

This recipe was shared during a class of mine regarding a toothpaste that actually completely eliminated the cavities one child had. Thanks Rebecca Webb and Emily Arnott for this recipe! Note: Please know that simply mixing bentonite clay and water works miracles for the overall health of teeth, toothaches, and even root canal teeth. Although this recipe is wonderful, know that in a disaster, all of these ingredients aren't needed to create a bentonite clay toothpaste. Simply mixing the clay and water will do.

The recipe is as follows:

Toothpaste Recipe:

Ingredients:

1 c Redmond clay (or diatomaceous earth)
1 c arrow root powder
2 1/2 tbsp baking soda
18 tbsp coconut oil (the liquid - fractionated)
1 - 1/2 tsp stevia, or xylitol, not corn base (You don't have to use a sweetener - I don't!)
natural peppermint oil extract, a few drops
1 tbsp ConcenTrace liquid trace minerals / Sunwarrior Brand liquid minerals
Refreshmint Essential Oil - or just use extra peppermint oil

Mix together until it looks like a paste - it doesn't look very appealing, I know! This makes a big batch, so you are welcome to half it.

When brushing your teeth:

Put a drop or two of the refreshment essential oil / peppermint essential oil on your toothbrush (this is optional, just for added freshness). Then put paste on toothbrush - no limit. We have a container full of it, and we use a popsicle stick to scoop out and put on brush and another container we just use the toothbrush to scoop out paste. You can do whatever you prefer. Sometimes it separates, so you want to be able to stir it.

The paste is edible, but not after you have brushed with it. It pulls toxins and bacteria from mouth and body.

The essential oil that you put on your toothpaste before the paste is a blend of 13 different oils. It is called "Refreshmint" from Butterfly Express. (You can also get the liquid coconut oil from the same website.) You can also swish the essential oil and trace minerals in your mouth if you desire. Especially if you want to deposit more minerals in your mouth. (They don't taste very good, but they do a lot of good!)

The minerals are great too. Put about a 1/2 tsp of ConcenTrace Minerals with a little water and swish for at least 60 sec - at least 3 times a day - you can do it more - it wouldn't hurt. Also, you can put a few drops in your drinking water. Just remember, our teeth can heal themselves, just like the rest of our body - we just need to give them what they need - MINERALS.

This does not taste delicious, like regular toothpaste. :-) It looks like dirt. But you get used to the flavor quickly. I have come to love it! The peppermint oil does give it some flavor, but I have noticed that it wears off after a while.

You can store it in whatever you would like - a jar, a baby jar, a small container of some kind... I probably wouldn't put it in a metal container though.