

HOMEMADE MOUTH WASH



Your oral flora has a direct impact on your immune system health and your health all round. This means, the balance of bacteria, fungi, viruses and other microbes in your mouth are involved in the balance of your immune system and your health.

There will always be microbes in your mouth. It is important to remember that protecting the good microbes helps you to keep the potentially bad ones in check. This is why we do not want to use harsh mouth washes on a regular basis that would kill the good with the bad. Rather do oil pulling (see the resource on that) or make your own mouth wash that will help you get rid of the bad microbes without killing the good ones.

There are many great examples of different homemade mouthwashes if you go search for them online. What you are looking for is what is posted by biological dentists, functional dentists or holistic medicine orientated dentists. Have a look. You will find a lot out there!

Here is one example:

Ingredients:

1 tsp salt

1 tsp baking soda

3-5 drops peppermint essential oil

1 tsp xylitol (optional)

250ml water. The water must be distilled or boiled before use.

Combine all of these ingredients in a bottle, preferably glass or good quality plastic. Shake before each use.



for more resources visit:
embracelifewithhester.com