

# Analysis modeling and design

Design



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Most people don't know they have gum recession because it occurs gradually. The first sign of gum recession is usually tooth sensitivity and you may notice a tooth looks longer than normal. Gum recession is where part of the gum tissue that surrounds the teeth wears away, or pulls back, showing more of the tooth or the tooth's root. Receding gums may be one of the first signs of gum disease. When gum recession happens you get gaps that form between the teeth and gum line, making it easy for disease causing bacteria to build up.

There are a number of factors that can cause your gums to recede, these include: Genes, periodontal disease, aggressive tooth brushing, hormonal changes, grinding and clenching your teeth, tobacco products and insufficient dental care. Symptoms to look out for are: Sensitivity of teeth, cavities, exposed roots, swollen gums, gum bleeding and bad breath. Gum recession is not something you want to ignore as it can effect your health, gum disease has been linked to an increased risk of heart attack and stroke.

Here are a few effective Natural Cures for Receding Gums. Aloe Vera - This is known as a "miracle plant," and it is an effective cure to receding gums. Natural aloe Vera gel has to be applied on infected gums to get relief from receding gums. It can help speed up the healing of gum tissues and has a slight numbing effect, which is helpful for extra sensitive gums and teeth. It has also been said to increase moisture in the mouth which lessens bad breath. To treat gum disease, simply spread it on your toothbrush and gently massage the gums with it.

Oil Pulling - Sesame, coconut and sunflower oils are used as a mouthwash to cure oral cavities. By using these oils any toxins in the mouth will be washed out. Use of natural oils will not cause any side-effects and it is cost effective. Oil pulling can be a good natural cure for receding gums. Green Tea - It has a natural antioxidant in catechins, which can efficiently fight against bacteria that causes periodontal disease. Just by drinking a cup of green tea every morning can help reduce gum infections and improve health and oral hygiene.

Myrrh - This is found from tree species of genus Camphor. It can strengthen the gums and teeth and reduce exposure of roots. Myrrh can be used in the form of a toothpaste, powder or mouth rinse. You can buy herbal toothpaste and dental products online or in most health food stores. Lemon Oil - Is great for detoxifying the body. It is an antibacterial agent and has some antiseptic qualities. Remember: direct use of lemon daily is not recommended because the enamel can be corroded by it. This oil is to be used as a mouthwash in the first part of the morning.

Lemon oil helps to kill most of the germs and stops gum recession at the same time. Lemon oil will help new tissues to develop in the spot of broken ones, and additionally sparks tissue formation. Eucalyptus Oil - This powerful essential oil helps to stop anti-inflammatory, anti-septic, stimulant and anti-bacterial properties. It can also prevent stop gum disorders that cause receding gums. Eucalyptus oil's benefits also act as a fantastic anti-inflammatory, to name just a few. You should massage some diluted eucalyptus oil onto your gums everyday and rinse-off.