GUM INFECTIONS

- **Using essential oils: After brushing your teeth, put a couple of drops of peppermint oil (essential oil/aromatherapy) onto your brush and brush into gums vigorously. Will need to do this for about 1-2 months.**

- **Myrrh essential oil is famous for its treatment of all gum diseases. You can dab it on undiluted to the area.**

- **Oil of Oregano can be brushed around the teeth and gums and will kill any infection.**
- **Dab oil of cloves onto the area. If you don't have the essential oil of cloves, make your own: boil 1 cup of water, add 1 Tbsp cloves, turn off heat and let steep covered for 1-2 hours. Put in a dark glass bottle as use as mouthwash.**

- **Using baking soda: Mix equal parts of baking soda and seasalt together, then add enough food grade hydrogen peroxide to make a thick paste. After brushing your teeth, put this paste on your toothbrush and brush vigorously and purposefully deep into the gum tissue, trying to get it up under the gumline. Most people will experience some bleeding.**

- **Another remedy is to make your own toothpaste: 1 cup baking soda; 1 Tbsp food grade 3% hydrogen peroxide, 10 drops peppermint.**

- **Take 2,000 mg Vitamin C three times a day.**

- **Oil pulling is good for any type of mouth, teeth or gum problems. Take 1 Tbsp organic coconut oil (or olive oil) into the mouth and swish it around for 10 minutes. Sounds easy but 10 minutes is a long time sometimes. Do daily.**