

Gingivitis - Frequently Asked Questions

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1. What are the Symptoms of Gingivitis?

Gingivitis is a bacterial infection of the gums. The symptoms vary depending on how far the disease has progressed. In the early stages you may not experience any symptoms. As it progresses the gums will...

- become inflamed,
- appear red
- may be swollen
- feel itchy and sensitive
- may bleed (and if it is getting severe, do something!)

Healthy gums are firm and pink!

2. What is Periodontitis?

When you ignore gingivitis leaving it untreated it can turn into the more advanced condition called periodontitis.

Periodontitis develops when the inflammation of the gums extends to the bone structures that support your teeth.

The gums may separate in places, forming deep pockets where bacteria more easily hides and flourishes. These deep pockets may expose the root of the tooth making it sensitive.

As with gingivitis, the symptoms of periodontitis include red, swollen, bleeding gums. Add to that chronic halitosis (bad breath), a developing sensitivity of the teeth and/or a loosening of the teeth.

Without treatment, your teeth will eventually begin to fall out.

3. What Causes Gingivitis?

The most common cause of periodontal disease is **poor oral hygiene**.

If you don't regularly floss and brush your teeth bacteria builds up to form plaque and plaque turns into a calcified material called tartar (also known as calculus).

As tartar begins to build up it irritates the gums at the gum line. Eventually the gums get inflamed, turn red, become swollen and if this condition is neglected the gums will begin to bleed.

Plaque is easy to get rid of with regular daily flossing, brushing and rinsing but tartar is another matter. Tartar...a hardened material...begins to develop in as little as 8 hours and ridding your mouth of tartar usually requires professional treatment by a dental hygienist or a dentist.

To eliminate plaque, prevent periodontal diseases and maintain healthy gums and teeth, **you should floss and brush your teeth regularly** and use a potent anti-bacterial non-toxic antiseptic for brushing and rinsing.

**Learn about a
completely natural
gingivitis remedy.**

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4. Other Causes of Gingivitis

While the most common cause of gingivitis and periodontitis is poor oral hygiene there are other causes such as those listed below.

- Vitamin C deficiency (condition known as scurvy)
- Vitamin B3 (niacin) deficiency (condition known as pellagra)
- Gum tissue overgrowth (often a side-effect of pharmaceutical drugs)
- Viral and fungal infections in the mouth (herpes, candida)
- Pregnancy (hormonal changes, morning sickness affects oral hygiene)
- Menopause (desquamative gingivitis, gum separation, very painful)
- Leukemia (characterized by bleeding gums)
- Anemia (blood loss or low iron stores)
- Dry Mouth (inadequate saliva, often a side-effect of pharmaceuticals)

Get more detail about these other causes of gum disease.

Or visit <http://naturalgingivitisremedy.com>

5. Can Gingivitis Be Stopped Completely?

When gingivitis is caused by poor oral hygiene then it can be both prevented and stopped.

Regular daily flossing, brushing and rinsing with a potent anti-bacterial non-toxic toothpaste and mouthwash will prevent gingivitis.

Once you have gingivitis it can be stopped but you may need the help of a dentist.

If your gingivitis is caused by poor oral hygiene that results in the build up of tartar (calcified plaque) along the gum line you may need a deep clean followed by good oral hygiene to cure the gingivitis.

6. What is a Potent Anti-Bacterial Toothpaste?

Bacteria causes plaque which sticks to the gums causing gingivitis.

A [potent antibacterial toothpaste](#) and mouthwash contains ingredients that will kill the bacteria that causes gingivitis and bad breath but will not pose a health threat.

The problem with many a toothpaste and mouthwash is that they contain toxic chemicals. Some of these chemicals damage the sensitive tissues in the mouth, cause dry mouth which itself leads to gingivitis. And many of the chemicals cause other diseases.

Fluoride, a common ingredient in toothpaste, is associated "...with a wide range of adverse effects. These include an increased risk of bone fractures, decreased thyroid function, lowered IQ, arthritic-like conditions, dental fluorosis (mottling of teeth) and possibly osteosarcoma."¹

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7. Six Hidden Dangers in Toothpaste

1. Sodium chloride
2. Triclosan
3. FC&C blue dye #1 and 2
4. Sodium lauryl sulphate
5. Hydrated silica
6. Tetrasodium pyrophosphate

And two other ingredients that get a dishonorable mention:

1. Glycerin
2. Alcohol

[Get a report](#) about these dangerous toxic ingredients in toothpaste.

8. Natural Gingivitis Remedies

[Will Salt, Baking Soda, or Hydrogen Peroxide Fix Gingivitis?](#)

[Can Honey Cure Gingivitis? Receding Gums? Bleeding Gums?](#)

[Preventing Gingivitis with Herbal Remedies.](#)

[Essential Oils for Gum Disease](#)

¹ The Professional's Statement Calling for an end to Water Fluoridation. Can be found at www.flouridealert.org