

# Best Natural Cures To Reverse Receding Gums At Home

Teeth and Gums Pain: Whether it is a child supporting the growth of their first teeth or an adult with a molar, broken teeth or gum pain can make a person miserable. Best natural cures to [regrow receding gums](#) naturally at home. Consult a dentist about any tooth or gum you feel, but if the pain wakes you in the middle of the night or strikes a weekend when the dentist is not available, home remedies can help soothe the pain until you can see a professional.

## Best Natural Cures To Reverse Receding Gums At Home

There are simple remedies by using vegetables, spices, and herbs that are readily available in the kitchen or pantry. Try them to reduce the receding gums.

### Green Tea

The antioxidants present in green tea fight with free radicals that help keep diseases at bay. Free radicals present in the mouth cause periodontal diseases that lead to retraction of the gums. Inflammation of the gums that hold the healing gums and oral diseases will be reduced in anti-inflammatory properties of green tea.

According to one study, it was found that during a four-week wash-out regimen the mouth with a dilute solution improved bad breath related to periodontal disease.

- Drink a cup of green tea in the morning.
- Repeat daily to keep teeth and gums strong.

### Lemon Oil

The antiseptic and antibacterial properties of lemon keep the germ of the mouth free. The growth of new tissue is stimulated in place of the damaged ones. It kills the bacteria and prevents back gums and tooth decay.

## **Cold**

A cold teething ring or a frozen cloth can help alleviate the pain of a child's teething. Moisten the washrag and stick it in the freezer, then hold it against the child's gums or allow the baby to chew. Always supervise a child's chewing to ensure they do not drown. Phillip Corn, DDS, in "The Doctor's Home Remedies Book" recommends sucking ice three or four times a day, for about 15 minutes each time, until you can see your dentist.

## **Saltwater**

Experts recommend rinses with warm salty water to relieve tooth and gum pain. Reverse receding gums at home you can mix 2 tablespoons of salt in a cup of warm water and stir until dissolved. Scrape around this solution in the mouth until it cools. Spit it out and take another bite until you have used all the water. Do not swallow the saltwater, however; which could affect your stomach.

## **Clove oil**

Rubbing the clove oil over the tooth or gums can temporarily numb the area and relieve the pain. Apply fingertip oil or a cotton ball and rub over the sore area. The oil numb your tongue too, so be careful to apply it only to the sore area and be careful not to bite your tongue if it becomes insensitive. You can buy clove oil at a pharmacy.

## **Aloe Vera Gel**

**Brushing:** After brushing your teeth and silk, every morning and every night, put some Aloe Vera gel on your toothbrush and toothbrush and gums again for 3-5 minutes. Rinse your mouth.

**Mouthwash:** Dilute the Aloe Vera gel with a little water and mix until you get a solution that can be used as a mouthwash. One time in a day you brush your teeth, wash your mouth with this mixture and reverse receding gums at home.