HEALTHY TIPS

Rub These Oils On Your Gums And Teeth To Improve Your Oral Health

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Essential oils have been used for centuries and newest clinical studies are finally showing their efficacy and safety.

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Nowadays, there is a lot of talk about essential oils and their health benefits. They are claimed to have the power to fight off colds and flu to treating different types of skin issues. And, they are

becoming more and more popular due to the fact that a lot of people have been turning to natural medicine, instead of choosing conventional approaches like over-the-counter medications.

When it comes to essential oils, some experts believe that they can be exceptional for the oral health too. Namely, a study from 2014 named Possible Use of Essential Oils in Dentistry published in the Journal of International Oral Health discussed in detail the oral health applications of essential oils and their capacity to destroy plaque and their antibacterial, antioxidant, and anti-fungal characteristics. The data that was found can help you know which the best essential oils for optimal oral health are and how to use them best.

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Add These 5 Essential Oils to DIY Toothpastes for a Healthy Smile

1. **Spearmint oil**

This oil possesses strong antiseptic power and it will heal wounds in the mouth fast and remove germs in the process as well. It is also soothing for the soft tissues like the gums.

2. **Clove oil**

This oil has the capacity to fight off pathogenic bacteria. It has potent germicidal characteristics and it has long been used by dentists to disinfect roots. It can also help by impeding the growth of mutant bacteria strains.

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3. **Peppermint essential oil**

This oil can be used to destroy anaerobic bacteria, i.e. bacteria that thrive in areas with low oxygen, such as the mouth. When they are present in a large amount and for a longer period of time, they can lead to gum disease.

4. **Cinnamon oil**

This oil can help you fight off the bacteria causing tooth decay and gum illness with its strong antibacterial and antifungal power.

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The Oral Health Benefits of Essential Oils

- ***Helps maintain oral hygiene and decreases the risk of gingivitis and it does not stain the teeth as some rinses do***
- ***Some essential oils like lavender and Melissa, when applied to dental implants, were able to limit the level of biofilm being produced***

Sources:

HEALING LIFE IS NATURAL

DR ERICZ

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