

# How to Get Rid of Gingivitis With the Help of Natural Remedies?

Natural methods are an effective and cheap way in the treatment of gingivitis. Natural methods are usually able to clear gingivitis if you begin treatment at an early stage. Before plaque becomes tartar it is essential to treat it. You may have to increase the duration and frequency of flossing and brushing.



Gingivitis is a serious **gum disease** that affects thousands of people every year. If not treated promptly, it can lead to bleeding gums and tooth loss over time. The following are five natural ways to stop gingivitis and its symptoms.

**1. CoQ10 toothpaste-** Recent research has shown that toothpaste containing CoQ10 can be effective in [gingivitis treatment](#). CoQ10 is a powerful antioxidant that has been used to successfully stop gingivitis when it is mixed into toothpaste, mouth rinses, oral gels, and other treatments. This can be helpful as a part of a good overall plan for oral hygiene.

**2. Myrrh-** Recent Research has shown that the anti-inflammatory and anti-fungal properties of myrrh can make it an important part of a successful gingivitis treatment plan. It is believed that myrrh enhances the body's production of white blood cells, which assist the body in fighting various diseases including gum disease. A tincture or mouth rinse containing myrrh can be combined with CoQ10 toothpaste and other herbal treatments to heal bleeding gums and stop gingivitis.

**3. Tea Tree Oil-** Leading to a multitude of health benefits for the gums, tea tree oil naturally possesses anti-bacterial, anti-fungal, and antiseptic properties. Using a single drop of oil with

your regular toothpaste and brushing for several minutes daily can promote the healing of bleeding gums in a matter of a few weeks. Many oral hygiene products contain tea tree oil today because of all the benefits it can offer in stopping **gingivitis** and other diseases of the mouth.



**4. Clove Oil-** Clove Oil has natural bacteria-fighting abilities which make it a great treatment for gum disease. It is best to buy clove already in oil form and rub it directly onto the gums. Whole cloves, such as those sometimes used in cooking can also be chewed and left in contact with the affected areas for several minutes daily. This will reduce swelling and help the gums begin to heal when used regularly.

**5. Peppermint Oil-** Many people are not aware of the natural healing abilities of peppermint oil. Using mouth rinses and toothpaste containing peppermint oil heals mouth sores and also reduced the inflammation that leads to soreness, bleeding, and [swollen gums](#). Oral hygiene products containing peppermint oil can stop gingivitis and improve overall gum health when used daily.

For years to come, these natural treatments can be very helpful in the treatment of gingivitis leading to a healthy mouth. Home remedies work extremely well with bleeding gums and mild gingivitis but some cases are too far gone for over-the-counter home solutions. But there are some natural ways to stop gingivitis without the use of prescription and those nasty side effects.