Some Possible Alternatives for Receding Gums

Alana McIntosh October 25, 2016

Aloe vera is a safer and effective natural alternative to help individuals with receding gum and soothing relief to periodontal disease.

(Newswire.net -- October 25, 2016) Orlando, FL -- Today, an increasing number of people are turning to the use of natural alternatives versus pharmaceutical drugs. These natural options are often utilized for conditions such as receding gums and other diseases.

Experts reveal some possible alternatives for receding gums. This condition can actually be quite alarming. Individuals who suffer from it do not only experience pain, but are also highly susceptible to gaps or pockets between the teeth and gum line. When this happens, it increases the risk of harmful bacteria buildup.

According to WebMD, it can result in severe damage to the bone structure as well as supporting tissue of the teeth. It could even lead to tooth loss eventually.

In a study published in the Journal of Periodontology Online, it was found that one of the causes of this condition is being overzealous when cleaning the teeth. Genetics are also believed to be one of the contributing factors of the condition.

Statistics show that 30% of the population has a genetic predisposition to gum disease. Individuals who are among this number are always at an increased risk, regardless of how good their teeth cleaning routine may be.

Smoking is another cause of receding gums. Smoking has long been considered to be harmful to the body. As a matter of fact, health organizations and governments have been warning consumers against the unhealthy and dangerous effects of tobacco use.

According to Simple Steps Dental, smoking has been linked with receding gums and a variety of gum problems.

There are commercially-available products in the market that are formulated to help individuals with receding gums. However, many of them do not work for everyone and may even be unsafe to use.

Aloe vera is believed to be a safer and effective natural alternative for the condition. It may be potentially helpful to receding gums sufferers who do not yet require a surgical procedure.

There are certain symptoms that appear in individuals who have just been experiencing the problem, and they are swollen gums, bleeding after brushing, pain at the gum line, or bad breath. Individuals who suffer from these initial symptoms may turn to the use of aloe vera.

In a study published in the Journal of Indian Society of Periodontology, it was found that aloe vera may be a potentially powerful soothing relief to periodontal disease.

The study involving 15 participants showed that they experienced reduced severity of various gum diseases after orally administering aloe vera. There are many ways to take advantage of the potential effects of this plant. Consumers may break aloe vera leaves open and apply the gel over the gum surface.

There are also magnesium oil sprays available with aloe vera. Magnesium is an important mineral to maintain optimum human health. This type of spray is believed to be highly therapeutic since it contains two powerful natural ingredients.

(www.amazon.com/Aloe-Magnesium-Oil-Spray-Transdermal/dp/B01CRNYI2I)

Source: http://newswire.net/newsroom/pr/00093904-some-possible-alternatives-for-receding-gums.html

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