

# TOOTHACHE AND TOOTH ABSCESSSES

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## IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

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### Introduction

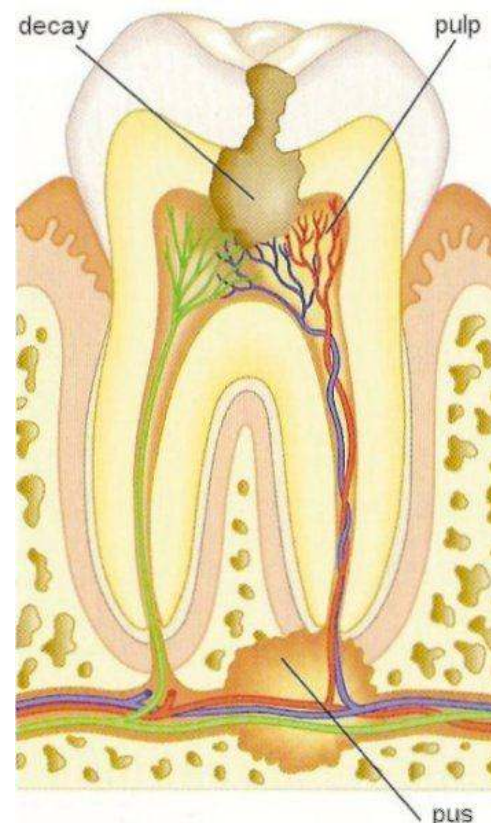
A tooth abscess is a collection of pus resulting from bacterial infection of the centre of a tooth, and is often a complication of tooth decay. A tooth abscess may also result from trauma to the tooth, such as a breakage or chipping. Consequently, openings in the tooth enamel allow bacteria to infect the centre of the tooth (the pulp). Infection may spread out from the root of the tooth and to the bones supporting the tooth.

Infection results in a collection of pus (dead tissue, live and dead bacteria, white blood cells) and swelling of the tissues within the tooth. This causes a painful toothache. If the root of the tooth dies, the toothache may stop, unless an abscess develops. This is especially true if the infection remains active and continues to spread and destroy tissue.

### Symptoms

Symptoms of a tooth abscess include:

- Bitter taste in the mouth
- Breath odour
- General discomfort, uneasiness, or ill feeling



- Pain when chewing
- Fever
- Sensitivity of the teeth to hot or cold
- Swollen area of the upper or lower jaw - this can have serious implications
- Swollen glands of the neck
- Toothache - Severe, continuous pain, gnawing or throbbing pain, sharp or shooting pain

It is recommended that a dentist is consulted as soon as possible.

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### **Remedies**

The following remedies can be self-administered, and the various components are readily available for good health outlets.

The various remedies are designed to relieve pain and to fight the infection associated with tooth abscesses.

See what vibrates to you, and see what works for you.

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### **Supplements**

The following supplements can be taken to augment the various treatments:

- Vitamin C - 3,000 - 5,000 mg daily (spread)
- Vitamin B-Complex - 100 mg daily
- Cod-liver Oil - 1,000 mg daily
- Garlic - 2,000 - 4,000 mg daily (spread)
- Zinc - 25 mg daily
- Selenium - 200 ug (mgm) daily
- Echinacea - manufacturers max dose
- Golden seal - manufacturers max dose

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### **Fluids**

Drink plenty of fluids (esp. green and black tea, and spring water), and eat soft bland foods so you do not further irritate the affected tooth or gum. Additionally, regularly and gently clean your teeth and rinse your mouth.

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### **"Keep it Clean"**

Always keep the infected area clean (salt, baking soda, tea tree oil, hydrogen peroxide solution, colloidal silver, etc.).

Rinse frequently with a disinfectant agent such as salt, baking soda, tea tree oil, hydrogen peroxide, etc.

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## Hydrogen Peroxide

Swish and hold 1 % to 3% hydrogen peroxide solution around the affected tooth and area.

### Important

**Do not use any higher concentrations of Hydrogen Peroxide;  
and discontinue use if any negative side effects are noted**

The process be repeated as necessary, and will help to reduce pain, inflammation, and infection.

For additional penetration soak a piece of cotton wool with a 1 % to 3 % hydrogen peroxide solution, and then tuck it, or hold it, against the abscess or infected area.

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## Tea Tree Oil

Place 2 to 4 drops of tea tree oil in 1/4 cup of warm water and swish slowly and thoroughly around the mouth. Also hold the brine around the infected area for a while.

For additional penetration put a few drops of tea tree oil on some cotton wool and tuck it, or hold it, against the abscess or infected area.

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## Salt Water

This is a simple and often an effective treatment which often works well on a painful tooth or a gum abscess (infected pus-filled teeth/gums, etc.) by allowing the pus to gradually drain off while killing any infection.

Put some salt (unrefined sea salt is recommended) in a clean cup or heat resistant glass, and pour on a small amount of boiling water. Then add cold water to bring the solution to body temperature.

Rinse the mouth slowly and thoroughly, and hold the brine around the infected area for a while.

Repeat as needed for pain and as an antiseptic. If the condition persists, try making the salt solution stronger to increase its "pulling" and "osmotic" power.

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## Baking Soda Gargle

Put two tablespoons baking soda into 120 ml of warm water, and then gargle and swish it around the mouth. Hold the mixture in the mouth for 45 seconds to 1 minute.

Repeat until the mixture is gone.

Make the water is as warm as tolerable, almost hot.

For additional penetration soak a piece of cotton wool with the baking soda mix and tuck it, or hold it, against the abscess or infected area.

Gently brushing the teeth with baking soda may also be of help.

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### **Clove Oil**

Apply Clove oil to the affected tooth.

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### **Tincture of Myrrh**

Apply Tincture of Myrrh to the affected tooth.

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### **Tissue Salts**

The following tissue salts can be given for dental decay and to strengthen teeth:

- Calc Fluor - 4 tabs, 3 to 4 x daily
- Calc Phos - 4 tabs, 3 to 4 x daily

If an abscess is present - Silica to remove the pus, 4 tabs, 4 x daily (1/2 hourly if acute)

Ferr Phos and Calc Sulph - to deal with infection, 4 tabs of each, 4 x daily (1/2 hourly if acute)

### **Tissue Salts for Teeth**

To strengthen the teeth - Calc Fluor in alternation with Calc Phos - 4 tabs, 4 x daily

### **General Tissue salt indications for teeth**

- **Calc Flour** - Enamel of teeth rough and deficient causing rapid decay, looseness of the teeth in their sockets. Delayed dentition, in alternation with Calc Phos.
- **Calc Phos** - Teeth develop slowly and decay rapidly. This is the principle nutrition remedy for the teeth. Important for teething infants, children and expectant mothers.
- **Calc Sulph** - Toothache, with inside of the gums swollen and sore. Gums bleed on brushing teeth. In alternation with Silica for the treatment of gumboils and ulcerations.
- **Ferr Phos** - Inflammatory toothache with soreness; bleeding after extractions, in alternation with Kali Mur when there is swelling. Also for root "pus pockets".
- **Kali Phos** - Bleeding of the gums, severe pain in decayed or filled teeth.
- **Mag Phos** - Teeth very sensitive to touch or cold air; severe toothache with shooting pains.
- **Silica** - Gums painful on slight pressure, gumboils, abscesses at the roots.

### **Combin R ("Good for the Teeth")**

- Calc Flour
- Calc Phos
- Ferr Phos
- Mag Phos
- Silica

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### **Specific Tissue Salt Remedies for Teeth**

- Decay of teeth as soon as they appear - Calc Phos
- Dentition retarded - Calc Phos

- Enamel brittle - Calc Fluor
- Enamel rough and thin - Calc Fluor
- Gastric derangements during teething - Nat Phos
- Gum-boil - Silica
- Gum-boil before pus begins to form - Kali Mur
- Gums bleed easily - Kali Phos
- Gums pale - Calc Phos
- Infants, teething with drooling - Nat Mur
- Loose in sockets - Calc Fluor
- Rapid decay of teeth - Calc Fluor
- Teeth sensitive to cold air - Mag Phos
- Teeth sensitive to touch - Mag Phos, Calc Fluor
- Toothache aggravated by hot liquids - Ferr Phos
- Toothache relieved by cold applications - Ferr Phos
- Toothache relieved by hot applications - Mag Phos
- Toothache with excessive flow of saliva or tears - Nat Mur
- Toothache with neuralgia of face - Mag Phos
- Toothache with swelling of gums or cheeks - Kali Mur, Ferr Phos
- Toothache with ulceration - Silica
- Ulceration of roots of teeth - Calc Sulph

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### **Black Tea Bag Treatment**

Apply a warm wet black tea bag directly to the tooth/abscess. Some authorities recommend placing a dry tea bag around the affected tooth.

Black tea contains tannins that help to reduce inflammation and drain the infection.

Typical usage includes soaking the tea bag in warm water, wringing it out, and placing it on the swollen or infected area - hold it, or suck on it, or just go to sleep.

The tea bag will help to bring the infection to a head and to absorb some of the toxins and pus. It has been suggested that tannins, which are an astringent, promote the drainage of the pus and toxins.

Following the release of any pus, rinse with salt water, hydrogen peroxide solution, tea tree oil or another natural disinfectant.

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### **Green Tea Bag Treatment**

Apply a warm wet green tea bag directly to the tooth/abscess. Some authorities recommend placing a dry tea bag around the affected tooth.

Drinking green tea, or swishing it around the mouth, can also help to relieve pain and reduce inflammation.

A green tea bag can be used the same as that for a black tea bag.

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## **Gentle Pressure**

Applying gentle pressure (lancing can also be considered) on the swollen abscess can help to drain the pus. However, great care must be exercised - if too much pressure is applied pus could be pushed up into the gum area which could spread the infection.

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## **Oil Drawing (swishing)**

Oil drawing can be used to draw toxins from the mouth and the entire body. Use only cold pressed virgin oils such as sunflower, sesame, coconut, and olive.

If you use an antiviral/antibacterial oil such as virgin coconut oil, this can speed up the resolving and the healing of the abscess.

Take a tablespoon of oil and swish it around the mouth.

Suck and chew the oil for at least 10 to 15 minutes, and then spit it out.

### **Important**

**Never swallow the oil from the drawing process  
as it will be full of toxins**

For additional penetration soak a piece of cotton wool with the oil and tuck it, or hold it, against the abscess or infected area. Repeat 4 x daily, or as needed.

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## **Activated Charcoal Compress**

Open a few activated charcoal capsules and shake out the contents into a shallow bowl (alternatively, finely crush some charcoal tabs).

Add a few drops of spring or filtered water (not tap water) to make a paste (the paste should be "stiff" not "sloppy").

Apply a sufficient quantity of the paste to a piece of gauze.

Gently bite down on the gauze with the infected tooth and let the paste squish around in the mouth.

For additional penetration tuck the gauze, or hold it, with the charcoal side against the abscess or the infected area.

Either way, relief should be forthcoming within ten minutes or so.

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## **Garlic**

Garlic is one of "nature's most potent antibiotics"

Slice a clove of garlic lengthwise and place it on the swollen area. Leave the garlic on/chew on and repeat with fresh pieces until pain and abscess subside (this will vary from minutes to several days).

On first application, the garlic will burn and there are instances when blisters have formed in the mouth. If such a reaction is noted, discontinue the use of garlic and try one of the other remedies.

For additional penetration lance a garlic oil capsule and squeeze the contents on to some cotton wool; then tuck it, or hold it, against the abscess or the infected area.

A mouthwash can be made by mixing fresh garlic (or the contents of several garlic oil capsules) with warm water, and then used to rinse the teeth and mouth.

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### **Propolis Tincture (alcoholic extract)**

Apply propolis tincture to a cotton bud or piece of cotton wool (alternatively use a clean finger) and apply to the abscess or affected area. Hold for a while (any initial burning sensation will soon ease).

For additional penetration soak a piece of cotton wool with propolis tincture and tuck it, or hold it, against the abscess or infected area.

Propolis is an anti-inflammatory and antimicrobial agent.

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### **Homeopathy**

Take as per manufacturer's directions.

- Belladonna - Best used for early dental abscess accompanied by redness and throbbing
- Bryonia - Use for acute inflammation or if pricking pain is relieved by firm pressure
- Hepar Sulphuris - Use for abscess accompanied by pus formation
- Myristica - Use when swelling is accompanied by numbness of the area
- Pulsatilla - Use when the pain is accentuated by heat and relieved by cold water
- Pyrogenium - Use when pus is present without drainage
- Silicea - Use to hasten the discharge when pus is draining

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### **Herb Abscess Poultice**

- 1/2 tsp. golden seal
- 1/3 tsp. cayenne pepper
- 1/2 tsp. clove oil 1/2 tsp olive oil
- 3 tsp. activated charcoal

Mix the ingredients into a thick paste and apply to the tooth/abscess.

The cayenne pepper and clove oil are pain relievers, golden seal is an antibacterial, and the activated charcoal reduces inflammation.

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### **Cashew Nuts/Cashew Nut Oil**

Slowly chew some cashew nuts, or dab on some cashew nut oil, to help abscesses to heal.

Bacteria associated with tooth abscesses are typically gram-positive, and the anacardic acids found in raw cashew nuts are lethal to such.

For additional penetration soak a piece of cotton wool with cashew nut oil and tuck it, or hold it, against the abscess or infected area.

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### **Apple cider vinegar**

Dab some organic apple cider vinegar on the abscess or affected area.

For additional penetration soak a piece of cotton wool with apple cider vinegar and, for a short period of time, tuck it, or hold it, against the abscess or infected area.

It is important to rinse your mouth with water afterwards, because vinegar will leach calcium from the tooth enamel.

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