



Country Dental

Mount House,  
17 Mount Street,  
Hythe,  
Kent CT21 5NT

**Appointments:**  
01303 266657

**Opening times:**  
Monday to Friday  
9.00am to 1.00pm  
2.00pm to 6.00pm

Late evenings  
by appointment

[country-dental.co.uk](http://country-dental.co.uk)

@CountryDentalHythe

# Natural Health Tips

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If good nutrition has been shown to be essential for sound overall health, what are the things to bear in mind?

Here are some tried and tested suggestions:

- Drink Green Tea. It contains natural antioxidant compounds which can prevent plaque accumulating.
- Use Calendula ointment for cracked lips and sore skin.
- Rescue Remedy consists of a mixture of Bach Flower Remedies and brandy. Its main use is for treatment of shock, but it can also be used for anxiety – particularly before dental treatment.
- There has been a significant increase in vitamin D deficiency recently. Current guidelines recommend that you should try to get out into the sun for at least 15 minutes a day. At certain times of the year, vitamin supplements may well be required.
- Coconut oil can reduce plaque aggregation and improve gum health; it also provides essential oils for systemic health.
- Raw onion helps to kill unwanted bacteria in the mouth and stimulates saliva production. This in turn neutralises different bacterial acids and washes debris away.
- Natural xylitol has 40% fewer calories than sugar and can reduce plaque build-up and decay. Xylitol has also been shown to reduce chronic Candida (Thrush) infections in the mouth. Several toothpastes now contain xylitol.

We stock a range of naturopathic dental products for patients to purchase. These include fluoride-free toothpastes, mouth washes and gels.

## Mouth ulcers

Frequent dental ulcers can be quite troublesome and the causes may vary. Sometimes it's a matter of a simple vitamin deficiency, such as the vitamin B complex, including B12. Sometimes it can be caused by zinc and iron deficiency. Hormonal changes, such as puberty and menopause, can trigger the ulcers, but so too can chemicals, food intolerances and stress. Ulcers may be caused less frequently by various illnesses such as Crohn's Disease, Leukaemia and Cancer.

Avoid toothpastes with Sodium Lauryl Sulphate (SLS), a detergent found in toothpastes, as this has been shown to cause adverse side effects on the mucosa.

These are the supplements advised:

- Zinc
- Vitamin A
- Vitamin B Complex
- Omega 7 and Omega 3
- Vitamin C – at least 1000mg per day

Other advice:

- Myrrh and Calendula mouthwashes can be helpful for ulcer healing, as can Zinc lozenges and Propolis gels. Colloidal Silver is a natural antibacterial agent helpful for healing ulcers and eliminating minor oral infections.
- Avoid acidic, spicy foods and alcohol.
- Reduce stress levels.
- If ulcers persist, seek the advice of your doctor or dentist.

## Propolis

Propolis has anti-viral, anti-bacterial and anti-fungal properties, so it provides natural protection against infection from all sorts of microbes. It is useful in toothpastes and mouthwashes for healing and soothing ulcers, and inflammation and infection in both gums and skin.

Propolis is produced when honey bees gather resin from tree bark and leaves and then combine it with nectar, creating wax, pollen and bee bread. They then use this nutrient substance to seal and protect their hive from predators. Propolis contains all vitamins and minerals required by the body except vitamin K and sulphur.