



Excessive salivation

Excessive salivation is a condition in which you produce excessive amounts of saliva. It seems to affect Afro-Caribbean women in particular, although it can affect Caucasian women too. Excessive salivation often accompanies “morning sickness” but can persist throughout pregnancy. The cause is probably hormonal but may be linked to previous mouth or throat injury or trauma, such as a fractured jaw, or a difficult wisdom tooth extraction, in which stress on your lower face and neck, puts tension on your salivary glands.

Tips for coping with excessive saliva

- Mint-flavoured gum may help, although constant chewing may make your jaw ache. Peppermint toothpaste may also help or low-sugar peppermint sweets, but avoid mint if you are taking homeopathic remedies
- Drinking lemon or lime juice, or sucking on a slice of the fruit may reduce any unpleasant taste in your mouth.
- Consulting a practitioner of reflexology, osteopathy or chiropractic may be helpful.
- Homeopathic Kreosotum 30C, one tablet every two to three hours, may relieve it but if you have no respite after 3 days, consult a qualified homeopath

