

## Toothpaste – Making it Yourself at Home

In a recent article, I described the toothbrush trees – Arak (*Salvadora persica L.*) and Neem (*Azadirachta indica*) – which have been used for thousands of years for cleansing teeth and gums. These natural solutions to oral hygiene served many generations well.

In addition to tree roots, early toothpastes and tooth powders were experimented with and used by the Egyptians, Greeks, Romans, and Persians. In more recent times, the familiar sodium bicarbonate (baking soda) - a naturally occurring substance - has been used for decades as an ingredient in toothpaste.

Though you may have grown up with the idea that in order to brush your teeth, you must obtain toothpaste in a convenient squeezable tube, in reality it is possible to make your own. Here is one recipe for a home-made toothpaste powder:

Ingredients: Young Living Essential oils of Peppermint, Thieves, and Spearmint; Sodium bicarbonate (baking soda)

Directions: Place 2 drops each of the essential oils of Peppermint and Thieves in a glass container. To it, add ¼ cup baking soda. Place a lid or some type of wrap on the container and enthusiastically shake the mixture so that the oils mix with the baking soda. Brush your teeth with this solution to see how you like the taste. To do so, simply wet your toothbrush, dip it into the toothpaste powder, and brush your teeth. Then, if desired, add a drop of spearmint for an extra fresh flavor. You may mix it in with a fork and if lumps form, simply mash them out.

Yes, it is quite different from toothpaste coming out of a tube and may take you a moment to adjust. However, the refreshing and cleansing feeling that you experience will have you creating your own unique toothpaste recipes and taking a greater interest in caring for your teeth and the ingredients that you place into your mouth and body.

If you decide you LOVE the fact that you are benefitting from the natural antiseptic and antimicrobial properties of the therapeutic-grade essential oils but would rather have it come out of a tube, simply order your toothpaste from the same place you order the best medical-grade essential oils - through Young Living (My favorite is Thieves Dentarome Toothpaste).

If ordering for the first time, please use my YL Member # 517938 or call me to help you place the order (571-313-1650).

Caution: It is important to use Young Living Essential Oils in your toothpaste recipes as we are certain regarding their quality and effectiveness. Essential oils whose origins are unknown may have been adulterated and may not meet therapeutic standards.