



### Natural Toothpaste Recipe

Here is a safe, natural toothpaste recipe that you can make with ingredients found in your kitchen:

#### Toothpaste Recipe

4 TBS Coconut Oil;  
2 TBS Baking Soda;  
20 Drops Cinnamon / Clove EO; and  
20 Drops Peppermint EO.

### Coconut Oil

#### 1. Antibacterial Properties

Coconut oil contains lauric acid, a powerful antimicrobial agent. This helps reduce harmful bacteria in the mouth, like \*Streptococcus mutans\*. This bacteria is a main cause of tooth decay, cavities and gum disease. Using coconut oil in your oral care routine can keep these bacteria at bay and promote a healthier mouth. You can count on coconut oil to get rid of bad breath, it successfully reduces bacteria and contributes to a healthier and fresher smile.

#### 2. Fights Bad Breath

Coconut oil's ability to eliminate odor-causing bacteria can lead to fresher breath. This makes it a great alternative to alcohol-based mouthwashes that can sometimes cause dry mouth, which contributes to bad breath. A simple swish with coconut oil for a few minutes can leave your mouth feeling fresher naturally.

#### 3. Promotes Gum Health

Coconut oil may also reduce inflammation in the gums due to its anti-inflammatory properties. Conditions like gingivitis and periodontitis can cause swollen and bleeding gums. You can help reduce these issues by adding coconut oil to your oral care routine. By fighting bacteria and soothing inflammation, it can help maintain gum health over time.

#### 4. Whitens Teeth Naturally

Oil pulling is an old Ayurvedic practice. You swish coconut oil in your mouth for 10 to 20 minutes. This method helps remove surface stains on teeth.

Regular oil pulling can help reduce yellowing and brighten your smile without the use of harsh chemicals. It's a gentle way to achieve a whiter smile naturally.

Tannins, found in your food, cause teeth discoloration: using coconut oil in your toothpaste, especially if you include baking soda, will prevent discoloration.

#### 5. Hydrates and Nourishes

Coconut oil's moisturizing properties are a huge benefit, especially for those who struggle with dry mouth. Keeping your mouth hydrated feels good and helps produce healthy saliva. Saliva is important because it washes away food particles and bacteria.





## 6. A Safer Alternative to Chemicals

Many traditional toothpastes contain harsh chemicals and artificial additives, which can sometimes lead to tooth sensitivity or irritation. Coconut oil is completely natural, making it a safer alternative for those looking to avoid potentially harmful ingredients.

### **Baking Soda.**

Baking soda in toothpaste acts as a mild, effective abrasive to remove surface stains and break down plaque biofilms, often performing better than non-baking soda alternatives. It increases the mouth's pH, which helps neutralize harmful acids, prevent decay, and reduce gingivitis. It is also a safe, inexpensive, and non-toxic option.

#### **Key Benefits of Baking Soda in Toothpaste:**

- Effective Stain Removal:** Due to its mild abrasiveness, it effectively removes surface stains from coffee, tea, and tobacco.
- Superior Plaque Removal:** Baking soda toothpastes have been shown to remove up to 3x more plaque in hard-to-reach areas compared to toothpaste without it. It dissolves quickly, therefore penetrates between the teeth and along the gum line.
- Reduced Gingivitis and Plaque:** Studies indicate that toothpaste with 20%–35% baking soda is highly effective at reducing plaque, gingival inflammation, and bleeding.
- Neutralizes Oral Acid:** As an alkaline agent, it counteracts acids produced by bacteria, helping to protect enamel and prevent tooth decay.
- Antibacterial Properties:** It helps reduce bacteria in the mouth.
- Improved Remineralization:** By lowering acidity, it may make it easier for fluoride in toothpaste to repair enamel.

While generally safe, it is not a bleaching agent and cannot change the intrinsic color of teeth.

### **Cinnamon Essential Oil**

Cinnamon essential oil in toothpaste offers powerful antimicrobial, antifungal, and anti-inflammatory benefits, making it an effective, natural agent for reducing plaque, preventing cavities, and combating bad breath. Its active compound, cinnamaldehyde, fights bacteria like *Streptococcus mutans*, while acting as a natural, refreshing breath enhancer that supports overall gum health.

#### **Key benefits of cinnamon essential oil in oral care include:**

- Antibacterial & Antifungal Power:** The oil is highly effective against cavity-causing bacteria and fungi (such as *Candida*) that cause infections and oral thrush.
- Cavity and Plaque Reduction:** It fights against *Streptococcus mutans* and reduces plaque buildup, which helps prevent enamel erosion and decay.
- Gum Health & Inflammation Reduction:** Due to its anti-inflammatory properties, cinnamon oil can help soothe swollen or bleeding gums.





- Natural Oral Freshness: It acts as a natural, spicy-sweet breath freshener to combat halitosis.
- Non-Toxic Alternative: It provides a natural, chemical-free alternative to some commercial, alcohol-based oral care ingredients

### **Clove Essential Oil**

Clove essential oil in toothpaste provides significant oral health benefits primarily due to its high eugenol content, which acts as a natural anesthetic, antibacterial, and anti-inflammatory agent. It helps alleviate toothache pain, reduce gum inflammation, fight decay-causing bacteria, and potentially remineralize enamel.

#### **Key Benefits of Clove Oil in Toothpaste:**

- Pain Relief & Numbing: Eugenol is a natural anesthetic that numbs nerves, providing relief for toothaches, sensitive teeth, and gum pain.
- Antibacterial & Antifungal: It actively fights oral pathogens, including *Streptococcus mutans*, reducing plaque buildup, cavities, and gum disease. Besides reducing pain in teeth, the active ingredient in clove oil is powerful to fight against cavities and reverse tooth decay.
- Reduced Inflammation: It helps decrease swelling and irritation in the gums, making it effective for gingivitis. The anti-inflammatory properties of clove oil help in addressing the infections in gums. Bacteria and Germs present in plaque deposits are the base reason for periodontal diseases which show symptoms like pain, bleeding, and inflammation in gums.
- Natural Solution for Canker Sores  
The shallow lesions developed in the soft oral tissues cause a burning sensation when they are exposed to food particles and make eating uncomfortable.  
Swishing your mouth with the mixture of the essential oil and lukewarm water in the concentration prescribed in the above step thrashes away the harmful microbes that cause the shallow wounds and provide you quick relief.
- Enamel Protection: Clove oil may help prevent tooth decay by reducing decalcification and promoting remineralization of enamel.
- Freshens Breath: Its strong, spicy aroma provides natural, long-lasting breath freshening.
- Bottom line  
Eugenol the organic compound present in clove oil provides the organic oil's ability to prevent food from spoiling whilst it renders a plethora of medicinal and healing properties for our body. This strengthens your oral cavity also to combat bacterial attacks to prevent various oral diseases.





## •Peppermint Essential Oil

Peppermint essential oil in toothpaste provides a, antimicrobial, and soothing effect, reducing bad breath-causing bacteria, plaque buildup, and gum inflammation. Its high menthol content offers a refreshing, cooling sensation, while also providing mild, natural pain relief for irritated gums or toothaches. It may also help prevent the growth of oral pathogens, making the mouth feel cleaner and healthier.

### **Key benefits of peppermint essential oil in toothpaste include:**

- Antimicrobial Properties:** It acts as a natural antibacterial agent, fighting germs that cause cavities, plaque, and gum disease.
- Freshens Breath:** It naturally neutralizes odor-causing bacteria rather than just masking them, leaving the mouth feeling, and smelling, clean.
- Soothes Gums:** The menthol in peppermint oil has a, cooling effect that can reduce irritation and soothe inflamed or, sensitive gums.
- Reduces Plaque:** Regular use helps inhibit the growth of bacteria responsible for tartar and plaque formation. Less plaque and tartar mean a lower risk of tooth decay and gum disease, making peppermint an excellent ally in the fight against oral health concerns.
- Provides Pain Relief:** It possesses mild numbing properties that can help alleviate, discomfort from minor toothaches.

**Enhances Saliva Production:** Saliva plays a crucial role in maintaining oral health by neutralizing acids, remineralizing teeth, and washing away food particles. Peppermint can stimulate saliva production, helping to keep your mouth moist and healthy. This increased saliva flow can also aid in preventing dry mouth, a condition that can lead to various dental problems.

