TOOTH

SUPPLEMENTS

Compiled by

Campbell M Gold

--()--

IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest <u>only</u>; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

--()--

Introduction

The best diet for healthy teeth and gums, besides being wholefood and low in sugar, includes plenty of natural fibre since this offers some protection against the destructive effects of sugar.

If dental problems are indicated, a dentist should be consulted as soon as possible.

--()--

Tissue Salts for Teeth

To strengthen the teeth - Calc Fluor in alternation with Calc Phos - 4 tabs, 4 x daily

General Tissue salt indications for teeth

Calc Phos - Teeth develop slowly and decay rapidly. This is the principle nutrition remedy for the teeth. Important for teething infants, children and expectant mothers.
Calc Flour - Enamel of teeth rough and deficient causing rapid decay, looseness of the teeth in their sockets. Delayed dentition, in alternation with Calc Phos.
Ferr Phos - Inflammatory toothache with soreness; bleeding after extractions, in alternation with Kali Mur when there is swelling.
Kali Phos - Bleeding of the gums, severe pain in decayed or filled teeth.
Mag Phos - Teeth very sensitive to touch or cold air; severe toothache with shooting pains.
Silica - Gums painful on slight pressure, gumboils, abscesses at the roots.
Calc Sulph - Toothache, with inside of the gums swollen and sore. Gums bleed on brushing teeth. In alternation with Silica for the treatment of gumboils and ulcerations.

Combin R - Calc Flour, Calc Phos, Ferr Phos, Mag Phos, Silica

--()--

Specific Remedies

Decay of teeth as soon as they appear - Calc Phos
Dentition retarded - Calc Phos
Enamel brittle - Calc Fluor
Enamel rough and thin - Calc Fluor
Gastric derangements during teething - Nat Phos
Gum-boil - Silica
Gum-boil before pus begins to form - Kali Mur
Gums bleed easily - Kali Phos
Gums pale - Calc Phos
Infants, teething with drooling - Nat Mur
Loose in sockets - Calc Fluor
Rapid decay of teeth - Calc Fluor
Teeth sensitive to cold air - Mag Phos
Teeth sensitive to touch - Mag Phos, Calc Fluor
Toothache aggravated by hot liquids - Ferr Phos
Toothache relieved by cold applications - Ferr Phos
Toothache relieved by hot applications - Mag Phos
Toothache with excessive flow of saliva or tears - Nat Mur
Toothache with neuralgia of face - Mag Phos
Toothache with swelling of gums or cheeks - Kali Mur, Ferr Phos
Toothache with ulceration - Silica
Ulceration of roots of teeth - Calc Sulph

--()--

Supplements

Vit C - 1,000 mg daily
Cod-liver Oil - 1,000 mg daily
Chelated Calcium - 1,000 mg daily

or

Dolomite which combines calcium correctly balanced with magnesium and does not need Vit D for absorption - 5 x dolomite tabs provides 750 mg of calcium

Vit D - if needed - 400 - 800 iu daily.

--()--

Mouthwashes

A mouthwash of 3% hydrogen peroxide will whiten, strengthen, and reduce infections.

Rinse out the mouth with a little warm water with two to four drops of Tea Tree oil.

After brushing with toothpaste and rinsing out the mouth, put two drops of Tea Tree oil on the brush and give the teeth a final quick brush. Some authorities suggest that the mouth should not be rinsed after the Tee Tree application.

Tincture of Myrrh can be added to a mouthwash for extra antibacterial properties.

End

--()--

04092012