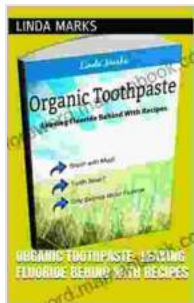


Organic Toothpaste: Leaving Fluoride Behind with Recipes for Your Organic Household



Organic Toothpaste- Leaving Fluoride Behind with Recipes (Organic Household Book 1) by Linda Marks

★★★★★ 5 out of 5

Language	: English
File size	: 425 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 19 pages
Lending	: Enabled



The Benefits of Organic Toothpaste

Organic toothpaste is a great way to improve your oral health and overall well-being. Here are just a few of the benefits of using organic toothpaste:

- **It's free of fluoride.** Fluoride is a controversial ingredient in toothpaste, and there is some evidence that it may be harmful to health. Organic toothpaste is fluoride-free, so you can brush your teeth without worrying about ingesting this potentially harmful chemical.
- **It's made with natural ingredients.** Organic toothpaste is made with natural ingredients, like baking soda, coconut oil, and essential oils. These ingredients are gentle on your teeth and gums, and they can help to improve your oral health.

- **It's environmentally friendly.** Organic toothpaste is made with biodegradable ingredients, so it's better for the environment than traditional toothpaste. Traditional toothpaste often contains harsh chemicals that can pollute waterways and harm wildlife.

How to Make Your Own Organic Toothpaste

Making your own organic toothpaste is easy and fun. Here are two simple recipes that you can try:

Baking Soda Toothpaste

Ingredients:

- 1/2 cup baking soda
- 1/4 cup coconut oil
- 10 drops of peppermint essential oil

Instructions:

1. Combine all ingredients in a small bowl.
2. Stir until well combined.
3. Store in a jar or container.

Coconut Oil Toothpaste

Ingredients:

- 1/2 cup coconut oil
- 1/4 cup baking soda

- 10 drops of tea tree oil

Instructions:

1. Combine all ingredients in a small bowl.
2. Stir until well combined.
3. Store in a jar or container.

Organic toothpaste is a great way to improve your oral health and overall well-being. It's free of fluoride, made with natural ingredients, and environmentally friendly. Making your own organic toothpaste is easy and fun, so give it a try today!

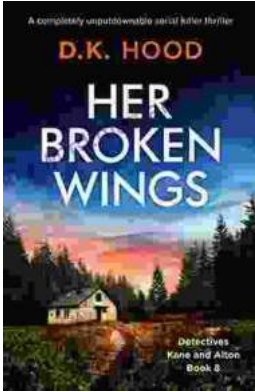


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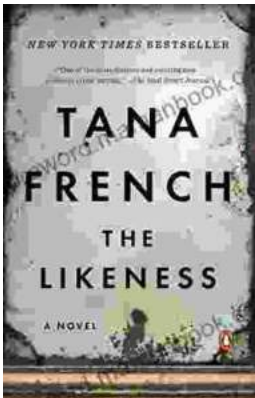
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