

# NATURAL REMEDIES FOR TOOTHACHES



# Natural Remedies For Toothaches

As hard as we all try to take good care of our teeth, almost everyone experiences a toothache at least once in their life, some more than others.

Unfortunately, most toothaches are just severe enough that they can hinder a person's ability to continue on with their daily tasks.

Of course, a dentist should be seen if severe pain is present for more than one week, but many are surprised with the relief they receive from natural remedies.



Natural remedies are a great way for the uninsured to seek relief, as well as a great way to treat the pain until a dentist can be seen.

One natural remedy that works great for toothaches is that of **onion** consumption.

There are a number of medical studies that proved that onions have bacterial benefits.

For that reason, people suffering from a toothache should **put a small piece of onion on the tooth that is causing them pain.**

Relief can typically be seen in a manner of minutes.



Also, due to the benefits of onions, those who eat a couple of raw pieces of onion everyday can protect their teeth.

**This is because a raw onion can help to kill common germs and bacteria in the mouth that can cause dental complications, such as a cavity.**

Another natural remedy and home remedy that is ideal for treating a toothache involves the consumption of garlic.

**A clove of garlic** can be placed on the tooth that is producing the pain. Within a matter of minutes relief will be felt.



This relief may even be permanent or it will last the longest, when compared to many other natural and home remedies for toothaches.

In addition to garlic, a **clove** can be placed on the affected tooth. This will not only provide pain relief, but clove is also known to limit the chances of an infection.

**Pepper** is considered a natural remedy and a home remedy that can help with a toothache that results from a cavity.

When using this approach, a pinch of pepper should be placed on a tooth cavity.



Many others also recommend adding in about a quarter of a teaspoon of **salt** to create a **salt and pepper combination**.

As previously stated, this can help to provide relief from a toothache associated with a cavity, but there are other dental benefits associated with this remedy as well.

A small mixture of pepper and salt can also provide relief from bad breath and gum problems, such as soft or infected gums.



In addition to using the above mentioned home remedies and natural remedies for toothaches, preventative steps should also be taken.

This involves seeking regular dental care. A dental check-up is advised at least once a year; however, twice a year is better for those with known dental problems.

Another preventative step that can be taken involves **limiting the consumption of sugary foods and drinks, such as candy and soft drinks.** These food and drinks can increase the chances of a cavity developing.



If these sugary food and drinks are consumed, a quick brushing is advised.

Speaking of food and drinks, those that are **high in vitamin C** and **calcium** are known to prevent many dental complications, including loose teeth, cavities, and gum disease.

**Lime** is recommended for the healthy maintenance of teeth; however, **dairy products**, which are high in calcium should also be consumed on a regular basis.





If you are a parent, it is advised that you provide your children with a constant source of these calcium and **vitamin C rich foods**, to limit the dental problems they may have in the future.

As outlined above, a number of natural remedies and home remedies can provide relief with a toothache. With that being said, it is also important to remember that preventative care is advised. Also, although the above mentioned natural remedies will provide most relief from many common dental problems, a visit to a dentist is recommend for those suffering from severe, long-lasting pain.

**This Ebook was written for  
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