

# Foods to Reduce Tooth/Gum Pain

## 1.Introduction:

Tooth and gum pain can be alleviated by eating foods that reduce inflammation, strengthen enamel, and promote gum health.

## 2.Key Nutrients to Focus On:

1. **Calcium:** Strengthens tooth enamel.
2. **Antioxidants:** Help reduce inflammation and protect gums.
3. **Anti-inflammatory Compounds:** Reduce pain and swelling.

## 3. Top Foods:

1. **Cloves:** Known for their numbing effect, cloves can relieve tooth pain.
2. **Ginger:** Has anti-inflammatory properties that reduce gum pain.
3. **Spinach:** Rich in calcium, which helps protect tooth enamel.
4. **Turmeric:** Reduces inflammation and can ease gum pain.
5. **Green Tea:** Contains catechins that reduce inflammation and bacteria in the mouth.

## 4.Scientific Backing:

1. A study in the Journal of Natural Products confirms that cloves have natural analgesic properties.
2. Link: [Read more on remedies for toothache](#)

**CTA: Proven ways to cure gum pains, Get the facts now!**