

# Treacherous Toothpaste that is Tempting to Turn-Away

## What ingredients to avoid in toothpaste:

- **Propylene glycol** -- a solvent that is the active component in some anti-freezes, and is used in everything from makeup to mouthwash.
- **Fluoride** (also called Sodium Monofluorophosphate, Fluorspar, and calcium fluoride) is used in commercial toothpastes to strengthen enamel and many dentists recommend using a fluoride toothpaste, but fluoride is considered toxic when ingested in high levels. "Excessive fluoride ingestion is known to lower thyroid hormone levels, which is particularly critical for women with subclinical hypothyroidism; decreased maternal thyroid levels adversely affect fetal neurodevelopment," reports a prestigious committee of scientists and health professionals in a "Scientific Consensus Statement on Environmental Agents Associated with Neurodevelopmental Disorders." Studies they reviewed and others link fluoride to brain abnormalities and/or IQ deficits. ([FluorideAlert.org](http://FluorideAlert.org)) Strangely enough, Studies show that when fluoridation ends, cavities actually go down ([Thyroid.About.com](http://Thyroid.About.com))! Dr. Phyllis Mullenix was the first U.S. scientist to find evidence that fluoride damages the brain. She published her study in a respected peer-reviewed scientific journal [Mullenix P, et al. (1995). "Neurotoxicity of Sodium Fluoride in Rats," *Neurotoxicology and Teratology* 17:169-177)] and then was fired for her findings! Linked to cancer, developmental/reproductive toxicity, and endocrine disruption.
- **Sodium lauryl sulfate**, a cleansing agent that creates lather and is in most toothpastes including the natural ones. It's known to cause microscopic tears in mouths that can lead to canker sores even when sourced from natural ingredients, like coconut oil or palm kernel oil. It desensitizes the taste buds that register sweetness. Organ system toxicity (non-reproductive).
- **Titanium dioxide**, a natural ore that Canadian researchers say is "possibly carcinogenic to humans" (<http://www.ccohs.ca/headlines/text186.html>)
- **Hydrated Silica** is a gentle abrasive to scrub food and plaque stains from the teeth. It's also used in electronic products. The EWG lists it as a concern because it is persistent and bioaccumulative in wildlife and humans.
- **Propylene Glycol** has been shown to be linked to cancer, developmental/reproductive issues, allergies/immunotoxicity and neurotoxicity
- **Sodium Saccharin** is added to sweeten the flavor. This is an artificial sweetener shown to cause cancer in rats ([www.ewg.org](http://www.ewg.org)).
- **Pentasodium Triphosphate**: endocrine disruptor and affects the nervous system (EWG)
- **Sodium Hydroxide**: can you guess what this is? A drain cleaner.
- **Calcium Peroxide**: this stuff can burn if taking in larger doses. This is used for whitening. ew!!!
- **PEG – 12 (Dioxane)**- Organ system toxicity (non-reproductive), Contamination concerns
- **Propylparaben, Methylparaben (parabens)** – hormone mimicking properties; may cause breast cancer
- **PEG/PPG 38/8 Copolymer, PEG/PPG 116/66 Copolymer (Dioxane)**- Organ system toxicity
- **Flavor** - Ingredient not fully labeled – identity unknown
- **Sodium Hydroxide** – Neurotoxicity, Organ system toxicity (non-reproductive)
- **Hydrogen Peroxide** – Neurotoxicity, Organ system toxicity (non-reproductive)
- **Triclosan (Dioxane)** – Endocrine disruption
- **Polyethylene (Dioxane)** – Cancer, Allergies/immunotoxicity, Organ system toxicity (non-reproductive)
- **Carrageenan** which causes digestive distress for some and has been linked to possible ulcerations and cancers of the digestive tract even though it is synthesized from a natural ingredient (seaweed).
- **Gluten**: Oral B, Sensodyne and sensitive tooth toothpastes often contain gluten and some other toothpaste. If you are gluten intolerant you need to read labels to ensure no gluten containing ingredients.

## Some Decent Natural Toothpastes

- **Dr. Ken's All Natural Maximum Care** contains green tea extract to fight bacteria and bad breath; papaya plant extract to whiten teeth; and zinc oxide and citric acid to fight tartar. They have fluoride-free and fluoride varieties. Contains baking soda to fight plaque and whiten teeth. Sodium lauryl sulfate-free (though it does contain sodium lauroyl sarcosinate, a cleanser that's considered milder than sodium lauryl sulfate). Gluten Free.
- **Kiss My Face Triple Action Whitening aloe vera gel** is fluoride- and sodium lauryl sulfate-free (though it does contain sodium lauroyl sarcosinate, a cleanser that's considered milder than sodium lauryl sulfate). Contains natural ingredients to create minty taste. Plus, it's not tested on animals, and contains no animal-derived ingredients. Gluten free.
- **Auremere Ayurvedic Herbal Toothpastes** are free of fluoride, gluten, bleaches, artificial sweeteners, dyes, animal-derived ingredients and artificial preservatives. Instead, it uses Peelu, a natural tooth whitening fiber. In licorice or mint flavor. Gluten Free.
- **Vicco**, an ayurvedic, herbal toothpaste contains licorice root, Indian almond, clove, peppermint and eucalyptus oils. Not the best flavor or texture. Gluten free.
- **Dessert Essence Natural Tea Tree Oil Toothpaste** not the best flavor, but contains no harsh abrasives, synthetic sweeteners, or artificial flavors (though it does contain sodium lauryl sulfate) -- and it's fluoride-free. Tea tree oil is anti-bacterial. All are gluten free.
- **Weleda's Salt Toothpaste** uses sea salt and baking soda to reduce tartar buildup, and myrrh extract to promote healthy gums. It also comes in Calendula and Ratanhia flavors. Gluten free.
- **J/A/S/O/N's Toothpaste**. The Sea Fresh toothpaste is fluoride-free. It also contains CoQ10 for gum support and active blue-green algae and sea salts for dental health. The Citrus Mint has a pleasing, mildly sweet citrus flavor from a blend of orange and peppermint oils. It's also fluoride- and sulfate-free, and contains grapefruit seed extract, which helps block sugar acids. Some are gluten free and some aren't. They label clearly in regards to gluten.
- **Burt's Bees Natural Toothpaste** uses the plaque-fighting power of cranberry extract. All 4 are Sulfate-Free, Paraben-Free, Phthalate-Free and Petrochemical-Free, free of sodium laurel sulfate. Not tested on animals. 2 are fluoride-free. Do contain carrageenan. Gluten free.
- **Tom's of Maine** tastes like "regular" toothpaste. Tom's takes pains to disclose all of its ingredients and where they come from. Does contain carrageenan, Sodium Lauryl Sulfate and Hydrated Silica. Some are fluoride-free and some are sodium laurel-free, but not all. All are gluten free except for the children's strawberry.

## Or Make Your Own

- Combine: 2 tbsp. organic coconut oil, 2 tbsp. baking soda, 2 tbsp. arrowroot powder, 10 drops peppermint oil and stevia to taste (optional). Revised from <http://naturallydowntoearth.com>
- Or Combine Baking Soda with essential oils to taste or for their qualities. Peppermint, lemon, clove, wintergreen, rosemary, tea tree, thyme, oregano, helichrysum, myrrh, sage and eucalyptus are some of the most commonly used essential oils for dental health.

**Instead of Mouth Wash try Oil Pulling:** In the morning, before breakfast on an empty stomach take one tablespoon of oil in the mouth. Move Oil Slowly in the mouth as rinsing or swishing and Dr Karach puts it as 'sip, suck and pull through the teeth' for fifteen to twenty minutes. This process makes oil thoroughly mixed with saliva. Swishing activates the enzymes and the enzymes draw toxins out of the blood. The oil must not be swallowed, for it has become toxic. As the process continues, the oil gets thinner and white. If the oil is still yellow, it has not been pulled long enough. It is then spit from the mouth and mouth should be rinsed with water. Most common oils used for this are unrefined sesame or sunflower oil. I prefer unrefined coconut oil regularly or oil of oregano for toothaches.