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Everything Herbal

by Cheryl Jabz

Simple Natural Tooth Ache Rinse

This helps reduce bacteria, inflammation, and pain.

1 INGREDIENTS

- 1 cup warm water
- 1/2 tsp salt
- 1–2 drops clove oil
- *Optional (if you have them):*
Pinch of dried sage or thyme
(natural antibacterial herbs)

2 INSTRUCTIONS

Mix salt into warm water. Add clove oil (don't overdo it—it's strong). Add herbs and let steep 5–10 minutes (optional). Let cool to warm (not hot).

3 HOW TO USE

Swish gently for 20–30 seconds. Focus on the affected side. Spit out (do not swallow). Use 2–4 times daily.

4 EXTRA NATURAL TIPS

Apply diluted clove oil directly for pain (tiny amount only). Avoid very hot, cold, or sugary foods. Keep your head elevated when resting (reduces pressure). Stay hydrated.

5 IMPORTANT REMINDER

This rinse can slow bacteria and ease pain, but it will **NOT** eliminate a deep infection. If symptoms aren't improving within 1–2 days—or worsen—get dental care.



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