



# DIY Toothpaste



## What recipe do I use?

There are many different toothpaste recipes available online. Each has its own set of pros and cons. The recipe we have put together tastes good and has been recommended by some dentists.

This recipe uses

- **Bentonite clay** which binds with toxins and impurities in your mouth and removes them.
- **Cocoa Powder** contains a chemical called theobromine which may be both safer and better at re-mineralizing teeth than flouride.
- **Coconut Oil** has antibacterial and antifungal properties.
- **Baking Soda** is slightly alkaline and can help neutralize the mouth, reducing cavities.
- **Peppermint Oil** tastes yummy!

## Ingredients:

- 2 Tbsp. Coconut Oil
- 1 Tbsp. Bentonite Clay
- 2 tsp. Unsweetened Cocoa Powder
- 1 tsp. Baking Soda
- 2-3 drops Peppermint Essential Oil

## Method:

1. Melt your coconut oil in the container that you plan to keep your toothpaste in. We've found this can easily be done in your microwave (1 minute works well).
2. Mix your remaining ingredients into your liquid coconut oil. Being careful not to add too much peppermint oil.
3. Leave to solidify in the container
4. You will need a spoon or scoop to get the toothpaste out of the container and onto your toothbrush in winter.

## What else can I do to reduce waste?

- Bamboo toothbrushes can be purchased at many bulk-food and local convenience stores. Once you're done with them, they can be composted in your home compost system.
- Re-use an old container to store your toothpaste
- Visit our website for more ideas: [www.earthcarers.org](http://www.earthcarers.org)

