



Dental Herbalism: Natural Therapies for the Mouth

Leslie M. Alexander Ph.D. RH(AHG), Linda A. Straub-Bruce BS Ed RDH

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A comprehensive practical reference to herbal dental care for all ages

- Details the use of 41 safe and effective herbs for the mouth
- Explores 47 common conditions that affect the mouth, such as gingivitis, periodontitis, acid reflux, and tooth loss
- Provides recipes for herbal toothpastes, mouth rinses, pain-relieving poultices, and teas for prevention and daily care
- Examines infant and toddler oral care, including remedies for teething and thrush

Our oral health is intimately linked with our overall health and well-being. In this practical guide to herbal dental care, medical herbalist Leslie Alexander and registered dental hygienist Linda Straub-Bruce detail how to use 41 safe and effective herbs for the mouth for optimum oral health, prevention of decay and inflammation, and relief from pain and discomfort.

The authors provide recipes for herbal toothpastes and rinses, poultices for pain and inflammation, and teas and tinctures for intervention, prevention, and daily care. They explain how recent research confirms the link between poor oral health and many diseases, such as diabetes, stroke, and heart disease. They examine the risk factors, symptoms, causes, and herbal preventives and remedies for 47 common conditions that affect the mouth, such as gingivitis, periodontitis, bruxism, acid reflux/GERD, and tooth loss. They explore the complete anatomy of the mouth and explain proper brushing, flossing, and tongue-cleaning techniques to prevent tooth decay and gum disease and maintain bridges, implants, and braces. The authors address the importance of diet and nutrition in oral health as well as controversial topics including fluoride. They provide an in-depth chapter on pregnancy, infant, and childhood oral care, including herbal remedies for teething and thrush.

Ideal for those looking to improve their own oral health, herbalists looking to address the root cause of systemic inflammation, or dental professionals searching for natural alternatives, this authoritative yet practical guide empowers each of us to reclaim the health of our mouths and sustain a full, strong set of teeth for a lifetime.

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Manuel Coury:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their down time with their family, or their own friends. Usually they undertaking activity like watching television, going to beach, or picnic inside park. They actually doing same every week. Do you feel it? Would you like to something different to fill your free time/ holiday? May be reading a book is usually option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try look for book, may be the publication untitled Dental Herbalism: Natural Therapies for the Mouth can be fine book to read. May be it is usually best activity to you.

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