

# Five Natural Ways To Cure Gingivitis

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 [Gum Disease Symptoms](#).

**How to get rid of gingivitis naturally?**

**Gingivitis Treatment:**

## **1. CoQ10 Toothpaste:**

Recent research has shown that toothpaste containing CoQ10 can be effective at treating gingivitis. 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. Myrrh is also believed to enhance 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:**

Tea Tree Oil naturally possesses anti-fungal, antibacterial, and antiseptic properties leading to a multitude of health benefits for the gums. 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. Today, many oral hygiene products contain Tea Tree Oil because of all the benefits it can offer in stopping gingivitis and other diseases of the mouth.

#### **4. Peppermint Oil:**

Many people may not be aware of the natural healing abilities of peppermint oil. Using mouth rinses and toothpaste containing peppermint oil heals mouth sores and also reduces the inflammation that leads to soreness and bleeding gums. Overtime when used daily, oral hygiene products containing peppermint oil can stop gingivitis and improve overall gum health.



#### **5. 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. Used regularly, this will reduce swelling and help the gums begin to heal.

These natural treatments can be very helpful in the treatment of gingivitis, leading to a healthy mouth for years to come. Otherwise, visit your dentist to determine [how to cure gingivitis?](#)

Home remedies work extremely well with bleeding gums and mild gingivitis, but some cases are too far gone for over-the-counter home solutions. Moreover, make regular appointments with your dentist to monitor your oral health so that the disease can be detected in time and you can get the right treatment. In addition, never take your oral problems lightly as they can end in teeth loss.