A Homeopathic Blog You Can Sink Your Sensitive Teeth Into

These days, Western culture seems to place a higher value on beautiful, pearly-white teeth. So much so, some people's smiles now look as "perfect" as a line of Chiclets gum.

Some of the measures folks use to achieve that magazine-cover smile can be very irritating to the teeth and gums, often causing sensitive teeth and even receding gums.

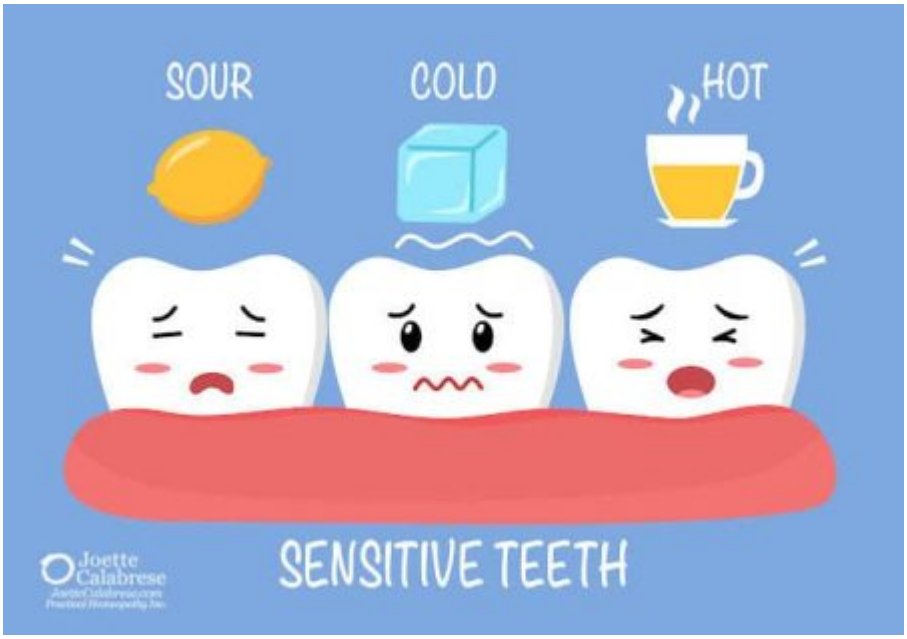
Now, as you would naturally assume, I'm personally more interested in having healthy teeth (which, oddly enough, often translates to beautiful teeth). However, sometimes, even healthy teeth can become a bit oversensitive.

Practical Homeopathy® can help ameliorate tooth sensitivity.

YIPES! Straight-up tooth PAIN

Before we get into this, let me remind you that I've written about tooth pain on several occasions and given various homeopathic medicines to consider when choosing the tightest-fitting remedy for your particular situation.

If experiencing true tooth pain, I encourage you to read my blogs, Dental Health: Tooth Pain and Exquisite Tooth Pain, as well as When Tooth Extraction is Unavoidable (in case you've already gone that far).



SENSITIVE teeth

More often than tooth pain, folks may find themselves experiencing tooth sensitivity.

This can stem from overusing whitening strips, overbrushing, or even eating acidic foods. (Attention, those who enjoy sucking on lemons.)

Certain chemical-laden toothpastes designed to whiten teeth to that near-Chiclet white can also be a culprit, even affecting the gums. (Perhaps consider the healthier toothpowder I make for my family at home in Your Own Homemade Toothpowder, although even overusing that can be abrasive to the dentin.)

In my clinical experience, sufferers have told me that their teeth ache without a particular condition. In other words, if they were to go to the dentist, the dentist wouldn't find anything.

The teeth are just sensitive, not injured or decayed. They may speak up in response to the temperature of beverages or breathing in cold air through the mouth. Certain foods might trigger a reaction. The sensitivity might occur only when biting down on the teeth and perhaps even radiate to the temples. I'd call it a toothache, but not high enough on a scale of 1 to 10 to call it tooth *pain*. (Think anything below a 5.)

That's when we consider *Mezereum 200,* twice daily, until very much better. Keep in mind, we wouldn't use it for a long period of time. Just a short period of time usually takes care of it, perhaps a few days or a week to determine that it's acting. If there's no improvement after that period of time, then stop and consider pivoting to another medicine. And obviously, if the condition worsens during that period, one would also halt the medicine and reconsider next steps (perhaps including a professional diagnosis).

My Academy of Practical Homeopathy® students attend an entire module dedicated to dental issues, so don't think that this medicine is the only choice. Blog posts are too short to give a full, in-depth lesson, but they are a great place to get started and realize the possibilities.

Watching suffering turn to serenity is one of the best parts of my job. Pass on the good news of Practical Homeopathy®!

If you enjoy this content, please share it. Also check out my podcasts, Monday Night Lives, and connect with me on YouTube, Instagram and Facebook.

Warmly,

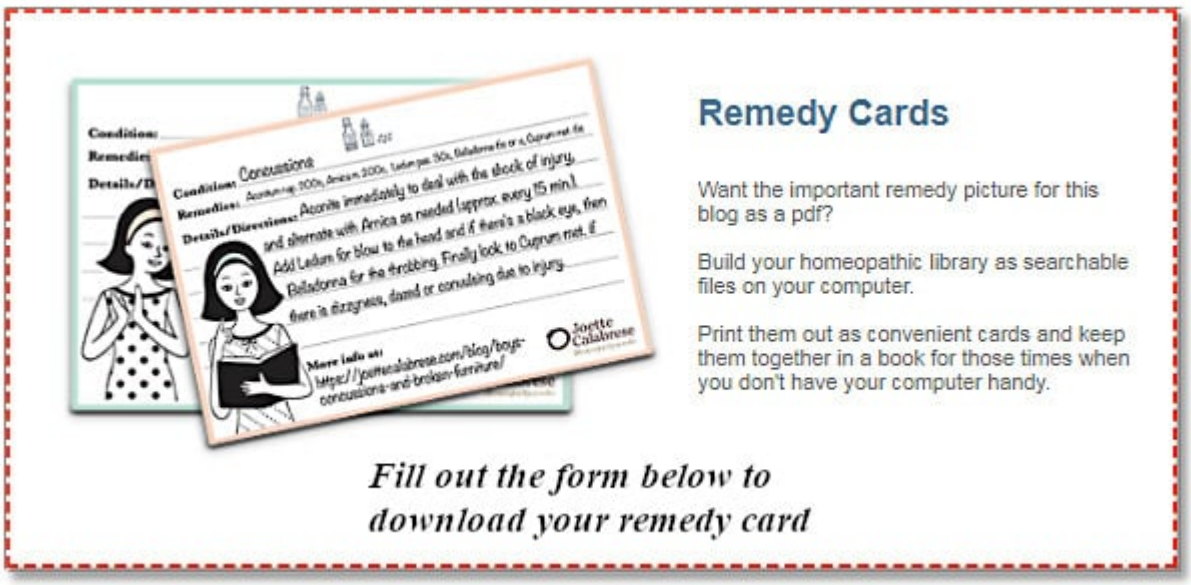
P.S. If you're not yet one of my Mighty Members, why don't you join us?

Seriously. What are you waiting for?

Not only do Mighty Members get an extra weekly blog post in the form of my Memo to Mighty Members, but they also receive exclusive educational videos, a private discussion forum (where we all can be more candid than we can be on public social media), and an archive of my Monday Night Lives with a convenient searchable index! Plus, there's so much more. I don't mean to sound salesy, but it's a lot of value for less than the price of one fancy coffee and muffin each month.

And remember, all my Mighties qualify for a 10% discount on course purchases.

I look forward to seeing you there.



03.15.26 A Homeopathic Blog You Can Sink Your Sensitive Teeth Into

First Name *

Last Name *

Email *

Confirm Email *

Captcha

Submit

If you are human, leave this field blank.

Δ