

Natural Gum Disease Prevention Products Keep Gums Naturally Healthy

Gum disease begins when plaque on teeth builds up below the gum line and forms into tartar. Plaque and tartar carries bacteria that can infect gums and destroy tissues and bones around the teeth.

Daily brushing, flossing and getting regular visits to the dentist prevents gum diseases. One can also try to use gum disease natural products, which contain natural extracts and ingredients that curb the onset of bacterial infection by eliminating plaque. Some gum disease natural products help in healing sores, inflamed or bleeding gums and other gum diseases.

Gum disease natural products come in many forms including:

- 1.) Natural toothpastes, which are non-abrasive, have no artificial sweeteners or flavorings, and most are fluoride-free
- 2.) Natural mouthwashes or oral rinses, which contains no alcohol, sugars and artificial colorings
- 3.) Natural dental flosses, which are wax coated with natural oils.

Some of the natural ingredients found in gum disease natural products are:

Tea Tree Oil

Packed with antiseptic and antibiotic properties, tea tree oil effectively kills bacteria living in our mouth. Toothpaste and rinses with tea tree oil may not remove plaque but it helps relieve gingivitis, gum bleeding and bad breath.

Grapefruit

Grapefruit is rich in Vitamin C and flavonoids, which boosts the body's resistance to infection. Many natural dental products contain grapefruit seed extract for its powerful antioxidants that fight gum diseases.

Cranberry

Scientists have found out that cranberry prevents bacteria that cause plaque from sticking on the surface of your teeth, therefore stopping gum diseases on its track. You can try toothpaste with cranberry extract or drink cranberry juice daily - just be sure to take it without sugar.

Wintergreen

Wintergreen is a common natural flavoring in toothpastes, mouthwashes and gums. It also contains methyl salicylate, which has anti-inflammatory properties.

Echinacea

Echinacea helps reinforce the immune system and suppress bacterial attack such as gum diseases. It soothes mouth ulcers and reduces gum swelling.

Aloe Vera

One of the most effective ingredients in gum disease natural products is Aloe Vera. Aloe Vera reduces inflammation and bleeding in the gums, heals sores and kills mouth bacteria. It has potent antiseptic properties that aid the prevention and cure of mild and severe gum diseases.

Why use gum disease natural products?

Many commercially prepared dental products contain sugar, dyes, preservatives and other harsh substances that do not aid the prevention of gum disease. Natural dental products are great alternatives for gentle yet strong protection to teeth and gums.

About the Author

Anthony Stai is a proud contributing author and writes articles on several Dental related topics including dental plans. You can see more of Anthony's other articles on his [Self-Improvement eBooks](http://www.self-improvementresources.com) informational web site located at <http://www.self-improvementresources.com>

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