



## What is Gum Disease?

Gum disease is an infection of the tissues and bones that support and surround the teeth. Plaque contains **food, bacteria and bacterial** waste products that accumulate on your teeth after eating. If it is left on your teeth, your gums become irritated.

When plaque builds up and hardens into tartar (also known as calculus) the **bone structures around the teeth** become affected. The early stage of gum disease is known as gingivitis – this is when gums can become red and swollen and bleed easily, often during tooth brushing.

If gingivitis is left untreated, it can progress to periodontitis where the **inner layer of the gum and bone recede** from the teeth and form pockets.

The spaces between the teeth and gums become infected, and **bacterial toxins begin to break down** the bone and connective tissue that hold the teeth together. Over time, the pockets deepen and destroy bone and gum tissue.

Eventually, teeth start to feel unsteady and fall out. It is therefore essential to **brush and floss your teeth daily**, visit the dentist regularly, eat healthy foods and limit your intake of sweets to maintain good oral hygiene.

## Symptoms and signs

- The common symptoms and signs of gum disease include:
- Receding gums
- Bleeding gums
- Red, swollen and tender gums
- Discoloration of gums
- Formation of spaces between teeth and gums
- Loose teeth
- Changes in the way teeth fit together on biting, or the way dentures fit together
- Continuous bad breath or bad taste in the mouth (halitosis)

## What causes Gum Disease?

Gum disease develops as a result of a plaque build up because of poor oral hygiene – not brushing and flossing teeth regularly and visiting the dentist. A number of factors may contribute to gum disease and include:

- Poor diet



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Braces, dentures or teeth irregularities
- Medical conditions such as diabetes or Down syndrome
- Hormonal changes, particularly during puberty, pregnancy and menopause
- Inadequate sleep
- Certain drugs such as contraceptives, antidepressants, steroids, anti-epilepsy or cancer medication
- Smoking

## How is Gum Disease diagnosed?

The [diagnosis of gum disease](#) is based on a thorough examination of your mouth by a dentist. Your gums are checked for swelling bleeding or firmness while your teeth and bite are also assessed.

A full mouth x-ray is taken to determine the extent of [gum disease](#). If [gum disease has progressed to periodontitis](#), you may be referred to a periodontist – a specialist in gum care disease.

## Help and treatment for Gum Disease

The [treatment of gum disease](#) generally depends on the severity of the condition. Treatment options include healthy eating, proper brushing and flossing, **regular visits to the dentist**, non-surgical therapy and surgery.

If you have developed gingivitis, your dentist or oral hygienist will clean your teeth using a scaler to remove plaque as well as an **electric toothbrush with grainy toothpaste**. Your dentist will usually recommend an antiseptic mouthwash such as chlorhexidine and also teach you how to brush and floss your teeth properly.

If periodontitis develops, scaling or root planning is performed to scrape and **remove plaque and tartar from teeth** above and below the gum line. Antibiotics in the form of medicated mouthwashes or antibiotic containing gels may be applied to kill off bacteria.

More severe episodes of periodontitis may require surgery or gingival grafting where **healthy gum tissue** is removed from another part of the mouth to replace diseased tissue.

## Natural remedies

Natural and holistic treatments have been used for centuries to treat the [symptoms of gum disease](#) and overall dental health. Treatments such as herbal remedies are a much safer, more natural alternative to use in the mouth without the harmful side effects of conventional medication.

Herbal ingredients such as Hypoxis Rooperi (extract of African Potato), Mentha Piperita, Viscum Album, Astragalus Membranaceus and Agathosma Betulina (also known as buchu) are excellent for the immune system, acting as a supportive tonic and natural antiseptic. In addition, Chamomile, Echinacea, and Myrrh can also **provide anti-inflammatory and antimicrobial** actions that are beneficial for the [treatment of gum disease](#).

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## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

# Tips to prevent gum disease

- There are several effective ways to [prevent gum disease](#) and ensure healthier gums and teeth:
- Floss your teeth daily before brushing to remove plaque from those hard-to-reach places in your mouth
- Brush your teeth properly twice a day for at least two minutes
- Use a toothpaste that contains fluoride to help fight [gum disease](#) and prevents plaque build up
- Use an electric toothbrush for more thorough cleaning as they are more effective than manual toothbrushes and are able to remove plaque below the gum line
- Eat a healthy diet packed with vegetables and fruit
- Limit your intake of sweets and sugary foods
- Replace toothbrushes every three months because new toothbrushes remove plaque more easily than used ones
- Stop smoking as it destroys gum tissue, causes tartar formation and bone loss
- Avoid long term use of certain drugs such as antidepressants, antihistamines or muscle relaxants as they dry out the mouth and can cause tooth decay and [gum disease](#)
- Visit your dentist every six months for routine checkups

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options

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## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

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and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.



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## Related Natural Remedies:

**HaliTonic**: Naturally maintain oral health and breath freshness

**HaliTonic** is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve bad breath, improve breath freshness and promote oral health.**

HaliTonic may be taken at the first signs of **bad breath** to support **systemic cleansing and freshen breath** for effective, temporary help.

HaliTonic is taken internally to **maintain the natural system cleansing** and detoxifying properties of the body to **promote a healthy, fresh mouth, throat and digestive tract** – ensuring that all systems are supported to improve breath freshness. Presented in small tablet form, HaliTonic is easy to ingest and hassle-free with **no artificial colors or preservatives**

Due to its unique homeopathic formula, HaliTonic is *safe for all ages, as well as during pregnancy and nursing.*

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**Immunity Plus**: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

## herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

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