Herbs for a Healthy Mouth

ANTIMICROBIALS Fight unwanted growth of viruses, yeast, fungi, and bacteria for a healthy oral microbiome. Often double as carminatives rich in volatile oils = freshens breath, supports digestion

Lemon Balm, *Melissa officinalis*: sour, cool- antiviral, nerve, antidepressant, mild astringent

Peppermint, *Mentha x piperita*: pungent, cool- analgesic, febrifuge (drawing heat out of infection), mild astringent

Rosemary, *Rosemarinus officinalis*: spicy, pungent, warm- astringent, nerve, circulatory stimulant (headache relief, mouth wash)

Cardamom, *Elettaria cardamomum*: pungent, warm- renowned breath freshener, sialogogue, circulatory stimulant; a fine everyday mouth wash

Orange Peel, *Citrus chinensis*: bitter, sweet: anti-inflammatory, antioxidant, flavorant

ASTRINGENTS Tone and tighten puffy inflamed tissue; often rich in Vitamin C (enhanced immune function); often sour or tannic; Connected to Liver/Gallbladder in TCM

Cinnamon, *Cassia cinnamomum; Cinnamomum verum*: pungent, sweet, warm, dry-analgesic, antimicrobial, carminative, circulatory tonic, hypoglycemic, styptic; inhibits plaque, great daily mouthwash

Rose, *Rosa rugosa*: sour, sweet, cool- highly antioxidant & anti-inflammatory, great for puffy, inflamed gums; easily used in powder form (petal and hip used)

IMMUNE SUPPORT The bulk of our immune system lives on the surface of the GI tract for a reason - everyday we interact with the outside world through it, and anything could be a potential invader. These herbs either stimulate or nourish immune function

Echinacea, *Echinacea purpurea, E. angustifolia*: pungent, cool: alterative, antimicrobial immune stimulant, vulnerary, sialogogue; short period w/ frequent dosing; chew on root to relieve toothache

Propolis: pungent: anti-inflammatory, antimicrobial, antioxidant, cariostatic, immune stimulant, vulnerary

Reishi, *Ganoderma spp.*: bitter, slightly warming: gentle immune tonic, cardioprotective, hepatoprotective