












Top Ten Natural Herbs that benefits your Oral Hygiene

Since the ancient times, humans have been using liquids acquired from tree barks and tea to cleanse the mouth. Now with proven scientific fact, “tea” may become an important “new medicine” of the 21st century.

Green Tea		<p>Reduce risks of serious diseases like cancer; promotes digestion, regulates body temperature and reduces thirst and swelling. It can also be used as a stimulant and a diuretic.</p>	<p>Made from unfermented leaves, green tea is crisp and light. The golden brown leaves create a perfect brew filled with antioxidants that neutralizes free radicals. The clear, topaz colored liquid is soothing, smooth and refreshing.</p>
One Leaf Tea		<p>Clears various environmental toxins. It scavenges compounds that are damaging to the body and improves health conditions.</p>	<p>Helps reduce high blood pressure, high cholesterol and improves liver functions. It also helps sleeplessness, decreases stress and constipation.</p>
Black Tea		<p>Clears environmental toxins such as ultra violet rays and radiation. Reduces risk against cancer and inflammation. It also improves mental processes and helps heal slight wounds.</p>	<p>Black tea is less oxidized than green tea and contains more caffeine. It is also stronger in flavor. The name black tea can also be referred to the description of the color the leaves produce; a dark, amber shade. The leaves are post-fermented, containing antioxidants to decrease the aging process, improve heart health and reduce risks of cancer.</p>
Metal Guanyin Tea		<p>Kills germs, deodorizes, and sharpens the mind. It helps decrease blood pressure, fat cells and prevents cavities.</p>	<p>Metal Guanyin Tea, as its name implies, is the hardest and the most complicated tea to produce and process. It also has the highest level of fermentation, thus, needing more time to manufacture.</p>

<p>Honey Suckle</p>		<p>Prevents viruses that causes the common cold, regulates the body temperature and considered to be the best antibiotic in Eastern medicine.</p>	<p>A summer and autumn bloom, sweetly scented with honey nectar softly bedded in the middle of the bell shaped flower. It starts with silvery white petals that eventually blossoms into a burst of gold, a very beautiful sight to behold. It helps clear the body from poisons, cleanse the lungs and strengthens the body.</p>
<p>Stevia</p>		<p>Reduces blood sugar, helps fight against germs and heals slight wounds.</p>	<p>Stevia contains 200 times more sweetness than regular sugar does. But everything is natural, thus being perfect to those with diabetes, and those in the process of losing weight. It will not cause cavities nor will it cause any weight gain.</p>
<p>Pepper-mint Leaf</p>		<p>A natural deodorizing agent, it can give the air a refreshing swift. It can also clear the mind and sooth physical and mental tensions.</p>	<p>A natural anesthetic, peppermint can help relieve pain, used as an astringent, improve stomach and abdominal aches. It also relieves rheumatisms, nerve pains and alleviates inflammations.</p>
<p>Plant One Liquid</p>		<p>Disinfects and sterilizes, it may seem to be a strong combination; the herb itself is actually calm and soothing by nature.</p>	<p>To ensure the products of Plant One Liquids are 100% natural, it can only be extracted from sugar canes and corn of the highest quality.</p>
<p>Xylitol</p>		<p>A substitute for sugar, it is extracted completely from natural fruits. It can neutralize the acidity in the mouth and reduce the risk of cavities and gum diseases.</p>	<p>Germs are unable to breakdown Xylitol, which means the natural sweetness contained in this herb will not cause cavities. It is the perfect substitute for certain sugars and desserts and sweet treats.</p>