

Mike's Toothpaste Recipe

1. In a 16 ounce or so Mason jar or other similar container, combine to about $\frac{3}{4}$ full with baking soda, and hydrogen peroxide to consistency of paste. Use a long-pronged fork to mix with.
2. Then add Oregano/Clove/Peppermint Oil till it tastes a bit "hot". This is the key anti-bacterial ingredients. The amount will be custom for everyone since some brands are much diluted and others are very strong. Start slow and keep adding more drops Oregano/Clove /Peppermint Oil and tasting till you can brush with it and it has a bit of a kick . Be careful because Oregano oil can really burn your mouth if you put too much in.
3. Add the rest of the ingredients. While adding ingredients, it gets too runny, add baking soda till it's a paste. Or conversely, if it's too thick and dry, add a bit more hydrogen peroxide till it's a paste. LEAVE ROOM IN THE JAR because it will slightly swell 20-30% the first few hours. Heres a tip: Let the jar sit overnight in a saucepan or frying pan (or the sink) so it doesn't overflow onto counter.
4. After several hours it will be rather light and fluffy, maybe even overflowing. A few more stirs with a fork every so often will get the air out and probably fit the jar about right.

Ingredients: *"Base" ingredients to initially mix to a paste are:*

Baking soda and Hydrogen peroxide. Mix both in 16 ounce jar to about 3/4 full. DO NOT fill to top since it expands first 12 hrs or so.

Once it's done expanding and foaming up, add:

Oregano Oil and/or Clove Oil (both anti-bacterial, add drops to 'hot' level)

Peppermint oil (for taste & analgesic, add drops to taste level)

1 tsp Coconut oil (for consistency and anti-bacterial)

1 tbspc Cal-Mag-Phospho liquid (for calcium re-mineralization)

Pinch Cinnamon (anti-bacterial and taste)

(note: Turns color slightly off white. Find Cinnamon oil flavoring?)

2 drops Tea Tree Oil (anti-bacterial)

1/2 tsp powdered xylitol (for taste and anti-bacterial)

1/2 tsp Diatomaceous earth (desiccant and scrubber)

1/4 tsp Xanthan gum (thickener/foamer)

(note to self: Try Acacia gum instead. Research indicates helps periodontal issues)

1/8 tsp Sea Salt (fine powdered, not big granules. Try Redmond)

1/2 tsp Kaolin clay (many health benefits. Food-grade if poss)

1 tsp Dr Bonners Castile soap (to clean teeth/degreaser/emulsifier)

9 drops? Watkins Anise Extract(for flavor and kills bacteria) *skip if u don't like licorice flavor

1 tsp Lemon juice (whitener / antibacterial)

Aloe Vera Gel (reduces dental plaque / antibacterial)

Pinch of Citric acid (for flavor and it's a preservative)

Vit E (Tocopherol d-alpha) (d-xxx not dl-xxx which is synthetic)

You may have to re-mix it after few weeks or so if the ingredients separate after sitting. But the coconut oil and xanthan/acacia gum I added to latest batch seem to reduce the separating almost to nothing.

This below is ingredients in DR Bonners Toothpaste.

Consider what I could add to mine:

Green=try in mine

Black=already in mine

Red= Don't do it

Organic Glycerin

Organic Aloe Leaf Juice

Hydrated Silica (Diatomaceous earth)

Calcium Carbonate

Xanthan Gum

Baking Soda

Potassium Cocoate (from Organic Coconut Oil)

Organic Cocos Nucifera (Coconut) Flour

Organic Coconut Oil

Tocopherol d-alpha (Vit E)

Citric Acid

Organic Stevia Leaf /Stem Extract

Kaolin Clay

Dr. Bronners Castile Soap

NO! keeps teeth from re-mineralizing

reduces dental plaque / antibacterial

Dessicant and scrubber

use cal-mag-phospho instead

Thickener/foamer

This the base along with H2O2

Not sure what this is/does

for consistency and anti-bacterial

must be d-xxx not dl-xxx (synthetic)

for flavor and/or preservative (Need it?)

NO! Use Xylitol

food-grade if poss

????

(FLAVOR OPTIONS)

Organic Illicium Verum (Anise) Seed Oil

Organic Menthol Crystals

Organic Peppermint

Organic cinnamon

use my Peppermint oil instead

use my Peppermint oil instead