

## **Gingivitis/ Gum Infection**

### **Causes:**

- 1) Oral hygiene
- 2) Use of tobacco
- 3) Other health conditions like diabetes, rheumatoid arthritis, HIV, hormonal imbalance, heart disease
- 4) Poor diet
- 5) Obesity
- 6) Crooked teeth
- 7) Poor fitted dentures
- 8) Clenching and grinding of teeth
- 9) Pregnancy
- 10) Being 65 or older
- 11) Stress
- 12) Genetic

### **Remedies:**

- 1) Use electric toothbrush, dental pick.
- 2) Visit dentist regularly
- 3) Use natural mouthwash without alcohol
- 4) Floss and brush after every meal or twice per day
- 5) Coconut oil pulling
- 6) Use Eternal toothpaste (contains sodium bicarbonate)
- 7) Eat foods with fat- soluble vitamins and important minerals. Bone broth, meat, fish, eggs, raw and cooked vegetables (especially green leafy vegetables), healthy fats (avocado, coconut oil). No processed food and avoid sugar. Avoid phytic acid found in grains, beans, nuts and soy. Instead of avoiding completely, soak and sprout them. No hydrogenated oils, high sugar fruit / rice. Take fresh vegetables juice, wild caught salmon, raw vegetables (celery, carrots, apple).
- 8) Apply aloe vera gel
- 9) Supplements – Calcium, Magnesium, Iron, Vitamin A,D,E,K,C and HMC (Zinc and B complex), Q10, Probiotics, Echinacea (for drink & rinse)
- 10) Salt water rinse.