

## Natural Remedies for Sinus Toothaches



A bad toothache can be enough to drive anyone crazy. While trips to the dentist are never pleasant, they may seem like the lesser of two evils in comparison to the throbbing, grinding pain of a toothache that is running out of control. However, some who head to the dentist to get relief from the pain are surprised to discover that there is nothing this particular doctor can do to help them. This is because some toothaches are not caused by cavities or

any other condition directly related to the teeth. Instead, these toothaches are actually being caused by a sinus infection .

Most people would never think that a sinus infection could be behind a toothache. Many dentists would never think of a sinus infection either, which is one reason why sinus toothaches can be difficult to diagnose.

### How It Happens

The sinuses are air-filled passages in the head and face that are lined with mucous membranes. Poor diet, lack of sleep, exposure to environmental chemicals and allergens, too much stress, and a previous illness can all compromise the immune system enough to make people vulnerable to a sinus infection. Bacterial invaders can cause swelling in the sinuses and an increase in mucous production, which can clog the sinuses and create mini-pocket hothouses where bacteria can multiply and plug things up even more.

The maxillary sinuses are located inside the cheekbones above the upper jaw. When infection and inflammation occur here, the swelling can be so great that the walls of the sinus cavity can begin to press against the adjacent roots of the upper back teeth. This pressure can often lead to toothaches that completely mimic the symptoms of a pain associated with a normal dental problem.

Sinus infections, if undiagnosed and left untreated, can stay active for weeks or even months.

### Diagnosing Sinus Toothaches

We have already mentioned that sinus toothaches can be difficult to diagnose and recognize, in part because the symptoms feel like any other toothache and because it is something that no one thinks about. Nevertheless, there are indicators that can clue toothache sufferers in to what is really going on when a sinus infection is causing tooth pain. The first is the location of the pain, which will be in the upper back teeth on one side of the mouth or the other.

Headaches are a common symptom of a sinus infection and can often accompany the toothache. The pain from a sinus toothache tends to increase with movement and decrease when a person is sitting or lying down. Recent medical history can also point to a sinus infection – if the person with the toothache has had a cold or been suffering from an allergy outbreak, that could be an indication that the problem has led to further complication.

### **Natural Treatments for a Sinus Toothache**

People's reliance on their dentists to save them will provide no help in this situation, since a dentist can do nothing to cure a sinus infection. Fortunately, there are a number of natural herbs that can eliminate all of the symptoms of a sinus infection, including toothache.

For those who are most concerned with the immediate pain of their toothache, there are several substances capable of providing instant relief. Tinctures made from salicylate herbs such as the **bark of willow, poplar, and oak trees** can dramatically reduce the pain of a toothache when applied directly to the tooth that is hurting. **Cow parsnip seed tincture** is another liquid treatment that can bring fast and effective pain relief. Just a few drops applied by a cotton swab whenever a tooth is throbbing should do the trick.

There is one other herb that is often recommended for its advanced capacity to reduce the pain of toothache, and that is **essential oil made from clove buds**, which are harvested from plants that grow across the equatorial belt of the tropics. While this herb has excellent medicinal qualities, it can cause irritation of the gums if used frequently. Clove bud essential oil is quite effective for pain relief, but it should be used with caution.

While doing something about the terrible pain of a toothache sometimes can seem like the only thing that matters, herbal pain relievers alone are not the answer for curing the underlying cause of a sinus toothache. Sinus infections are serious, and they can linger for a long time and create continuous havoc if not treated aggressively. Some excellent herbal remedies are available, however, that can successfully combat the symptoms of sinus infection while attacking and defeating the nasty little microbes causing all the problems.

Most people are already aware of the healing powers of **garlic**. The bacteria that cause sinus infections are highly vulnerable to the effects of this wonder herb, and garlic capsules taken three or four times a day can help the immune system vanquish sinus infection once and for all. And to top it all off, crushed garlic cloves applied directly to an aching tooth can even help relieve pain. **Ginger root** is another herb that can attack bacterial infections of the sinus while also reducing the inflammation behind sinus toothaches.

Ginger can be taken in capsule form or it can be ground up and taken by the teaspoon once or twice a day. Turmeric has anti-bacterial, anti-inflammatory, and anti-pain capacities, and it can be made into an easy-to-apply mouth paste when mixed with water.

**Oregon grapefruit** is still another excellent choice for treating sinus infection and the accompanying toothache. Sold in the form of a tincture, Oregon grapefruit is an extremely effective anti-bacterial treatment.

### **Nature Provides**

Sinus infections and the toothaches they can cause are both serious health problems that need to be treated post haste. However; God has provided us through nature with hundreds, if not thousands, of natural cures for pretty much any health condition. Sinus infections and the toothaches they cause are highly amenable to these natural cures, and those who are suffering from these conditions can find quick and effective relief by turning to the herbal remedies discussed here.

As always, be sure to check with your doctor or other healthcare practitioner before attempting to treat any illness