



Essential Oil Blends For Toothache

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com

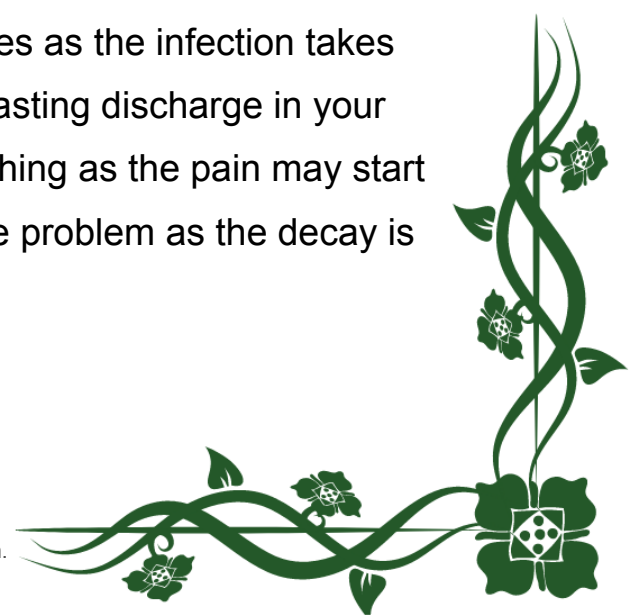
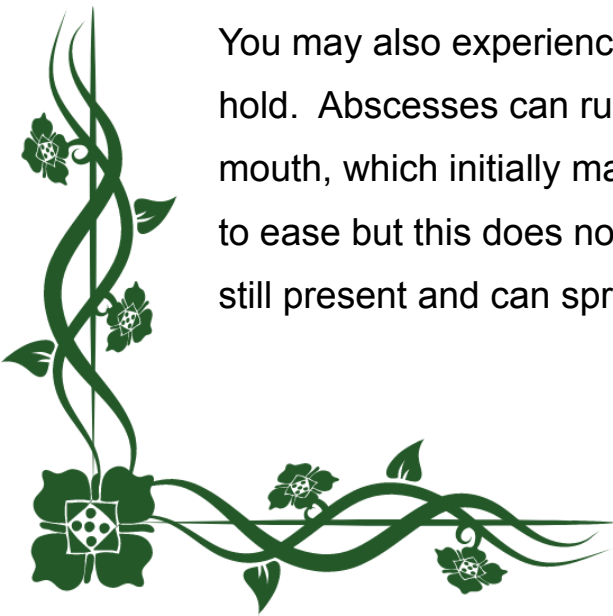


Toothache

Whilst we may all experience some mild discomfort from our teeth from time to time, often if we eat something cold or too hot. This is often to do with having sensitive teeth rather than toothache although you should still get it checked out by a dentist as it could be a sign of a small area of decay or if it's a tooth with an existing filling, it could have started to come loose. However the most common reason for this type of discomfort is often due to the tooth root becoming exposed due to gingivitis which leads to receding gums leaving the roots of the tooth exposed.

Toothache often starts off as a mild to moderate throbbing pain, it can be hard to detect exactly where the pain is coming from because the nerves in a tooth form a network of nerves that interconnect within the jaw. If left untreated this mild to moderate throbbing will intensify as the decay and infection sets in leading to an abscess forming. An abscess is a pus-filled infection that forms in the roots of the tooth that develops as a result of the decay. This throbbing pain is not only excruciating but it won't go away on it's own. Not only is toothache incredibly painful but it can cause fever, your face could start swelling, particularly on the side where the tooth is.

You may also experience swollen lymph nodes as the infection takes hold. Abscesses can rupture leaving a foul tasting discharge in your mouth, which initially may seem like a good thing as the pain may start to ease but this does not mean the end of the problem as the decay is still present and can spread to other teeth.



As anyone who has ever experienced toothache will tell you, can be incredibly painful. There are ways you can ease the pain of toothache naturally and fight the infection that may be present in the case of tooth abscesses reducing the need for a course of antibiotics. However, it should be noted that once a tooth has reached this stage you will need to see a dentist to get the tooth filled or extracted.



Symptoms of Toothache

- Sensitivity to hot and cold.
- Sensitivity when chewing or biting.
- Throbbing pain can be difficult to identify the exact tooth causing pain.
- Fever.
- Swollen lymph nodes around the jaw and neck.
- Swelling to the face.
- Foul taste.



Essential Oil Blends For Toothache

Clove Blend

Clove – Clove really is the best oil you can get for toothache, it not only has analgesic and antiseptic properties which can help ease pain and fight infection but it also has anti-inflammatory and antimicrobial properties which can help to reduce swelling and inflammation caused by infection and its antimicrobial properties can help to kill the bacteria that cause infection.

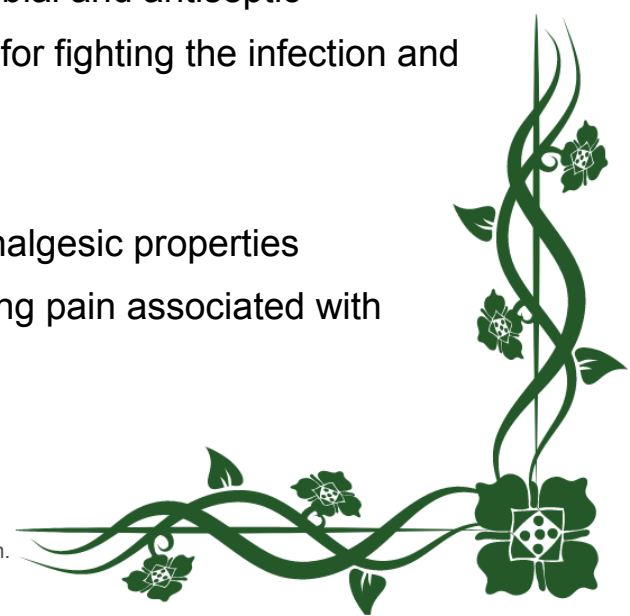
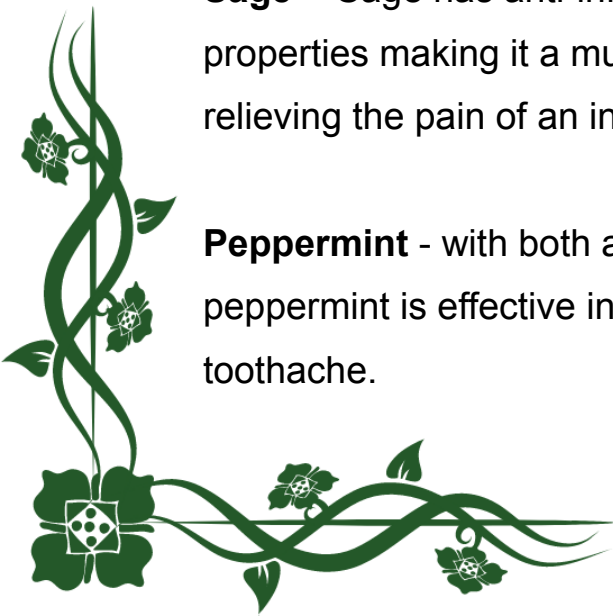
Juniper – Due to its antiseptic and analgesic properties, Juniper is an excellent choice of oil to use to treat toothache. Its pain relieving properties can ease the pain whilst its antiseptic properties can help to fight the infection.

Sage - Sage also has anti-inflammatory, antimicrobial and antiseptic properties making it a must have essential oil for fighting the infection and relieving the pain of an infected tooth.

Peppermint Blend

Sage - Sage has anti-inflammatory, antimicrobial and antiseptic properties making it a must have essential oil for fighting the infection and relieving the pain of an infected tooth.

Peppermint - with both antispasmodic and analgesic properties peppermint is effective in relieving the throbbing pain associated with toothache.



Sage Blend

Sage - Sage also has anti-inflammatory, antimicrobial and antiseptic properties making it a must have essential oil for fighting the infection and relieving the pain of an infected tooth.

Black Pepper- with both antispasmodic and analgesic properties Black Pepper is effective in relieving the throbbing pain associated with toothache.

Clove – Clove really is the best oil you can get for toothache, it not only has analgesic and antiseptic properties which can help ease pain and fight infection but it also has anti-inflammatory and antimicrobial properties which can help to reduce swelling and inflammation caused by infection and its antimicrobial properties can help to kill the bacteria that cause infection.



Making Your Own Essential Blend

If you have an empty essential oil bottle you can clean it out and make a blend to use when needed or you can add them individually in the following ratios.

Clove Blend

Clove – 3 drops

Juniper – 3 drops

Sage – 3 drops

Peppermint Blend

Peppermint – 3 drops

Sage – 3 drops

Sage Blend

Sage – 3 drops

Black Pepper– 3 drops

Clove – 3 drops



Ways To Use Your Blend

Now you've made your aromatherapy blend you need to think about the best way to use your blend. here are some ideas.

Ointment

Mix your chosen blend with some carrier oil such as almond oil olive oil and rub over directly over the gums.

- Mix 1 to 2 drops of your chosen essential oil blend to a tablespoon of carrier oil such as olive oil or almond oil.

Gargle

When very diluted these blends can be used to soothe infections of the mouth such as gingivitis, mouth ulcers and relieve the pain associated with toothache.

- Mix 1 to 2 drops of your chosen essential oil blend to a tablespoon of carrier oil, apply to a cotton bud and rub over the affected area. Repeat hourly if needed.



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

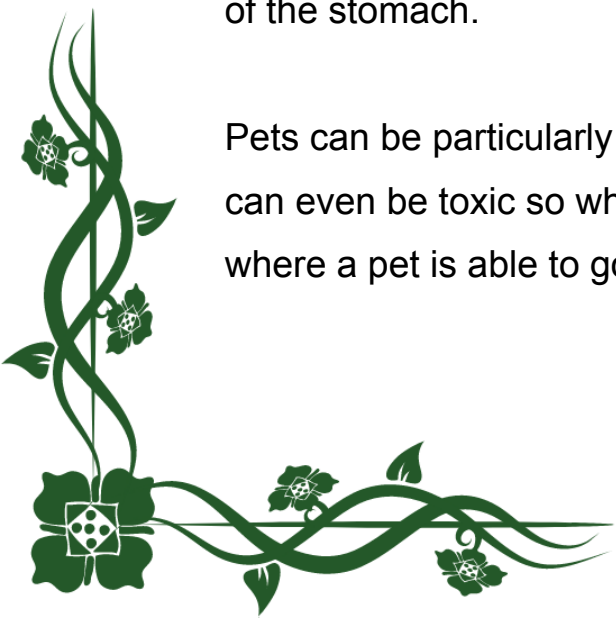
Pregnant and breastfeeding mums should avoid Clove oil. Excessive use of Clove oil can lead to respiratory issues and cause sores to the mouth.

Juniper and Sage are known to stimulate the contraction of smooth muscles and should therefore not be used by pregnant or breastfeeding women. Juniper should not be used if you are taking prescription medication for diabetes, glucose regulation or hypoglycaemia.

Peppermint should not be used before bedtime as it can lead to insomnia. High dosages can irritate the skin. Peppermint should not be used with Homeopathic remedies.

Avoid getting Black Pepper near your eyes as it can cause a burning sensation, it can also have a burning aftertaste and can cause irritation of the stomach.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

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