Gingivitis Treat it Naturally With Homeopathy

I love those “itis” diseases. You know, the ones that place “itis” after the noun that determines the location of the disease. Since itis means “inflammation of,” it’s easy to determine the disease. Tendonitis = inflammation of the tendons. Tonsillitis = inflammation of the tonsils. Hence, gingivitis = inflammation of the gingiva. By breaking down the word into its components, it not only gives us information, but comfort in knowing that the disease is often not as serious as it sounds.

So it is with gingivitis. Generally, it is not a disease of severity in our world today. There are, however, varying degrees of severity. If it’s a mild case, then herbs can be curative.

One of the easiest ways to treat gingivitis is with Myrrh. Yes, the gift given by the king at Jesus’ birth. That in itself has value in my book. Another important ingredient is Propolis, which is found in honey. Both are available in high-quality toothpaste purchased from a reputable health food store. Having said this, in my estimation, it’s always better to make whatever you can at home. (No hidden ingredients for the sake of shelf life or economy.) If you choose this path, both of these herbs can be purchased in tincture form, again from a health food store. Place 10 drops of each in a glass of water, then swish in the mouth 2-3 times per day, more often if the problem is severe.

So, local measures of treatment are important. However, if the gingivitis is of an ulcerative nature with severe erosion and halitosis, the problem needs to be approached with a greater degree of person-specific treatment. Homeopathic remedies have repeated success in treating this bacterial infection without

antibiotics. Let’s see what is available.

The key homeopathic remedy for gingivitis is *Mercurius sol* 30. This is of particular value when the tongue is heavily coated. It should be taken thrice daily for one week. Then one week off and then resumed again the following week. Alternate weeks on and off until results are complete, but no longer than over a period of 2 months. If the tongue isn’t coated, then use *Nitricum acidum* 30 thrice daily in the same fashion.

If improvement is noted but is not complete, it is best to contact a homeopath for an in-person or phone appointment. Homeopathy has the ability to address even the most severe cases of mouth disease. It is safe, gentle, effective and carries no side effects. The next time your mouth speaks of illness, consider homeopathy; the world-accepted medicine worth spreading the word about.

“Health is not random,” says homeopath, Joette Calabrese HMC, CCH. Her book Cure Yourself and Family With Homeopathy and her CDs Perform in the Storm, a Homeopathy First Aid and Secret Spoonfuls; How to get Healthy Foods into Kids Without Getting Caught are collections of experiences as a skilled homeopathic consultant to hundreds.

Her lively, entertaining examples and solutions of what to use for the most common ailments a homeopath is confronted with, have graced national journals such as Homeopathy Today and Wise Traditions. The author, practitioner, and mother splits her time between working with clients throughout the U.S. and abroad and speaking in arenas such as Chautauqua Institute, national radio shows and college campuses. Join her at Homeopathy Works for events, forums and consultations.

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