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Make Your Own Toothpaste

By ThriftyFun.com

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Making your own toothpaste is both easy and cheap.

Ingredients:

- 1 cup baking soda
- 1/3 cup salt
- 3 teaspoons glycerin
- Flavoring for taste (Wintergreen or Peppermint Oil)

Directions:

Mix baking soda and salt together. Then add 3 teaspoons of glycerin and mix thoroughly. Add flavoring to taste. 5 to 10 drops will usually work. Find out what is best for you. Put paste into a squeeze bottle. Use as you would commercial toothpaste. You can also add a drop of food coloring to add a little color. Add a little more glycerin for thicker toothpaste.

About the Author: ThriftyFun.com publishes the Daily Thrifty Tips newsletter. <http://www.thriftyfun.com>

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What's In Your Toothpaste

Make Your Own Toothpaste

By Carla Donnelly

Don't Be Poisoned With Your Sparkling White Teeth

Of course, every one of us desires to have a charming smile with our teeth sparkling. That is why we sometimes try almost all brands and all kinds of toothpaste just to know which one will give us the best results. There is actually no harm in doing that. However, we must be aware that this product that we use everyday may cause harm to our body as well.

One of the main ingredients of toothpaste is fluoride. However, some toothpastes contain huge amounts of this chemical. Excessive fluoride inside our system can cause several problems like chronic fatigue, arthritis, rheumatism, constipation, and maybe cancer. According to the World Health Organization and the US Environmental Protection Agency, fluoride is considered to be an unclassifiable carcinogen.

There are also other chemicals found in toothpastes that are, sometimes, not even listed in the tube. Chemicals in toothpaste, when we use them, get absorbed by our teeth and gums. And since there are times that we swallow toothpaste along with our saliva, these chemicals reach some parts of our gastrointestinal tract as well. These chemicals can cause stiffness in the joints and muscles all over our body because they are being poisoned by these elements. Our nerves can also be affected which can cause spasms and pain.

Some toothpastes claim to have formula against sensitive teeth to prevent pain in the gums and teeth. The reason why these can prevent the pain is the manufacturers include pain killers in these toothpastes. As people use them everyday, the nerves in the mouth slowly die as they get poisoned by these chemicals. Eventually, it will also spread to all the nerves in our body.

Regular ingestion of these harmful chemicals from toothpastes can also cause our breathing to be shallow. Our blood can get poisoned and makes our heart beat go wild. This poisoning with toothpaste chemicals can cause muscle cramps in different body parts. And since it affects the blood and the heart, there is a possibility of a heart malfunction in the future.

There are some toothpaste that also prevent gum bleeding. This is possible because of blood-clotting chemicals that are put into these products. However, these agents not only can stop the bleeding in gums, but can also develop blood clots which can lead to strokes and heart attacks.

Depression and restlessness can also be the side effects of these chemicals in toothpaste. Eventually, the different poisoning effects in the use of regular commercial toothpaste may lead to different kinds of AIDS depending on the toxicity produced by these chemicals.

One kind of chemical that was found in some toothpaste is the sodium laurel sulfate or the SLS. This chemical has a bad effect on our immune system. It can cause skin inflammation and separation of the layers, as stated in the Journal of the American College of Toxicology in 1983. SLS can also lead to permanent eye impairment according to Dr. Keith Green of the Medical College of Georgia.

Though these effects may not be seen right away, it is the long-term effect of these chemicals in our

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body that is really disturbing. And the fact that these products are part of our daily lives, we may be at a huge risk to these side effects without knowing it.

Alternatives:

Just like other products, there are always alternatives to these things that we are already used to. We just have to learn to explore and search for much safer products in your favorite grocery store.

There are several toothpaste now available in the market that are all natural. Some of them are made up of fruit extracts and essential oils. These kinds of organic toothpaste do not contain sodium fluoride in them and other toxic chemicals found in the regular ones. Though they are made from different ingredients than the regular ones, do not discount them for their quality. These organic toothpaste also can whiten your teeth, freshen your breath, and eliminate teeth and gums sensitivity. You can also combine a little gel with a drop of miracle ii soap for a wonderful toothpaste.

Carla Donnelly is a writer on environmental and health issues at the MangoLife Wellness Website. Sign up for the free monthly newsletter and get a free vegetarian ecookbook plus a chance to win a chemical-free soap that raises the body ph and can help with insects.



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