GRANDMA'S REMEDIES

Here Is How to Cure Your Toothache in Seconds!

By bestfolkmedicine · 03/08/2018 · 2 min read



Sometimes, unfortunately, regardless of how well we take care of our teeth, the day comes when they cause a pain so strong that you immediately become willing to try out almost anything just to reduce it, as seen on Positive Med.

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This being said, today's article will be focused on presenting the best natural and effective methods to reduce the uncomfortable toothache within hours so that you can continue with your day.

Of course, these are just temporary solutions.

To address the issue properly, make sure you make an appointment with your dentist and find the root cause of the pain or swelling. Now, let us take at the best remedies!

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How to Cure Toothaches in Seconds

1. **Sore areas in the mouth cavity**

If you have a sore gum area, you should know that salt and water mixture will do wonders for you. Just combine a tsp of salt and a cup of lukewarm water and swish it throughout the mouth for a minute or so and then spit it out. Repeat several times per day. This method is known to speed up the healing process and alleviate the pain and discomfort.

2. **Clove oil for toothaches**

Clove oil is considered to be among the top five natural remedies against toothaches. This is because clove oil has a potent alkaloid called eugenol which deadens the nerve cells causing pain and discomfort. But, it should not be used repeatedly for a long period of time. Dab a cotton swab in clove oil and then place it onto the painful tooth. Hold it a bit and then carefully remove it. Avoid using too much clove oil in the mouth because it may “burn” the mucus membranes. Wash your hands afterwards.

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3. **Coconut oil for toothaches**

Make sure you use only high quality, organic coconut oil. Take half a tsp of it and swish it around the mouth for a couple of minutes and then spit it out. This method, also known as oil pulling, has been present for a long period of time and it will help you minimize the chances of future toothaches and some proponents of holistic medicine even believe that it has the power to restore the enamel and fix cavities.

4. **Bread for toothaches**

If your tooth has cracked or if the filling has fallen off, opt for a simple, yet potent natural remedy to alleviate the discomfort, i.e. some bread. Use a small amount of bread, knead it a bit with the fingers and then place it onto the painful tooth. Press it gently and live it for several hours. Replace it with a

fresh amount of bread as needed.

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Sources:

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