Teeth Worthy Tips

If used in addition to routine brushing and, even more importantly, sound nutrition, homeopathy can offer safe, gentle, and efficacious methods when dealing with the teeth.

When administering any of the following remedies, remember these helpful and important tips:

- **1 dose** is equivalent to **4 pills/pellets**. Of course, if you take 5 or 6 at once, that won’t cause a problem. What we want from the pills is a response to the stimulus. One match will light a fire as well as three.

- **Pain is the indicator of how often** you should administer a remedy, as well as **how high the remedy’s potency** should be. Stop administering when there’s significant improvement. However, if there’s no improvement after 4-6 doses, then discontinue administering that remedy and re-evaluate the symptoms. This will give you a breather to re-assess so as to find the next remedy. For issues such as cracking teeth it may take a longer duration of time; then 4-6 doses over a period of a day or so will not suffice. Instead, the remedy may need to be used over a period of many months.
• **Frequency** is as important as your remedy choice. Too infrequently, and the remedy will not have an opportunity to work. Too frequently, and the remedy is not given an opportunity to do its best work. So, the best template is to administer the remedy every 2 hours for acute illnesses such as toothaches. If the pathology is more serious, then a dose may be given more frequently, such as every 15 minutes in the case of tooth trauma. This protocol can be followed for as long as needed, even for days.

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**Tooth Growth**

*Calc phos 6x* and *Calc fluor 6x* are great aids for tooth and bone growth in growing children as well as pregnant moms. A great way to ensure that your entire family gets enough of these two important cell salts is to put about 10 pills of each in a ½ gallon of milk. This way, with every glass of milk your family drinks, they’ll be getting the remedies they need. This dilution doesn’t weaken the remedies’ potential; instead, it will actually help propel the remedies’ action and Dad will benefit, too.

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**Abscesses**

• **Belladonna** is the first remedy to consider for a swollen, red abscess which throbs.¹

• **Pyrogenium** This invaluable remedy can be used as a preventative before oral surgery and as soon as the very first symptoms appear. If you’ve missed the opportunity to use it prophylactically, as soon as those first symptoms arrived, it can still be used! Another tip - if there’s any pus, the indication could be for *Pyrogenium*.

• **Hepar sulph** has been shown to encourage the drainage and discharge of pus. It can also be used in conjunction with *Pyrogenium* at the first onset of symptoms and can help the body halt the abscess in its tracks.²

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¹ Wander, 2
² Prevost, 24
Dental Braces

As much as we hope that our children won’t require orthodontic braces, it’s reassuring to know that if they’re necessary, at least the pain from tightening braces is often relieved, sometimes within minutes, when one or more of the following remedies are used.

- **Arnica montana** 200 & **Ruta** 200 can be administered every hour alternating between the two to minimize and relieve the pain and pressure from this procedure. For example, **Arnica montana** at 12:00, **Ruta** at 1:00, then back to **Arnica**, and so forth. As soon as there is improvement, stop using the remedies. If one works more fully, then you may stay with that and omit the other.

- **Staphasagria** is another remedy to remember in case the lips and cheeks have been cut and torn from the sharp pieces or wires used for braces. Given in a 30th potency, it can be administered every few hours for less severe cuts, and every few minutes should the pain and cuts be of a more intense nature.

Tooth Aches

- **Pulsatilla** is a good choice when the pain of a toothache is aggravated (made worse) by hot food or drink.

- **Coffea** That’s right, homeopathic coffee! **This** is useful when the opposite is true and cold food and drinks bring relief.

- **Belladonna** is useful for that bothersome, throbbing, or quite painful ache.

- **Staphasagria** is a good choice if you find that clenching alleviates the pain.

- If you notice that the toothache came on after being exposed to cold winds, consider **Aconitum**.
- Think of **Mag phos** for toothaches that have a shooting pain and feel better with warmth.

- **Arnica** is a good choice when there is bruising, soreness, and pain, particularly after trauma such as surgery, injury, or braces.

- When swelling in the face and glands accompany the toothache and the sufferer wants warmth against the face, **Silica** is likely the remedy to bring relief.\(^3\)

### Tooth Trauma

- As always with any injury, the protocol is to start with **Arnica montana** to help stabilize and reduce the “shocky” feeling. By the time you get to the dentist or ER, you might need no further care than a quick evaluation.

- **Ruta** taken hourly will often tighten up the ligaments when a blow to the tooth causes looseness.

- **Plantago Tincture** is a good go-to for chipped and sensitive teeth. It’s advisable to apply it throughout the day, as needed.

- When there is throbbing within the tooth (i.e. the pulp), look to **Ferr phos** in either a 12\(^{th}\) or 30\(^{th}\) potency. Begin by administering it every 3-4 hours or so. If the pulp of the tooth itself is fractured, the nerves, too, will be frayed. (See below)

- Remember, in all cases of nerve injury and damage, look first to **Hypericum** and use at least the 30\(^{th}\) to 200\(^{th}\) potency while en route to the dentist.

This is an excerpt from Joette’s upcoming dentistry book, be sure to look for it and learn more homeopathic tips for these and many other dental concerns.

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3 Wander, 2
Sources:

Book:


Online:


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