



Smile Naturally

What you need to know about toothpaste

LEARN

Brushing your teeth is a regular routine – part of your everyday hygiene regimen. But, have you ever considered what ingredients are in your toothpaste?

There are news alerts about coconut oil and sun screens, but we never see or hear any news about toothpaste. Why? We know that there was a ban on adding Triclosan to our soap but why is it an ingredient in our toothpaste?

While there are two sides to every story, including the story of ingredients in toothpaste, we believe in natural living and natural health, so this is our side of the story.

First let's take a look at what we **DO NOT** like about toothpaste:

- We do not want our toothpaste to come with a warning, "keep out of reach of children" or "If accidentally swallowed, get medical help" or "call poison control" or even "Do not swallow"
- **Propylene Glycol**, which is added as a cleansing agent, is a solvent that is the active component in some anti-freezes, and is used in everything from makeup to mouthwash and toothpaste
- **Titanium dioxide**, which It is a pigment used for providing brightness and whiteness, is used as a stain remover and a whitener
- **Sodium lauryl/laureth sulfate** is used as a foaming agent and a degreaser. It's common in shampoos, shower gels and facial cleansers. It is also found in household cleaning products, like dish soap. Ever wonder why everything tastes off after brushing your teeth? Did you know that toothpaste interferes with the functioning of your taste buds?
- **Triclosan** is used mainly in antiperspirants/deodorants, cleansers, and hand sanitizers as a preservative and an anti-bacterial agent. Did you know that this ingredient was banned by most brands of toothpaste other than Colgate Total?
- **Fluoride: Yes or No?** This debate has been raging for years, with scientific studies cautioning that fluoride can cause a range of health problems to opposing studies purporting that removing fluoride from toothpaste would likely result in our teeth falling out



Why are these ingredients included in toothpaste?

Some of the ingredients have proven to be effective at reducing plaque and gingivitis, and some at whitening. Manufacturers and governing bodies have indicated that the benefits of these ingredients far outweigh the possible negative effects. But, let's remember that these governing bodies said the same about Johnson's Baby Powder and now a woman, who claimed to have contracted Ovarian Cancer from using the powder was awarded \$70 million dollars.

ENJOY

Natural Toothpaste Ingredients

- About 1/2 cup coconut oil
- 2-3 Tablespoons of baking soda
- 2 small packets of stevia powder
- 15-20 drops of peppermint or cinnamon essential oil
- 10 drops myrrh extract (optional)



Natural Toothpaste Instructions

1. Melt or slightly soften coconut oil
2. Mix in other ingredients and stir well. If using semi-hard coconut oil, use a fork. If not, use a spoon. If you are using completely melted coconut oil, you will need to stir several times while the mixture cools to keep the baking soda incorporated
3. Put mixture into small glass jar (I make different ones for each family member)
4. Let cool completely
5. To use: dip toothbrush in and scrape small amount onto bristles. You could also use a small spoon to put it on your toothbrush

ASK

Question: Customer from Nutrition House, Owen Sound, Ontario

“ How can I avoid the risk of toothpaste ingredients? Are there natural ingredients I can use for tooth care and wellness? ”

Answer: You can definitely avoid the risks and these are several ingredients that we like to see in our toothpaste:

Calcium carbonate is the main component in egg shells. It is also a main component in the shells of marine animals and snails. Calcium carbonate is a safe ingredient that has been used in toothpaste for many years. It is a safe and natural choice for providing a mild abrasive in toothpastes

Aloe Vera Gel is a safe and natural ingredient in toothpaste and actually helps to kill disease causing bacteria (which causes cavities) in the mouth and is also non-invasive.

Sodium Bicarbonate (Baking Soda) has been used on its own for brushing teeth and is a common ingredient in natural toothpastes. Baking soda is a natural anti-microbial, which keeps bad bugs at bay. It also discourages the formation of plaque, helps prevent gum disease and is a natural stain remover

Sugar alcohols like xylitol, sorbitol and erythritol are used in toothpastes for sweetness and anti-cavity benefits (anti-bacterial). This is an excellent and safe alternative to sorbitol and saccharin. When consumed in high amounts, such as in food products, it can cause some stomach upset as it tends to draw water into the bowel however in toothpaste, there is very little and it will not cause stomach upset.

Zinc Citrate is safe and can help freshen breath by reducing the impact of odorous compounds produced in our mouth by bacteria.

Neem: People in India and Africa have been using twigs of the neem tree as toothbrushes for many years and have maintained excellent dental health, even in areas without access to adequate modern dental care. It has antibacterial properties that stop bacteria from sticking to your teeth and turning into plaque. The antibacterial properties of neem also help prevent and reverse gingivitis. Minimizing the number of bacteria in the mouth with neem also helps prevent cavities and eliminate bad breath.

Toothpastes We Recommend:

Jason Toothpaste: The main ingredient in this toothpaste is calcium carbonate, aloe, baking soda, silica, bamboo powder, peppermint oil, grapefruit seed and Perilla seed extract. It is sweetened with Stevia. *Note: Some products in the Jason line do contain Fluoride*

Dr. Bronner's Toothpaste: This is an organic toothpaste comprised of calcium carbonate, aloe, baking soda, anise seed oil and menthol (among other natural ingredients) and is sweetened with Stevia.

Himalaya Toothpaste: This is an organic toothpaste that uses silica, calcium carbonate, sea salt and fruit extracts (among other natural ingredients) and is sweetened with xylitol and Stevia.

Nature's Gate Toothpaste: This toothpaste is comprised of calcium carbonate, aloe, mint oils, white tea, pomegranate, ginger and natural flavors

Desert Essence Toothpaste: This toothpaste uses calcium carbonate, tea tree oil, neem and sea salt

Be informed, do your research, ask lots of questions and make the decisions that you feel are best for you and your family.

And, don't forget to smile!



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