

10 HERBS TO THE RESCUE



Don't we all want healthy teeth and gums? Yet sometimes, even with brushing, flossing, and eating healthy foods — it still isn't enough. Or maybe you just want a whiter, brighter smile without the toxic ingredients in conventional products. It's herbs to the rescue!

These 10 healing herbs prevent decay, and even restore. Add them to toothpaste, make them into tea, or make them into tinctures to combine into an herbal mouthwash.

Herb #1 — Myrrh

This is my go-to for teeth and gums. When toothache strikes, a little myrrh tincture placed on the tooth relieves pain in less than a minute. It also heals and tightens gums, cures bleeding gums, and fights bacteria that would otherwise cause gum disease and tooth decay. I use it daily as a preventative.

Herb #2 — Neem

Traditionally, sticks of neem were used as a natural toothbrush due to its strong antibacterial properties. Even today, it's regaining popularity. Modern research attests its ability to reduce plaque, prevent cavities and gum disease, and freshen breath. You can easily add powdered neem to your usual toothpaste. And remember, the bark is more potent than the leaf.

Herb #3 — Echinacea. No, echinacea isn't just a cold-fighting herb! It also reduces inflammation, boosts the immune system, and helps fight infection in the mouth.

Herb #4 — Goldenseal. This herb is especially helpful for healing gums. It's antibiotic, anti-viral, and anti-inflammatory.

Herb #5 — Oregon Grape Root. Antimicrobial and an astringent, Oregon grape root also soothes and tightens swollen gums.

Herb #6 — Propolis. Although you don't want to use this if you have a bee allergy, propolis is an excellent antimicrobial herb for mouth infections and keeping disease at bay.

Herb #7 — Plantain. It heals wounds and draws out infections. Just pop some leaves in a jar, cover with vodka, and let sit for 6 weeks to create your own plantain tincture.

Herb #8 — Sage. This is another commonly found herb that's also a natural astringent. It tightens gums and calms a sore mouth.

Herb #9 — White Oak Bark. This herb soothes and reduces swelling.

Herb #10 — Peppermint. Of course, any list of herbs for dental health wouldn't be complete without peppermint! It freshens breath and may help to whiten teeth, too!

You can combine any of your favorite herbal tinctures into a natural, healing mouthwash. If you don't want to make your own tinctures, you can easily buy some ready-made, too.

To make your own mouthwash, use either or all of these tinctures: myrrh, echinacea, goldenseal, propolis, plantain

If using more than 1 tincture, combine a small amount of each into a bottle with a dropper. When you're ready to use, fill a glass with about a mouthful of water. Add 20 to 30 drops of your natural mouthwash to the water. (If you are dealing with an infection or gum disease, you may wish to make your mouthwash stronger.) Swish around your mouth and then spit it out.

