

Curing Gum Disease Naturally

Periodontal disease or otherwise known as gum disease is a disease that involves the inflammation of the gingiva or gums. Gum disease is the infection of the gums surrounding the teeth. The main cause of gum disease is plaque, a sticky white substance that covers the teeth. Plaque is formed when the toxins in the mouth mix with saliva and remnants from starchy foods and sugar from the food we eat. If not properly removed, plaque will accumulate and will eventually solidify below the gum line into tartar. Tartar build ups are hard to remove and usually require dental cleaning by a dentist.

Gingivitis, a mild form of gum disease is the product of poor oral hygiene. However, gingivitis can be treated and reversed. Studies show that there is a natural way of curing gum disease. Along with regular oral hygiene, taking in various vitamins and minerals can help cure and prevent gum disease. Below is a list of the vitamins and minerals that is the natural way of curing gum disease.

Vitamin C

Researchers from the Journal of Periodontology state that there is a connection involving Vitamin C deficiency and gum disease. Their researchers have concluded that individuals who have low vitamin C intake have a high risk percentage of gum disease. Individuals who take up less than the recommended dietary allowance or RDA of 60 milligrams per day have a 1.5 risk of developing severe gum disease or periodontal disease. Vitamin C is a natural way of curing gum disease because vitamin C is an antioxidant. Vitamin C repairs the attachment fibers of the gums and accelerates the regeneration of the bone that is damaged by the gum disease.

Vitamin D

Another natural way of curing gum disease is by taking in vitamin D. Vitamin D is known to have anti-inflammatory effects thus reducing the susceptibility to periodontal disease. Experts from the Boston University have concluded that individuals who have higher levels of vitamin D in their blood are less likely to experience bleeding of the gums during the gum probing. Sunlight is the most abundant source of vitamin D. The National Institutes of Health Office of Dietary Supplements recommend that 10 to 15 minutes of exposure of the sun must be done twice weekly to have a sufficient amount of vitamin D in the blood level.

Tea Tree Oil

Applying tea tree oil gel is a natural way of curing gum disease because of its antibiotic properties. However, the amount of plaque can not be lessened by tea tree oil gel alone; using commercial tea tree toothpaste is recommended.

There are lots and lots of natural ways to cure gum disease. It is recommended that you consult your dentist or dietitian first before taking up various vitamins and minerals.

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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