



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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The actual book Dental Herbalism: Natural Therapies for the Mouth has a lot associated with on it. So when you check out this book you can get a lot of advantage. The book was authored by the very famous author. This articles author makes some research previous to write this book. That book very easy to read you can obtain the point easily after looking over this book.

Jill Goulet:

Reading can called brain hangout, why? Because when you are reading a book mainly book entitled Dental Herbalism: Natural Therapies for the Mouth the mind will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each and every word written in a book then become one type conclusion and explanation that will maybe you never get previous to. The Dental Herbalism: Natural Therapies for the Mouth giving you one more experience more than blown away your mind but also giving you useful facts for your better life with this era. So now let us explain to you the relaxing pattern this is your body and mind will be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary shelling out spare time activity?

Cynthia Briscoe:

This Dental Herbalism: Natural Therapies for the Mouth is great reserve for you because the content which is full of information for you who also always deal with world and still have to make decision every minute. This book reveal it data accurately using great coordinate word or we can say no rambling sentences inside it. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but challenging core information with wonderful delivering sentences. Having Dental Herbalism: Natural Therapies for the Mouth in your hand like finding the world in your arm, information in it is not ridiculous one particular. We can say that no e-book that offer you world in ten or fifteen tiny right but this publication already do that. So , it is good reading book. Hi Mr. and Mrs. active do you still doubt in which?

Rex Oswald:

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