



TOOTHPASTE

Recipe courtesy of DR. ANTHONY ANTONACCI

INGREDIENTS:

1. 6 to 8 tbsp. organic, virgin, unrefined coconut oil
2. 1 Tbsp. baking soda (aluminum free)
3. 1/2 tsp. FloraBiotica Synergy Powdered Probiotic
4. 30-40 drops of food-grade peppermint or wild orange essential oil (or essential oil of your choice)
5. 1/2 Tbsp. organic, myrrh gum powder (optional)
6. 1/2 tsp. finely ground sea salt (optional)
7. 10 drops of liquid minerals (optional)

EQUIPMENT: Glass bowl, whisk or fork for mixing, & an airtight container for storage.

Coconut Oil (antimicrobial properties), Baking Soda (whitening and gentle cleansing), FloraBiotica Synergy (antimicrobial properties, reduces inflammation, aides in healing cuts, fever blisters, canker sores), Myrrh gum powder (excellent antiseptic, reduces inflammation), Sea Salt (general gum health and antibacterial properties).

DIRECTIONS:

If you choose to use sea salt and it is coarse, you can run it through a coffee grinder to make it powdery. You want it to be as fine as possible.

In a glass bowl, mix all of the ingredients together until completely blended. Pour into an airtight, glass container. Use a little on your toothbrush and brush as normal. The toothpaste will be salty from the baking soda and sea salt, but much healthier than commercial toothpastes. Rinse well and floss.

Although no ingredients in the toothpaste will spoil, we recommend making it in small batches as needed. Some people are concerned about the coconut oil clogging their drains. If this is a concern, just spit the toothpaste in a trash container when you are finished.