



Dr. Bakshi's Healthcare
Transforming Health

Mouth and Throat



Our mouth and throat have their unique ecosystem of good bacteria & bad bacteria. Looking after this ecosystem helps to fight against infections, strengthen immunity and prevent problems related to inflammation. Holistic remedies focus on an immune-strengthening diet along with other protective natural therapies to ensure long-lasting health of the mouth and throat.

Health Conditions

- **Gingivitis:** Swelling and bleeding of gums due to inflammation. In severe cases, it can also cause tooth loss.
- **Halitosis:** Bad breath caused due to certain food or bacteria.
- **Mouth ulcers:** Blisters or painful lesions inside the mouth, cheeks or base of gums due to loss of tissue lining in the mouth.
- **Sore throat and tonsilitis:** Painful, dry, or scratchy feeling in the throat is indicative of sore throat. When it spreads to the back of the throat and causes swelling and redness of the tonsils, it is tonsilitis.
- **Laryngitis:** Inflammation or swelling of the voice box.

Holistic Approach

Health of our mouth and throat depends on various internal as well as external factors. There is a microbiome that exists in our mouth and throat that helps maintain a balance and protect the oral cavity and other organs. Any changes in this microbiome impacts the functions of the mouth and throat. At Holistic, we recommend interventions to promote the growth of healthy bacteria inside the mouth cavity and to boost tissue health, in turn ensuring long-lasting health of teeth and gums.

Our units, Holistic and Kaleidoscope, work in collaboration to offer comprehensive programs and customized interventions for chronic lifestyle disorders and emotional wellbeing disruptions.



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