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Toothache relief with this natural toothache remedy!

The old standard kitchen toothache remedy

A great natural toothache remedy is to either **ground clove** or pure food grade **clove oil** on the affected tooth. This is the most well known of all herbal toothache remedies. I list this remedy first since most people have cloves in their spice rack.



NOTE: On HerbMentor.com, I recommend people practice herbal nourishment at the same time they are treating an acute situation herbally or allopathically. In this course, I teach you how to make an herbal infusion. If you know how to make an infusion, I recommend using Oatstraw (*Avena sativa*) infusions while you are treating your toothache's pain. You can order oatstraw in the bulk herb section of [Mountain Rose Herbs](#).

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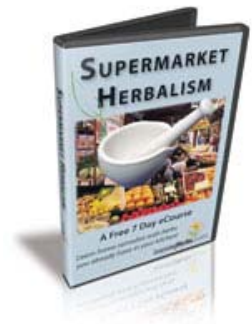
Make your own herbal toothache remedy.

[See how...](#)

[This free video eBook](#) has a lesson on toothache remedies. You also learn how to build your



own herbal apothecary, which includes clove oil and other important herbs.



Other great herbal toothache remedies...

- **Echinacea.** This cold and flu remedy has a long history for being a toothache remedy. In fact, a Lakota elder I know calls it the "toothache plant." That's what his grandmother called it as well. Try using Echinacea tincture. The best toothache remedy would be to use fresh Echinacea root dug from the ground, so if you have some in your garden, try it some day! [Click here to read more about Echinacea.](#) You can make your own Echinacea tincture in our [Herbal Medicine Making Kit. Read how.](#)



- A few drops of **tea tree essential oil** can be infused in water. Cleansing the mouth with this solution can give rapid relief to inflamed gums. It is a very potent antibacterial.

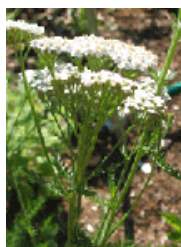
- A combination of the following items used on a regular basis can be very helpful as part of a home remedy for toothache. First, a **calendula** toothpaste such as Weleda brand seems to be very preventive in nature. Calendula has a long history of being used for the gums and teeth. **Myrrh** toothpastes are another option (Tom's of Maine makes one). Both of these herbs have astringent and antibacterial effects. These are available in all natural foods markets and in many supermarkets.

- **If your filling comes out...**A paste of slippery elm powder and water put into a tooth where the filling has come out, will be very helpful until one gets to the dentist. And a mouthwash made with sage (*Salvia officinalis*) or calendula (*Calendula officinalis*) and a pinch of salt, is beneficial to bleeding gums.

[Purchase these herbs and essential oils at Mountain Rose Herbs for your toothache remedy..](#)

Garden or outdoors toothache remedy

Take a free 7 day course on [kitchen herbalism!](#)



Yarrow (*Achillea millefolium*), originated in Europe and Asia, but is now naturalized throughout North America. Yarrow grows wild in fields, meadows, roadsides

and open woodlands. Yarrow has the ability to stop bleeding and aids in healing wounds. But the *root of the yarrow* is also an anesthetic. To relieve toothaches, apply the *fresh root or leaves* to the gums or teeth. It's yet another great herbal toothache remedy.

Raw **plantain** leaves crushed and placed on the aching tooth will also help stop a toothache. If you happen to have a little salt with you, mix a little salt with the chewed leaves. To read more about plantain, [click here](#).



Broad leaf plantain (R. major)

Here are some basic toothache remedies...especially if you do not have ANY of the above ingredients and you need toothache relief NOW!



Long leaf plantain (R. lanceolata)

Philip D. Corn, D.D.S., a private practitioner in Philadelphia, Pennsylvania, and director of the Pennsylvania Academy of General Dentistry, says a toothache may be a symptom of several things. The pulp of your tooth or the gums around your throbbing cuspid could be infected. There could be decay in a molar. You may have a cracked bicuspids. Or you might have been smacked in the mouth. But the ache could simply be an irritation from a piece of food caught between two teeth, adds Jerry F. Taintor, D.D.S., chairman of endodontics at the University of Tennessee College of Dentistry. Or it could be a backlash from a sinus problem.

So, until you can get your tooth checked out by a professional, here are some toothache remedy ideas Dr. Corn and Dr. Taintor give:

- Rinse your toothache away. Take a mouthful of water (at body temperature) and rinse vigorously, says Dr. Taintor. If your toothache is caused by trapped food, a thorough rinse may dislodge the problem.
- Floss gently. If swishing doesn't work, you can try to pry the popcorn hulls or tiny bits of meat out from between your teeth by flossing, says Dr. Taintor. Be gentle! Your gums are likely to be sore.
- Take a "shot" to numb the pain. Hold a swig of whiskey over the painful tooth, says Dr. Corn. Your gums will absorb some of the alcohol and that will numb the pain. Spit out the rest.

- Rinse with salty water. After each meal and at bedtime, stir 1 teaspoon of salt into an 8-ounce glass of water (again, at body temperature), says Dr. Corn. Hold each mouthful, roll it around your mouth. Spit.
- Try a hand massage. When you have an achy tooth, this can ease the pain by 50 percent. Rub an ice cube into the V-shaped area where the bones of the thumb and forefinger meet. Gently push the ice over the area for 5 to 7 minutes.
- The doctors also recommend using cloves or clove oil.

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Resource Recap...

[If you need tea tree, clove or other essential oils and herbs, check out Mountain Rose Herbs.](#)

[Tea tree oil is covered in this course.](#)

Echinacea tincture is an herbal remedy you make in the [Herbal Medicine Making Kit](#).

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