, use one of the following mouth rinses. You can use these daily.

A Simple refreshing mouth wash

Lemon - 4 drops

Peppermint - 2 drops

Add to 2 cups distilled water, Shake well before each use. Swish a mouthful for about 1 minute and spit out.

This is an interestingly, yet refreshing mouth rinse.

Therapeutic Gum Oil

Myrrh - 6 drops

Tea Tree - 10 drops

Peppermint - 1 drop

Lemon - 3 drops

Almond oil or Coconut oil - 1 teaspoon

After brushing your teeth and rinsing your mouth with mouthwash. Mix together the above recipe. Apply a small amount on your gums once a day.

If the source of irritation or gums does not heal, please see your dentist.

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Therapeutic Breath Freshening Mouthwash

Myrrh - 2 drops

Tea Tree - 2 drops

Peppermint - 1 drop

4 to 8 Ounces distilled water.

Mix together and swish about a 1/2 ounce in your mouth after brushing your teeth or after eating as needed.

Blend well in a Plastic PET or glass bottle. Shake well before using.

Toothache

Oooo - Owwww! Nothing is more annoying and painful than tooth or gum pain. Everyone at one time or another can either have a tooth that is painful or painful gums around a tooth.

Don't you just hate it when the toothbrush slips and you jab your gums? Next thing you know you have a very painful spot in your mouth.

Rinsing your mouth with warm water with a drop or two of an essential oil may help to speed the healing and to relieve the pain.

The following oils can be used in a mouth rinse: *Myrrh, German Chamomile, Peppermint and Tea Tree.*

Simply add 1-2 drops to about 2 ounces warm water and swish around your mouth. This can be repeated several times a day if needed.

Clove oil is often times used for toothaches. Myrrh is the most commonly used essential oil for mouth sores.

To use *Clove oil* dilute in a small amount of a carrier oil add a drop to a cotton ball or swab and apply to the affected tooth, or press against the gum around the affected tooth.

To use *Myrrh* for mouth sores, mix 1-2 drops in a small amount of warm water and rinse the mouth several times a day.

Another remedy for a Toothache put one drop *Peppermint* and 1 drop *Roman Chamomile* in 2 ounces of warm water. Soak a small cotton ball and apply the solution soaked cotton to the affected area or tooth in the mouth.

Toothache Oil

Carrier oil - 1 tablespoon (such as Sweet Almond or Sunflower or Coconut)

Tea tree - 6 drops

Roman Chamomile - 4 drops

Myrrh - 2 drops

Peppermint - 2 drops

Place all oils in clean container, shake to blend. Apply 1 drop on aching tooth and surrounding gum.

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