



## HOMEOPATHY FOR **Dental Wellness**

Dental wellness plays an important role in overall health. Apprehension about going to the dentist can be a factor that prevents people from going to the dentist regularly. Homeopathy, along with regular dental check ups, make a great combination. Check out these homeopathic remedies for teething, toothaches, support after dental surgery and even remedies to ease the anxiety about going to the dentist.



# HOW TO CHOOSE A Homeopathic Remedy



## 1 Gather the Symptoms

Finding a remedy is like being a detective. Noting symptoms reported, as well as those observed, can help you solve the case. Pay special attention to any symptoms that are unusual or exceptionally strong. Notice whether there has been a change in mood and what behaviors, environmental factors or time of day seem to make symptoms better or worse. You may want to write it all down to help you choose the remedy.

## 2 Choose the Remedy

Once you have a clear picture of the symptoms, matching them to a remedy is the next step. Choose the remedy that most closely fits the symptoms, keeping in mind that not every symptom has to match exactly. For example, you might find most of the symptoms fit the remedy except the person is thirsty and the remedy has little thirst. Unless this is a significant symptom, don't let that one symptom mismatch stop you from choosing that remedy, especially, if the majority of the other symptoms are aligned.

## 3 Give the Remedy

Dose the chosen remedy every three hours or as needed based on the severity of the symptoms up to 4 doses per day. If after 3 doses, there is no improvement, change to a different remedy or contact a healthcare professional. If the remedy is helping, take a dose if there is a return of symptoms.

## What is Homeopathy?

Homeopathy is a gentle and natural healing system that works with the body to relieve symptoms, restore vitality, and improve overall health. It is a federally recognized form of medicine regulated by the FDA.

Homeopathy can help strengthen the body to fight short-term illness such as colds, flus, earache, sore throats, and more. For chronic conditions like asthma, depression, autism, or arthritis, find a professional homeopathic practitioner.

Homeopathic remedies are environmentally friendly, cruelty free, and derived from natural sources. Affordable, over-the-counter remedies are available at natural food stores, homeopathic pharmacies, on-line retailers, and even some traditional grocery stores and pharmacies.



**REMEMBER:** Homeopathy is an art and a science. If you don't choose the right remedy the first time, don't give up. It takes time and practice to find the "best match" remedy for the symptoms – especially if you're new to homeopathy. If you continue to have a hard time finding a well indicated remedy, contact a professional homeopath for help. Visit [www.homeopathycenter.org/find-a-homeopath/](http://www.homeopathycenter.org/find-a-homeopath/)

Refer to the following table for short lived concerns. For longer lasting issues, please consult a professional homeopath.

	<b>Calcarea carbonica</b>	<b>Calcarea phosphorica</b>	<b>Chamomilla</b>	<b>Silica</b>
<b>Keynote Symptoms</b>	Painful, delayed teething. Sweaty head especially at night. Large head. Fingers constantly in the mouth.	Teeth are sensitive to chewing. Delayed teething. Teeth are soft and tend to decay easily.	One of the most common remedies for teething. One cheek red, one pale. Ear infection during teething. Stool looks like chopped spinach.	Slow teething. Gums are painful, inflamed, or swollen. Tendency to have dental abscesses. Teeth break down and decay easily.
<b>Mental Symptoms</b>	Cheerful. Strong willed. Fear of the unknown.	Whining and moaning. Fussy and discontent. Wants to be somewhere else.	Angry. Irritable when in pain. Hard to console.	Timid. Nervous and excitable.
<b>Symptoms Worse</b>	Cold air. Hot drinks or food.	Cold drafts. Melting snow.	Night. Cold air.	Gum pain worse with cold water, cold air, touch or pressure.
<b>Symptoms Better</b>	Warmth.	Warmth. Dry weather. Lying down.	Being carried or rocked.	Bundling up.



## Dosage

Dose chosen remedy every three hours or as needed based on the severity of the symptoms up to 4 doses per day. If after 3 doses, there is no improvement, change to a different remedy. If the remedy is helping, take a dose if there is a return of symptoms.

References used: *Desktop Companion to Physical Pathology* by Roger Morrison, M.D., *Homeopathic Self-Care The Quick & Easy Guide for the Whole Family* by Robert Ullman, N.D. and Judyth Reichenberg-Ullman, N.D. and *Concordant Materia Medica* by Frans Vermeulen.

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	<b>Aconitum napellus</b>	<b>Belladonna</b>	<b>Chamomilla</b>	<b>Coffea cruda</b>
<b>Keynote Symptoms</b>	Sudden, intense pain. Pain comes on after exposure to cold wind. Teeth are sensitive to cold.	Sudden intense throbbing pain. Right sided pain. Sensitivity to sound and light. Gums are hot and red.	Extreme pain. Wakes up at night in pain. Swollen face. Sensitive to touch. Hypersensitive to pain. Doesn't want to be touched.	Toothache with extreme nerve pain. Hypersensitive to noise, light and touch.
<b>Mental Symptoms</b>	Extreme anxiety and restlessness.	Angry. Delirious.	Very irritable during pain. Hard to console.	Overactive mind. Thoughts rush into head especially at 3 am preventing sleep.
<b>Symptoms Worse</b>	Cold winds. Shock or fright. Night.	Evening or nights. If teeth touch together. Eating. Being hot. Touch. Motion.	Anger. Night. Cold air. Cold drinks. Coffee. Talking. Lying.	Heat. Night. Excitement.
<b>Symptoms Better</b>	Rest. Open air.	Biting. Resting in bed. Bending backwards.	Being carried or rocked. Mild weather. Sweating.	Holding ice water in the mouth. Biting.



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	<b>Arnica montana</b>	<b>Hypericum</b>	<b>Ledum</b>	<b>Staphysagria</b>
<b>Keynote Symptoms</b>	First remedy to think of after surgery. It is anti-microbial and anti-inflammatory. Reduces bruising and swelling. Say they are “fine” when they are not.	Helpful for any surgery related to the nerves. Numbness or tingling.	Well indicated for puncture wounds like a needle or dental instruments. Area may feel cold.	Helpful for surgery of the soft tissue.
<b>Symptoms Worse</b>	Jarring. Touch. Motion.	Motion. Shock.	Warmth. Motion of joints.	Anger. Touch. Cold.
<b>Symptoms Better</b>	Lying down with head low.	Rubbing. Lying quietly.	Cold applications. Feet in cold water.	Warmth. Rest.



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	<b>Aconitum napellus</b>	<b>Coffea cruda</b>	<b>Gelsemium</b>	<b>Phosphorus</b>
<b>Keynote Symptoms</b>	Very afraid, to the point of panic. Restless. Fright. Sudden fear.	Nervous, agitated, restless. Excitable and oversensitive to noise.	Very anxious with anticipation about going to the dentist. Feels like they can't face it. Diarrhea with anticipation. Fear of injury.	Anxiety about the future. Wants reassurance from the dentist. Afraid something may be seriously wrong with teeth or health.
<b>Mental Symptoms</b>	Extreme anxiety and restlessness.	Overactive mind. Thoughts rush into head especially at 3 am preventing sleep.	Nervous. Gets angry easily. Wants to be quiet and alone.	Outgoing. Sympathetic. Makes friends easily.
<b>Symptoms Worse</b>	Cold winds. Shock or fright. Night.	Noise. Touch, Odors. Mental exertion.	Emotions. Motion. Surprise. When thinking about ailments.	On back. Being alone. Mental exertion. Talking.
<b>Symptoms Better</b>	Rest. Open air.	Warmth. Lying down.	Bending forward. Lying back with head high.	With company. Eating. Sleeping. Cold water.



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Cell salts, also known as tissue salts, were first introduced by Dr. Wilhelm Schuessler. He used 12 essential cell salts to balance deficiencies in the body. They are typically found in 6X potency and are absorbed easily into the cells. For dental wellness, these cell salts can be a gentle support for teething, toothaches and decay.

## **CALC FLUOR #1**

This cell salt is the main one for tooth enamel issues. It is helpful for rough, thin or brittle enamel. It is also indicated in rapid tooth decay and when the tips of the teeth are translucent.

## **CALC PHOS #2**

This cell salt is the main one to consider with teething issues. It is helpful for rapid decay or delayed, painful teething. It is also indicated for toothaches that are worse at night.

## **FERRUM PHOS # 4**

This cell salt is the main one to consider for inflammation. It is helpful for a toothache due to inflammation including inflamed gums that are better with cold liquids. It is also indicated for fevers with teething.

## **SILICEA #12**

This cell salt is one to consider when there is an abscess. It is helpful for a sudden toothache, gum boil or ulcerations of the tooth. It is also indicated for toothaches that are not better with hot or cold.



## **Dosage**

Follow dosing instructions on the bottle.

References used: *Facial Diagnosis of Cell Salt Deficiencies* by David R. Card and [mirandacastro.com/gentle-little-souls-all-about-the-cell-salts-by-miranda-castro/](http://mirandacastro.com/gentle-little-souls-all-about-the-cell-salts-by-miranda-castro/).

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