

THRUSH

Candida begin to thrive when resistance is low after illness, antibiotics or oral corticosteroids. **Borax** – at earliest sign. If resulting from antibiotics, include **acidopholus** or yoghurt daily. **Mercurius** - excess saliva, trembling tongue. **Nat Mur** – with cold sores. **Arsenicum** – with mouth ulcers and fatigue. Thoroughly cleanse dentures regularly and use an aloe vera mouthwash.

TOOTH DECAY

A predisposition to tooth decay despite adequate oral hygiene and nutritional status may be reduced by appropriate homoeopathic constitutional treatment. The most likely people prone to dental decay are the very young and teenagers. Infants are susceptible to decay as soon as teeth appear. The most important factor to cause decay is the prolonged presence of sugary fluids in the mouth. Infants sleeping with a bottle are at risk as are those who sleep in the parents' bed and breastfeed often. This form of decay can be very rapid causing severe damage in a matter of months. Teenagers are likewise affected by sugary snacks and carbonated soft drinks in between meals and may develop a reduced interest in their oral hygiene. Regular checkups are important.

KIT INFORMATION

Owen Homoeopathics remedies can be purchased from your local stockist or from us direct. Check the website for a full list of stockists

www.h-e-c.com.au

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen
A Textbook of Dental Homoeopathy – Dr C B Lessell
The Dental Prescriber – Dr C B Lessell
The Family Guide to Homoeopathy – Andrew Lockie
Materia Medica & Repertory – Boericke

IMPORTANT

Taking of Homoeopathic Remedies

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongues.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle, as they are probably contaminated.
7. Store your remedies away from direct light, heat and strong smells particularly camphor or essential oils, as the potency of the remedy will be weakened.
8. When taking Homoeopathic remedies, do not use products such as “Vicks” or “Deep Heat”, as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your remedies away from electrical appliances such as fridge, TV, microwave, computer and stereo.

© Copyright

ORAL HEALTH CARE

It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic practitioner must be consulted if there is any doubt or query.

Homoeopathic remedies are often indicated in the maintenance of oral health. Many situations respond well to home prescribing but if the response is poor or remedy choice too confusing seek professional advice from your dentist and your homoeopath.

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. It is well known in the United Kingdom, America, Europe and Asia and to a lesser extent Australia. Homoeopathy follows definite scientific laws of preparation, prescription and cure which are as true today as they were in Dr Hahnemann's time.

Homoeopathic medicines are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These medicines have been prepared in a specific way by a process called potentisation. This is an activating process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects. This means that the Homoeopathic medicine will not affect or influence other medicines prescribed for you by your doctor or dentist.

OWEN HOMOEOPATHICS

443 Great Eastern Hwy Redcliffe WA 6104
Ph: 08 9277 9565 Fax: 08 9277 9192

E-Mail: jan@h-e-c.com.au Web: www.h-e-c.com.au

Use the 6c potency unless otherwise suggested. Acute situations repeat often. Chronic treatment twice daily.

Attention to diet and oral hygiene from birth along with regular dental checks is essential in the maintenance of our dental health. Plaque forms daily even in a healthy mouth and is best removed by regular and thorough brushing and flossing. Sugar reacts with the bacteria in plaque and causes decay. It is recommended that foods rich in sugar be minimised for the sake of dental and general health. The following remedies and suggestions are intended as an adjunct to your dental care program. If you are undergoing constitutional treatment advise your homoeopath of any dental treatments to be performed.

BAD BREATH

Usually this is due to poor oral hygiene, smoking, consumption of pungent foods, sinusitis and upper respiratory tract infections or the presence of oral disease. If the problem persists despite attention to these factors, a Constitutional remedy is indicated. **Nux Vomica** – after a stomach upset, meals or alcohol. **Aurum** – in pubertal girls. **Mercurius** – breath offensive, excess saliva, tooth decay.

BLEEDING GUMS

Indicate that there is some degree of gum disease occurring. It is important to gently brush the areas of inflammation to keep them free of plaque and to encourage healing. Dental assessment and scaling and polishing is recommended if the problem continues.

BRUXISM

Tooth grinding or clenching in adults can be the result of circumstantial disturbances such as grief or may be related to the personality. Treat the underlying cause. Abandon coffee to reduce tension. In children you may also consider remedies such as: **Cina** – jumpy and cross. Worms may be present. **Phytolacca** – intense desire to clench particularly during teething. **Arsenicum** – grinding in sleep, particularly between midnight and 2a.m.

CALCIUM METABOLISM

Adequate intake and assimilation of calcium is necessary for the proper development of teeth and bone. Remedies such as **Calc Carb** or **Calc Phos** assist children in the regulation of calcium metabolism during periods of rapid growth.

COLD SORES

Infections often recur when the immunity is at a low ebb and for this, constitutional treatment is the best. **Nat Mur** – pearl like blisters, puffy and burning. **Rhus Tox** – mouth and chin infected, ulcers at corner of mouth. **Hepar Sulph** – promotes healing of infected sores.

DIET AND NUTRITION

The most satisfactory diet is one which is low in sugars, but high in fibre and fruit. An adequate dietary intake of calcium is necessary for the development and maintenance of teeth and bone and the regulation of calcium metabolism requires adequate Vitamin D. Diets low in calcium or magnesium may contribute to bone loss. Oral disease which continues may indicate an underlying problem such as nutritional deficiencies (e.g. iron, B1, B6, zinc) or hormonal irregularities.

GINGIVAL HEALTH (GUMS)

The most important factor is correct oral hygiene using a good quality, soft brush (replaced regularly) and dental floss and regular scaling and polishing. **Arnica** reduces discomfort associated with scaling. Plaque not effectively removed hardens when in contact with minerals in the saliva and will eventually affect the gums. Ask your dentist for a map of the areas which you are routinely missing and instruction in the correct use of toothbrush and dental floss.

Smoking aggravates gum disease and increases the risk of oral cancer. A disproportion of hormones at the time of pregnancy or menopause can also affect the gum tissue and the remedies **Nat Mur** and **Sepia** are the most commonly indicated. **Merc Sol** – especially when the tongue is heavily coated and there is excess

saliva. **Nitric Acid** – the tongue is clean. **Phosphorus** – chronic inflammation and much bleeding.

MOUTH ULCERS

Need to be treated for the immediate complaint and for the predisposition to recurrence. **Borax** – hot, tender and bleed easily. Thrush. **Mercurius** – foul breath, tongue large and imprinted by the teeth. **Nitric Acid** – base of the ulcer bleeds, stinging pain. **Hydrastis tincture**, diluted, reduces pain and promotes healing (not to be swallowed).

SENSITIVE TEETH

Usually caused by advanced decay, gum disease or over-enthusiastic brushing. In the latter cases the delicate tissue covering the roots is exposed causing sensitivity. Attend to the cause and use the indicated homoeopathic remedy. **Plantago tincture**, applied 3x daily to the sensitive area helps.

TEETHING

Nutrition has a great significance at the time of teething and tooth development in children because the teeth will not grow healthy and strong if there is malnutrition.

Even baby teeth need regular, gentle cleaning with a soft brush from the time of their first appearance.

Toddlers and young children need daily help with brushing to ensure effectiveness. Beware of sugary, syrupy medications and drinks, especially when ingested by bottle.

Permanent teeth begin to appear at about 6 years of age. Monitor the position of the teeth and seek Orthodontic advice early for irregularities.

Chamomilla – unbearable pain. Fretful and angry. Inconsolable. One cheek hot and one pale. **Belladonna** – child irritable, flushed, restless and delirious. **Calc Carb** – teething slow in plump, fair, sweaty children. **Calc Phos** helps thinner children. **Borax** – teething with mouth ulcers. **Cina** children wet the bed and grind their teeth. **Mercurius** has red gums and excessive sweat and saliva.