

NINE NATURAL TEETHING TIPS

Teething is a necessary evil for all sweet babes.

My third babe, Emilia, at five months old, literally put everything in her mouth. Yes, everything! From onion bags, to washcloths and soft chew toys, to her absolute favorite... My chinny chin chin!

It's wild to me the variation in every child. Some kiddos don't start teething until around one year of age, others start around four months and still some babies are born with teeth. Yes, that's right, some babes actually come out of their mother with pearly white chompers.

But needless to say, for all babies it is the same. As their teeth come in, they are sharp, cutting their way through the gum tissue in order to arrive at their destination, the mouth. As they travel through the gums, discomfort is created; pain, drooling, biting, weird stool, diaper rash and sometimes fevers and even ear infections can occur.

This can be extremely overwhelming to a mama, especially a first time mama. Your gut instinct may say, "My baby is miserable, I need to comfort them." Trust that you can, and you should.

However, consider Natural Options.

TYLENOL, It's toxic folks.

Don't believe me? Read it for yourself!

<http://www.drugwatch.com/tylenol/>

When my first born, Madilyn, started teething at four months, I thought it was crazy. I honestly had no idea what to do. I wanted something natural, but I didn't know much about natural living at the time. I just knew there had to be options?

I came across, **Gentle Naturals, Homeopathic Teething Drops** in a local health food store. I was so blown away by how well it worked – I never had to use anything

else for her. She was a completely different baby on the days she received two doses, than on the days she didn't receive it at all.

At 10 months when her first tooth finally popped through I was shocked. It took her six months of on again, off again gnawing, chewing and drooling to work a tooth up to proper position. Wowza!

My middle child, Lucien, was easy. I never even noticed he was teething. He wanted to nurse all the time, for the first eight months of his life, so teething pretty much happened asymptotically.

My third babe, Emilia, became her own unique experience. She had serious drooling, extreme chewing and gnawing and super sleepy days. Her favorite location to bite was my chin. She does this in complete zombie style; open mouth, shaking head, slowly leaning forward, making contact and while slobbering like a rabid dog, she clenches my face in her mouth.



So what did I do to combat the zombie baby, almost daily?

To be perfectly honest, I would have went back to the drops I used with Madilyn if they didn't have the sodium benzoate and the citric acid. Why you ask? Good Question!

“Sodium Benzoate chokes out your body's nutrients at the DNA cellular level by depriving mitochondria cells of oxygen, sometimes completely shutting them down. Just as humans need oxygen to breathe, **cells need oxygen to function properly and to fight off infection, including cancer.**” [Source](#)

How about that citric acid? Ok, “Modern citric acid production occurs through using a species of fungus, which converts sugar into citric acid, explain Drs. W. Lotfy and colleagues in a 2007 article in “Bioresource Technology.”* [Source](#)

“O.K., so where do I go from here? What are my Options?” You ask.

Below I have listed the top nine natural teething options that I currently recommend to clients, with babes experiencing discomfort from incoming chompers. Give them a shot. They really work.

For Emilia, I use a combination of natural remedies that I recommend currently recommend to my clients, with her favorites being #1, #4, #6 and #8.

Here's my truly natural list, of nine remedies to make teething far more bearable and TOXIN free!

1. Amber Teething Necklace, *worn around baby's neck*

Amber works therapeutically; as it is heated by a child's body, the natural oils (succinic acid) from the amber are released and absorbed into the skin. Succinic acid is known to accelerate the healing of wounds, ease muscle pains, reduce inflammation of the throat, ear and stomach, reduce/prevent respiratory disease, decrease colic symptoms, reduce acid reflux, reduce eczema and improve heart, liver, kidney, and intestinal function.

These oils are also a natural analgesic and help to ease any pain that your sweet babe may have. The beads that release oils the easiest are ones that are raw and unpolished. Be certain to purchase a necklace with a breakaway clasp and a knot between each bead.

2. Hazelwood Necklaces, *worn around baby's neck*

Hazelwood has the medicinal property of neutralizing the body's acidity, relieving ulcers, acid reflux, heartburn, teething, skin problems (psoriasis, eczema, acne), arthritis, constipation, migraines, and dental cavities. Like amber, it is worn around the neck of the baby and the active ingredient is absorbed into the skin. Sometimes you can find Hazelwood and amber in combination.

3. Hyland's Homeopathic Teething Tablets, *homeopathically*

These are a natural homeopathic blend, temporarily relieving the symptoms of simple restlessness and wakeful irritability due to cutting teeth. They help reduce redness and inflammation of gums.

4. Biochemic Phosphates, *homeopathically*

This is a nerve tonic to help a body handle stress, including stress from teething. Phosphates provide important support for growing pains of any sort.

5. Calcarea Carbonica, *homeopathically*

This is a micro-mineral amount of Calcium and Carbon. It can be used if teething is slow and difficult, this remedy can be helpful. The baby may seem anxious with the pain, making chewing motions and press her gums together. Babies who need this remedy are usually chubby, slow to crawl or walk, and their heads often sweat during naps or sleep at night.

6. Chamomilla, *homeopathically*

This is for the child that seems extremely irritable or angry and the pain appears to be unbearable. Babies may feel agitated, scream and hit, and want to be rocked or carried constantly to distract them from the pain. The gums may be so tender that touching them is intolerable, or they may feel better from hard pressure and biting down on something cold. Greenish diarrhea that occurs because of teething stress is another indication for this remedy. Consider creating a chamomile tea which is also an analgesic, anti-inflammatory and can be used as a nervine. This tea can be made into popsicles or added to the sippy cup or bottle.

7. Be Young's Clove Bud Essential Oil, *diluted and rubbed on the gums*

According to Ian Hemphill, author of the book "The Spice and Herb Bible," cloves have been used for centuries by the Chinese for their anesthetic and antiseptic properties. The German Commission E has approved clove oil as a topical anesthetic and for inflammatory changes of the oral and pharyngeal mucosa. Eugenol, a constituent of clove, is an integral part of the dentist's kit due to its analgesic, local anesthetic, anti-inflammatory, and antibacterial effects. Clove oil is hot! So dilute about 3-6drops of Clove to a 1-ounce dropper and fill with carrier oil. Also, make sure you try it in your mouth before placing it on baby's gumline.

8. Be Young's Shine Plus Essential Oil, *diluted and rubbed on the gums*

Contains premium organic and wild-crafted: Peppermint, Spearmint, Cinnamon Bark, Birch and Lemon essential oils acting as a support to the incoming teeth, an analgesic for the gums, anti-bacterial and anti-viral it helps support the immune system during this time of stress on the infant.

9. Homemade Vanilla Extract, *rubbed on the gums*

“A few drops of vanilla rubbed on the gums can be used for toothaches. It can also have a calming effect, eliminating your baby’s anxiety. It helps soothe upset tummies, from swallowing too much drool during this time,” According to the Handbook of Medicinal Herbs by James A. Duke.

When you are experiencing the worst of days with your needy, teething, cranky baby, don’t wish your way out of the situation. Get remedies that work!

Go ahead, give these “all natural” remedies a whirl... You will be glad you did!

~Blessings, Heather

Be Young Website – <https://www.beyoungth.com/>

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