



# remedios naturales

*by Sobadores del Llano, LLC*  
Oils, Salves, Teas, Tinctures, Herbal Powders

**DENTAL KIT**





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## KIT CONTENTS WITH INSTRUCTIONS

*Quickly addressing low-grade dental issues is essential to preventing long-term dental and systemic health issues. These products are designed to be used upon first experiencing pain and discomfort in the teeth, gums and mouth as well as while waiting for attention by a dentist.*

### HERBAL MOUTHWASH *concentrate*

A natural, soothing and restorative formula which aids in lowering the number of microbes in the mouth that contribute to weak gums, while nourishing weak gums and teeth. Use after brushing and flossing teeth.

### MYRRH/GOLDENSEAL PLUS *tincture*

An herbal formula traditionally used for chronic infection in the stomach, on the skin and for degenerative arthritis in joints. Take 5-15 drops with all snacks and meals when there is any sign of active infection in your mouth, GI tract or joints.

### CAYENNE PLUS *oil*

A synergistic combination of oils and herbs applied topically to open wounds, infections underneath the skin, and painful, arthritic joints. Exceptionally effective for an abscessed tooth, acne, subdermal cysts, infected wounds and degenerative arthritis. Using a cotton swab, apply on affected areas of the teeth and gums. It should also be applied (after washing the area with soap and water) on the face, jaw and neck if you have pain and/or signs of infection in those areas.

### CLOVE *essential oil*

A temporary topical pain reliever, traditionally used for dental pain and throbbing topical pain. Safe to use for teething babies to manage pain. Using a cotton swab, apply directly on painful areas inside the mouth, as well as externally on the face and jaw for relief from chronic/throbbing pain.

### BONE FLESH & CARTILAGE *capsules*

Herbal nutritional support for healing weak gums and teeth or those in the process of and/or recovering from injuries to all tissues. Take 2 capsules 2-3x daily with meals until tissues are healed and feel strong.

This formula can be used continuously for several months and is extremely helpful during the process of dental treatments.

*WHITE OAK BARK powder*

For a loose tooth or bleeding gums, simmer ½ teaspoon of the white oak bark powder with 2 cups of water. Simmer down until about half the original volume remains. Let cool, then gargle and swish for at least 1 minute and swallow afterwards. This will tighten up your gums. You can also use a cotton swab to pack a small amount of the powder around a damaged tooth and/or bleeding gums to help them close up and repair.

*SLIPPERY ELM powder*

If you don't have access to a local pharmacy an excellent homemade temporary filling can be made as follows: combine equal parts of white oak bark powder and slippery elm powder (about ¼-½ tsp. each). Stir the Cayenne Plus Oil in one drop at a time, mixing well with a toothpick until a small ball forms. The ball should be soft enough to be pushed into the open dental cavity. Cover this with dental wax if you have it. It is also possible to use a new (clean) candle and melt it to make a thin sheet of wax, and while it is still warm enough to form over the tooth, place it over the temporary filling. Be careful with the herbal filling and replace it as often as you need when it breaks up and/or falls out.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

For personal use. For serious injuries or health concerns, contact your medical professional.

**THIS KIT IS NOT AN ALTERNATIVE TO A VISIT WITH A LICENSED DENTIST**



## HOME CARE STRATEGIES

*This guide is designed to help you and your family care for your teeth effectively and economically at home. A clean, infection-free mouth with strong, healthy teeth is an essential component of health care. The products and recommendations in this handout will help you create a healthy dental care routine to ensure you protect your teeth, mouth, ears, and sinuses with the added benefit of leaving you with fresh breath and beautiful teeth. We recommend the following strategies and items in your home for daily use, as well as for emergencies if any issue arises:*

### DIET AND LIFESTYLE

The most important care for teeth is a good lifestyle with healthy exercise, plenty of good quality water, adequate, restful sleep at night and a diet high in a variety of fresh fruits, vegetables, seeds, nuts and grains which give us the nutrition we need to keep our tissues in our mouths (and our entire bodies!) strong and able to heal when injuries occur.

### OPTIMIZE YOUR DIGESTIVE SYSTEM

A healthy, well-functioning digestive tract is also essential for us to get the nutrition from our foods. For more information on this go to <https://www.remediosnaturalesnm.com/digestion>.

### TOOTHBRUSH

Brushing teeth thoroughly at bedtime is the most effective means of protecting your teeth. Brushing with a soft bristle toothbrush followed by a good swish with clear water and/or mouthwash after meals is extremely helpful to minimize the population of the microbes which cause dental disease.

### DENTAL FLOSS and/or WATER FLOSSER

Flossing teeth is an essential tool for preventing growth of bacteria and damage to gums and should be done before sleeping every night. Water flossers are an alternative to dental floss and an excellent tool for those who have bridges or dental work which prevents dental floss from reaching every tooth. Adding 3-5 drops of the Myrrh/Goldenseal Plus Tincture to the water reservoir of your water flosser will aid in fighting bacteria when there is an infection. Always clean and dry the water reservoir of your machine after each use so it will not contribute to the growth of damaging microbes!

## COLD PRESSED OIL FOR OIL PULLING

Swishing about a tablespoon of oil in your mouth for 10-15 minutes helps with chronic teeth issues, weak gums, and moving food particles caught in unreachable spaces. It will also hydrate gums and soft tissues in the mouth, preventing infection and managing pain. It is also a natural way to whiten teeth. For more instructions check out the video using the link below:

<https://www.youtube.com/watch?v=S5PuQjVlstdw>

## NETI POT

A Neti Pot is a traditional Indian tool for clearing the sinus passages when there is inflammation and infection. You can find them at any drugstore, and they usually come with a buffered saline solution (½ tsp sea salt and a pinch of baking soda OR ¼ tsp each of xylitol and sea salt can be used as a replacement for a commercial solution). For more instructions check out the video using the link below:

<https://www.youtube.com/watch?v=WA44cMcgOiY>

## ICE PACKS/HOT PACKS

Alternating ice packs with hot packs is known as contrast therapy. When an area has inflammation (swelling), sharp pain, and/or feels hot to the touch, you will benefit from putting an ice pack over the area. When an area is stiff and cold, is an area of chronic pain, and/or is cool to the touch, a hot pack is most helpful. If you experience congested lymph nodes and/or active infection, place a warm wet washcloth between your skin and a hot pack. Follow with an ice pack. Alternate hot and cold packs until you feel relief. You can keep the packs on for as long as you are comfortable. In general, you should limit use of ice for 10-20 minutes and moderate heat for 10 minutes to an hour. Both hot and cold therapy relieve pain and increase blood flow, allow for better drainage of waste products, and open the area so healing nutrition can better reach the tissues.

## TEMPORARY FILLINGS

Temporary fillings can be found at most local pharmacies and can be used until you can get to a dentist. Follow the instructions before inserting the temporary filling. Cayenne Plus Oil and clove essential oil can be used while the temporary filling is in the mouth to prevent spread of infection and manage pain. Avoid swishing and gargling while the temporary filling is in

place or be prepared to replace it afterwards. If you don't have access to a local pharmacy see our Dental Kit for a homemade filling.



## DENTAL CARE FOR HEALTHY MAINTENANCE

### DAYTIME

- **Rinse** mouth with clear water after all meals and snacks
- **Floss** if food is caught between teeth
- **Brush** teeth *gently* and/or rinse with mouthwash. Limit daytime brushing to 1-2x with gentle pressure using a soft toothbrush.

### NIGHTTIME

- **Rinse** with clear Water
- **Floss**
- **Brush**
- **Oil Pull** if desired
- **Rinse** with clear water



## CARE FOR INFECTED OR INJURED TEETH

### DAYTIME

- **Take 5-15 drops of Myrrh/goldenseal tincture** with all snacks and meals when there is any sign of active infection in your mouth, GI tract or joints.
- **Clean teeth and mouth:** Swish with clean water to clear debris from your teeth after eating anything. Gently brush your teeth, floss, flush your sinuses with a Neti Pot, Oil Pull, and/or swish with Herbal Mouthwash. What you can do will depend on your level of infection, pain, inflammation and ongoing dental treatments.
- **Apply Cayenne Plus Oil** on affected areas of the teeth and gums using a cotton swab. If you have pain and/or signs of infection on the face, jaw and neck, wash the area with gentle soap and water and apply the oil there as well.

- **Apply clove essential oil** (using a cotton swab) to any painful areas in the mouth, face, jaw, and neck for a temporary numbing effect. Use this oil sparingly, as it is very strong.
- **Pack a bit of white oak bark** over bleeding/swollen gums or around loose teeth and use a temporary filling to protect a cavity.

## NIGHTTIME

This is your most important time to care for your teeth and gums! *The proper order is really important for getting the most out of your efforts!*

- **Rinse with clear water**
- **Floss** (use a water flosser if you have dental treatments which cannot be cleaned with regular dental floss).
- **Brush** using a soft bristled toothbrush with gentle pressure for 2 minutes
- **Neti pot/nasal irrigation:** See “NETI POT” above. Add 3-5 drops of Myrrh/Goldenseal Plus Tincture to the normal saline solution
- **Oil pull:** see “COLD PRESSED OIL” above. Add 3-5 drops of Myrrh/Goldenseal Plus tincture to the oil.
- **Rinse with mouthwash.** We recommend gargling with a nourishing and/or healing mouthwash
- **Apply Cayenne Plus Oil and/or clove essential oil** using a cotton swab
- **Pack gums and cavities:** Pack a bit of white oak bark powder over bleeding/swollen gums or around loose teeth and use a temporary filling to protect a cavity.



## SPECIFIC RECOMMENDATIONS FOR COMMON DENTAL ISSUES

### ABSCESS/FESTERING INFECTION

See “[CARE FOR INFECTED OR INJURED TEETH](#)” above. Repeat the cleansing and healing routine after all snacks and meals (or at least twice daily) until pus and/or infection have cleared.

## BAD BREATH/HALITOSIS

See “[CARE FOR INFECTED OR INJURED TEETH](#)” above. Take the Myrrh/Goldenseal Plus tincture with all meals. Oil Pull, then gargle with the Herbal Mouthwash at bedtime. Work on healing the digestive system, as this is generally the source of chronic halitosis. Learn more at <https://www.remediosnaturalesnm.com/digestion>

## BLEEDING GUMS/GUM INFECTION

See “[CARE FOR INFECTED OR INJURED TEETH](#)” above. Make a strong tea of oak bark and drink it throughout the day, swishing thoroughly each time. This will tighten up the gums and firm up the teeth.

## CAVITIES & LOST FILLINGS

See “[CARE FOR INFECTED OR INJURED TEETH](#)” above. It is essential to clean the area where there is a cavity: brush, floss and gargle with Herbal Mouthwash. Use a cotton swab to apply Cayenne Plus Oil and clove essential oil on the tooth. Apply a temporary filling (see “[TEMPORARY FILLINGS](#)” above) until you can get to a dentist. In an emergency, a small piece of a cotton ball soaked with Cayenne Plus Oil and a drop of clove oil can be gently pushed into the open cavity to prevent further spread of infection and relieve pain.

## CRACKED TOOTH

Follow “[CARE FOR INFECTED OR INJURED TEETH](#)” routine until you can see a dentist. Work on your digestion and diet to increase the mineral nutrition needed for healthy teeth and bones. Make a strong tea of oak bark and drink it throughout the day, swishing gently and thoroughly each time.

## EAR INFECTION CAUSING TOOTH PAIN

Place a moist washcloth and a heat pack over the ear and neck. Apply Cayenne Plus Oil to the neck and jaw to aid with infection. Oil pull in order to open up the eustachian tubes (tubes which drain the ears into the back of the throat); adding 3 drops of the Myrrh/Goldenseal Plus Tincture to the oil will aid in fighting bacteria when there are signs of infection. Place 2-3 drops of warm olive oil OR garlic/mullein oil in the ears and cover with a piece of a cotton ball overnight.

### LOOSE TEETH DUE TO AN INJURY OR BLOW

Using a cotton swab, apply Cayenne Plus Oil inside the mouth to stop any bleeding. Apply the oil on the skin outside of the mouth using a cotton ball. Apply an ice pack over the oil until throbbing and bleeding stops, repeating the application of the oil and ice pack every 10-20 minutes until results are achieved. Gently realign and guide teeth into place. Swab the area generously with cayenne plus oil and clove oil. Make a strong tea of oak bark and drink it throughout the day, swishing gently and thoroughly each time. Liquefy your foods and don't chew with any force with the injured teeth until you can get to a dentist. For pain we also recommend taking homeopathic symphytum, arnica, and hypericum as well as applying an ice pack, arnica and clove oil on the face over the injured area.

### LOOSE TEETH DUE TO WEAK GUMS

See "[CARE FOR INFECTED OR INJURED TEETH](#)" above. Oil Pulling with a few drops of Myrrh/Goldenseal Plus Tincture added to the oil and gargling with the Herbal Mouthwash are highly effective for this issue. Make a strong tea of white oak bark and drink it throughout the day, swishing thoroughly each time. This will tighten up the gums and firm up the teeth. You can find white oak bark powder at most health food stores and in our Dental Kit.

### SINUS INFECTION CAUSING TOOTH PAIN

See "[CARE FOR INFECTED OR INJURED TEETH](#)" above, paying special attention to oil pulling and Neti Pot treatments in the morning and night. Add 3 drops of the Myrrh/Goldenseal Plus Tincture to the Neti Pot to aid in fighting bacteria when there are signs of infection. Apply the Cayenne Plus Oil externally on the jaw and neck, as well as inside the nose. Apply aromatic essential oils (eucalyptus, peppermint, rosemary, helichrysum, etc) and take a hot steamy shower. We also recommend using our Nose Calming Salve for extra relief.

### TEETHING IN BABIES

Apply clove oil to gums using a cotton swab. Give the baby a teething ring OR wet and freeze a washcloth and give it to the baby to chew on.





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**production@RemediosNaturalesNM.com**  
**RemediosNaturalesNM.com**