

## **THREE COMMON DENTAL HEALTH IN CHILDREN, CAN HOMEOPATHY HELP?**

### **CALCAREA FLUORATA AND CALCAREA PHOSPHORICA TISSUE SALTS**

Common issues in children teeth are:

- cavities
- tooth discoloration/loss of enamel
- teeth grinding

### **CAVITIES**

Good dental hygiene is of course the first thing to consider: brushing teeth, limiting sugar and especially carbonated sugary drinks is a must. When this is not enough, however, or your child has already been doing that and still having cavities, homeopathy can help.

Tissue salts like **Calcarea Fluorica 6x** and **Calcarea Phosphorica 6x** three times a day for a few months can help prevent and heal cavities. **Silica 6x** is also indicated if the teeth break easily.

Tissue salts are micro-doses of essential minerals that are in our bodies. The dilution helps the body absorb these nutrients more quickly.

### **TOOTH DISCOLORATION/LOSS OF ENAMEL**

Diet can be one of the root causes of this symptoms, however, mouth breathing during the night can also cause this issue. For mouth breathing (perhaps caused by enlarged tonsils or adenoids) you can consult a homeopath, as it is a chronic issue and there are a few remedies that could help.

To remineralise the teeth, you can use **Calcarea Phos** or **Calcarea Fluor. 6x**.

### **TEETH GRINDING**

This symptom is usually seen at night and there are two possible causes:

- yeast or parasites. Other symptoms are usually present in such cases, like irritability and digestive issues
- night terrors

In both cases, you can consult a homeopath to get to the bottom of the issue, so that your child stops grinding her teeth, but in the meantime, as grinding teeth can affect teeth enamels, you can dose Calc Fluor and Calc Phos 6x.