

## CHILDREN'S DENTAL HEALTH

CONCERN	HOMEOPATHIC REMEDY	
TEETHING	<p><b>CALCAREA CARBONICA</b></p>	<ul style="list-style-type: none"> <li>• Helpful for painful, delayed teething.</li> <li>• The child may have a sweaty head especially at night.</li> <li>• The child's fingers are constantly in the mouth.</li> <li>• The child is cheerful, strong willed, and has a fear of the unknown.</li> <li>• Better: Warmth.</li> <li>• Worse: Cold air, hot drinks or food.</li> </ul>
	<p><b>CALCAREA PHOSPHORICA</b></p>	<ul style="list-style-type: none"> <li>• Helpful when teeth are sensitive to chewing.</li> <li>• Consider for delayed teething.</li> <li>• The child's teeth are soft and tend to decay easily.</li> <li>• The child is whining and moaning, fussy and discontent.</li> <li>• Better: Warmth, dry weather, lying down.</li> <li>• Worse: Cold drafts, melting snow.</li> </ul>
	<p><b>CHAMOMILLA</b></p>	<ul style="list-style-type: none"> <li>• The child may have one cheek red, one cheek pale.</li> <li>• Consider when there is an ear infection during teething.</li> <li>• Helpful when stool looks like chopped spinach during teething.</li> <li>• The child is angry, irritable when in pain.</li> <li>• The child is hard to console.</li> <li>• Better: Being carried or rocked.</li> <li>• Worse: Night, cold air.</li> </ul>
TOOTHACHE	<p><b>ACONITUM NAPELLUS</b></p>	<ul style="list-style-type: none"> <li>• Helpful for sudden, intense tooth pain.</li> <li>• Consider for toothaches that come on after exposure to cold.</li> <li>• The child's teeth are sensitive to cold.</li> <li>• The child may be extremely anxious and restless.</li> <li>• Better: Rest, open air.</li> <li>• Worse: Cold winds, shock or fright, night.</li> </ul>
	<p><b>BELLADONNA</b></p>	<ul style="list-style-type: none"> <li>• Consider for sudden intense, throbbing right sided pain.</li> <li>• The child is sensitive to sound and light.</li> <li>• The child's gums are hot and red.</li> <li>• The child's temperament is angry.</li> <li>• Better: Bending backwards, biting, resting in bed.</li> <li>• Worse: Evening or nights, if teeth touch together, eating.</li> </ul>
	<p><b>COFFEA CRUDA</b></p>	<ul style="list-style-type: none"> <li>• Consider for toothache with extreme nerve pain.</li> <li>• The child is hypersensitive to noise, light and touch.</li> <li>• Helpful for an overactive mind, especially at 3 am, preventing sleep.</li> <li>• Better: Holding ice water in the mouth, biting.</li> <li>• Worse: Heat, night, excitement, hot food or drinks.</li> </ul>

## DENTIST VISIT ANXIETY

REMEDY	DESCRIPTION
ACONITUM NAPELLUS	This remedy is useful when the child has an <b>intense fear</b> and a <b>feeling that something bad will happen</b> . The child feels <b>physically</b> and <b>mentally restless</b> with a <b>panicky feeling</b> in the chest.
ARGENTUM NITRICUM	Think of this remedy for a child who is <b>anxious, restless, and superstitious from fear</b> . Feelings of dread surface, and the <b>child feels better being outside in the fresh air</b> and by <b>drinking cold beverages</b> .
CHAMOMILLA	This remedy is helpful for a child who has a <b>great fear of pain</b> prior to a dental appointment. The child may be <b>inconsolable</b> and <b>demand to be held</b> . A small child <b>may throw a tantrum</b> on the way to the appointment.
GELSEMIUM	Consider this remedy for <b>anxiety accompanied by a dull, sluggish demeanor</b> . The child is usually <b>fearful that "something may happen."</b> This drowsy-looking dental patient <b>may stutter</b> and <b>complain about feeling weak in the knees</b> . The child often feels <b>worse from anticipating</b> the visit. The child may also <b>get diarrhea before the dental visit</b> .
PULSATILLA	This remedy is especially helpful for <b>anxious children who are weepy and clingy</b> . The child feels <b>better being consoled</b> and <b>going outside in fresh air</b> .

For longer lasting issues, please consult a professional homeopath.  
See [www.homeopathycenter.org](http://www.homeopathycenter.org) for an infographic on how to take homeopathic remedies.

References used: Desktop Guide to Keynotes and Confirmatory Symptoms by Roger Morrison and Triumph over Tooth Trouble - Dental Patients have something to smile about by Shahin Afnan, CCH, *Homeopathy Today* Fall 2021.

This infographic is for educational purposes only. The information within should not be interpreted as a recommendation to treat any particular disease or health-related condition. Consult your medical professional about all health-related concerns. For severe or life-threatening conditions, seek emergency care or dial 911.