

# Ever think of essential oils?

They're a great tool when used in conjunction with dentistry. *by Dr. Susan Maples*

**M**other nature's oils have been extracted from plants for thousands of years and used in a wide variety of cultures for medicinal and health purposes. The elements come from distilling and extracting different parts of plants such as flowers, leaves, bark, roots, resin and peels.

A variety of essential oils have demonstrated antioxidant, antimicrobial and anti-inflammatory properties although their use in modern medicine is still considered "alternative" by most.

Alternative or not, they are rapidly growing in popularity because many experience soothing and healing without the side effects or toxicity of man-made pharmaceuticals.

Essential oils have been used in dentistry since the beginning of recorded history. In fact, the so-called "dental office smell" is associated with clove oil (also called eugenol) and is

still used as a powerful reliever of tooth sensitivity. Now the role of essential oils in dentistry is being expanded for use as a weapon against gum inflammation and cavities.

Our mouths host up to 700 known strains of micro-organisms. Some are tame and some are harmful. The overuse of antibiotics in dentistry have caused some of the harmful bugs to develop a resistance to antibiotics. Fortunately, these bugs do not appear to develop a tolerance or resistance to the anti-microbial affects of essential oils.

In fact, studies have shown certain oils even have the ability to prevent the transmission of some drug-resistant bug strains such as staph, strep and candida (yeast).

By blending oils we can inhibit the growth of specific strains of micro-organisms that cause gum disease and cavities.

So it is exciting that we now have

access to a professional mouth rinse with therapeutic-grade peppermint, cinnamon, clove and lavender. The combination is mixed with xylitol, a natural sweetener and known cavity defender that actually interrupts cavity bugs (strep mutans) from producing acid.

As you can imagine, the taste is fantastic, so people actually enjoy rinsing while they reap the protective and healing benefits.

If you suffer from oral disease or you are already versed on the benefits of essential oils and want more information on their uses orally, visit [essential-smiles.com](http://essential-smiles.com).



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*Dr. Susan Maples DDS and Team.*

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