

Clove Tea (for Gingivitis & Tooth Infection Support)

Ingredients

- 1 teaspoon whole cloves (or ½ teaspoon ground cloves)
- 1 cup boiling water
- Optional: cinnamon stick or honey for flavor

Instructions

1. Lightly crush cloves to release oils.
2. Place them in a cup.
3. Pour 1 cup boiling water over cloves.
4. Cover and steep for 8–10 minutes.
5. Strain and drink warm. You can also use as a mouth rinse after cooling.

Benefits

- Clove contains eugenol, a natural antibacterial and pain-relieving compound.
- Helps reduce gum swelling and oral bacteria linked to gingivitis.
- Provides temporary relief from mild toothache.

Warnings

- Strong flavor; can numb mouth if overused.
- Not a substitute for dental treatment.
- Consult a dentist if pain or infection persists.
- Always check with your doctor if you have blood pressure conditions.