



Natural Remedy for teeth strength

Tooth Enamel along with dentin, cementum, and dental pulp is one of the four major tissues which make up the tooth in vertebrates. It is the hardest and most highly mineralized substance in the human body. **Causes:**

- Sugars from candies, soft drinks, and even fruit juices play a significant role in tooth decay, and consequently in enamel destruction.
- The mouth contains a great number and variety of bacteria, and when sucrose, the most common of sugars, coats the surface of the mouth, some intraoral bacteria interact with it and form lactic acid, which decreases the pH in the mouth.

Symptoms:

- Toothache.
- Bleeding gum.



Ingredients:

1. Peppermint leaves.

Natural Remedies:

- Peppermint Leaf can help relax the bile ducts for improved flow of this very important digestive fluid. Peppermint Leaf contains bio-flavonoids and exhibits antioxidant activity. The herb can also stimulate a sluggish liver or gallbladder into performing its functions in a more effective manner. It also helps to combat indigestion.

Take some peppermint, clean and dry it. Make powder it. Mix with salt powder. Then use it for brushing your teeth daily.

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