Tooth Powder

An herbal food combination for brushing and packing, traditionally used to strengthen gums and tighten loose teeth.

This Herbal Combination



Comfrey Root — the largest part of the blend, valued for soothing and knitting tissue back together.



White Oak Bark — a strong astringent that firms the gums and tightens loose teeth.



Horsetail Grass — rich in silica, which the body uses to build strong bones and teeth.



Peppermint — freshens the mouth and gives the powder a clean, pleasant taste.



Oatstraw — a gentle, mineral-rich food for bones and teeth.



Cloves — soothes and numbs sore gums and helps fight infection.



Lobelia — a small amount to relax and carry the other herbs into the tissue.

How It Works

This formula is used to help strengthen the gums against bleeding and pyorrhea-type gum infections, and to help tighten loose teeth. It also brightens the teeth's luster and makes for a healthier mouth.

The idea is an old one. Native Americans would place thin strips of inner oak bark between the gums and lips and leave them there through the day or night, and it would heal sores of the gums and tighten loose teeth.

Suggested Use

As a tooth powder: wet your toothbrush, dip the damp bristles in the powder, and brush as usual.

Overnight packing for problem gums: mix about 1 tablespoon of powder with a little distilled water into a firm, fairly dry paste. Pack it under the gums and around the teeth on the upper and lower jaws, and leave it on all night. If it won't stay in place, wrap the paste in gauze and place that in the mouth.

For severe cases: pack it between the lips and gums around the entire tooth area every night, six nights a week, while brushing regularly, until there is clear improvement. Then continue brushing with the powder.

Pairs Well With

Tooth & Gum Formula, the herbal rinse. For healthier teeth and gums, we recommend using the two together.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Two Herbal Helps for Healthy Teeth and Gums" at www.daradietz.me.