

forbiddenhealing

"Dumb as toothpaste?" Useless too...Dry brushing...or w a drop of clove or cinnamon oil..occasional peroxide or zylitol rinse.. or a tad of baking soda>>>works better.....or think of the tons of that craap goin down drains all over the modern world?

Posted On 06/14/2017

alanraig1146

Can always buy a tube of Mercola's toothpaste that he sells for \$7.69/tube

Posted On 06/14/2017

rrealrose

FH, thanks for the reminder, just got clove oil, planning to test it out. Not sure to use it straight up or mix in a carrier like coconut oil, to avoid overage (by early morning misjudgement). However, Its not easy being green!! Has anyone else noticed that frogs are "missing", frog noises used to add a distinctive hummm during summer nights are no longer prevalent, cannot help but wonder which environmental toxin(s) are reducing their numbers...failure to breed???

Posted On 06/14/2017

forbiddenhealing

One drop of clove oil, dip the very tip of the brush..all it takes ta light-up yer mouth...Listerine another joke...best way to have perpetual dog breath.

Posted On 06/14/2017

rrealrose

Awwwk! Dog Breath! Have been using xylitol rinse, sometimes coconut oil pulling. Thanks for the tips!

Posted On 06/14/2017

Acroyali

I hate the taste of baking soda but I have to admit, nothing makes my teeth feel cleaner. Also, my water flosser was the best money I ever spent.

Posted On 06/14/2017

seg

Sometimes trying to convince someone who uses regular fluoridated toothpaste to quit and use a natural version is like trying to put the toothpaste back in the tube.. 🗑️

Posted On 06/14/2017

seg

Rosie dog's breath especially after a dog's breakky yikes ! You folks ever tried brushing with yer saliva ??

Posted On 06/14/2017

Krofter

Tried using baking soda... it wasn't effective for me. I now use Uncle Harry's Natural toothpaste. Comes in a little jar. Good stuff.

Posted On 06/14/2017

seg

Mix a little B/S , not bull s. with coconut oil and add a few drops of spearmint or peppermint, or any of yer fave oils to the mix.. I used to also add some H2O2 as well to kick it up several notches.. The thing to note is like yer gut and skin, the mouth has a very delicate flora so overuse of these concotions can backfire big time....A good practice is to open up a probiotic capsule last thing at night and swish it around yer month.. This helps to keep a good balance in your mouth flora and yer sinuses...DIET still is king, sleep and movement is queen and for everything else there's good wine. it is the glue that cements it all CHEERS 🍷 .

Posted On 06/14/2017

Wetiko

Been making my own for years now. Baking soda Water Glycerine 15 drops Spearmint oil Sea salt

Posted On 06/14/2017

alexsemen

Yes Wetiko, this is the same composition that my mother made it to me ! It was perfect ! I was enough stupid to renounce to that formula and by commodity and stressful life I used the same toothpaste from the stores ! It was not a good experience till I've renounced and used again traditional formulas that i see everyone recommend it on this site !

Anyhow accordingly my observations the worst tooth decay has happened after Tschernobil exposure and after a big doses of stress unavoidable sometime in our life ! Happily I still have at least 70% of my original teeth ! Again other observation from my family: the grand, grand pa and ma they never had real problems with their teeth living at least 80-90 years ! They used only old traditional ways to clean up their teeth , never paste, never floss , never other modern means recommended by the superb industry of dentists !

Posted On 06/14/2017

kat8183

Excellent article. Even the "healthiest" toothpastes that don't contain fluoride or sodium lauryl sulphate STILL contain glycerin--a seemingly "harmless" ingredient that leaves your teeth feeling slick--but also coats the tooth so that your saliva cannot easily combat bacteria. And baking soda can be abrasive over time. So several years ago I started mixing small batches of my own tooth cleaner: water, food grade clove oil and xylitol (a natural antibacterial) which is also very sweet. Leaves my mouth and breath feeling very fresh. Haven't missed paste or gel at all.

Posted On 06/14/2017

Ziionon

I have been using natural ingredients for toothpaste for over a year now, almost two years. Made the switch after opening my eyes to the world around me. My teeth are whiter than when I used Colgate total. My teeth are healthier than they've ever been. Don't believe the bs lies told to us by corporations that only stand to gain from our stupidity and willingness to spend money on their cheap products. They don't give one damn about our children and prefer we wipe ourselves out with their poisons all to their greedy gain. Remember they are laughing all the way to the bank and they sure as hell aren't using the products they sell.

Posted On 06/18/2017

MercoFan

I recently went to a dentist. She asked, "what do you use for toothpaste?" I said "baking soda..." and before I said "and coconut oil", she said, "No, you need fluoride". This, is 2017!And she gave me a big tube of Colgate - Isn't that speeehcial.

Posted On 06/16/2017

Fred677174

I have been using Colgate Total toothpaste for years (with triclosan). I have excellent dental check-ups. My Consumers Report On Health newsletter motivated me to begin using Colgate Total toothpaste. The authors of the Consumers Report On Health newsletter liked the fact that the Colgate Total toothpaste contained triclosan. Does any member of this forum have long term good results with toothpaste which does not contain fluoride or triclosan? Is your recommended toothpaste approved by the American Dental Association? It seems that while Doctor Mercola recommends toothpaste without fluoride or triclosan he also has had a need for dental implants and possibly several root canal surgeries. Where are the good results from using toothpaste without fluoride and triclosan? With many people claiming to be experts on the best toothpaste what are consumers to believe and act on?

Posted On 06/14/2017

Epona777

This is what I use and it works great. Ingredients of Auromere Ayurvedic Non-Foaming Toothpaste Fine Chalk (a gentle cleanser), Glycerine (from vegetable oil), Water, Herbal extract blend: [Peelu (Salvadora persica), Neem (Azadirachta indica), Indian Licorice root, Pomegranate rind, Common Jujube, Rose Apple, Clove, Persian Walnut, Barleria prionitis bark (Vajradanti), Indian Almond, Bedda nut, Asian Holly Oak, Prickly Ash, Zanthoxylum alatum, Sappan wood, Catechu, Bengal Madder, Acacia arabica bark (Babul), Sarsaparilla, Cinnamon, Medlar bark, Mayweed, Bishop's weed (flower extract)], Silica, Carageenan (from seaweed), Cellulose (plant) gum, Fennel oil, Cardamom oil, Potassium Sorbate (Potassium salt), p Thymol (from Thyme oil). Free of fluoride, gluten, bleaches, artificial sweeteners, dyes, bleaches, and animal ingredients.

Posted On 06/14/2017

doubly.blessed

Epona777, It also contains organic neem. I have been using it for years . Shalom

Posted On 06/14/2017

MannaFood

Carrageenan is also a form of MSG. It is often found in ice creams, yogurts, buttermilk, evaporated milk, sour cream, salad dressing, etc. Anything that might need to be thickened.

Posted On 06/08/2024

Erena5

Truth, you have to read labels

Posted On 06/09/2024

sdm008

It's interesting that this isn't mentioned on tv or radio where many others who are not aware of Dr. Mercola's articles could be made aware of these every day dangerous chemicals & stop using products containing them.

Posted On 06/09/2024

Erena5

The simple natural toothpaste recipe I found for my cat - kelp powder mixed with coconut oil, for cat's human I'd add some of baking soda :)

Posted On 06/09/2024
