

Natural Remedies to help saliva in MND

There are several natural remedies which may be useful in managing saliva problems that can occur with Motor Neurone Disease (MND).

If you notice changes to your saliva these are a good place to start. Try them for at least 3-4 weeks to see if they make a difference. Aim to be consistent with dose and time of day.

Remember to talk to your doctor if you are concerned.

Thick and Sticky Saliva

Dark Grape Juice/Pineapple Juice

How to use:

Sip throughout the day.

Sip throughout a meal.

Take a small amount before eating.

Where to purchase:

Supermarket.



Papaya Enzyme

How to use:

Chew 1 tablet approx. ½ hour before a meal.

Alternatively, tablets can be crushed and mixed with water to make liquid.

Where to purchase:

Health Food Store.



Thin and Watery Saliva

Sage Tea

How to use:

Sip throughout the day.

Sip throughout a meal.

Where to purchase:

Health Food Store.



Tissue Salts – Fluid Balance

How to use:

Start with 1 tablet OR spray on the tongue each morning.

Where to purchase:

Health Food Store.



Watch this video:

[Mouthcares](#)



<https://metronorth.health.qld.gov.au/rbwh/healthcare-services/neurology/motor-neurone-disease>

Remember to clean your mouth using a homemade bicarb soda solution.

Place ¼ teaspoon of Bicarb Soda in 1 cup of warm water.

Discard remaining solution at the end of the day.

Speech Pathologist: _____

Date: _____