I am quite surprised by just how many requests I have received to post about homemade toothpaste. It’s seems an awful lot of you are not fans of fluoride! Having read up on this a bit I can see why, but what also concerns me is the use of Sodium Lareth Sulfate in most toothpastes...

SLS is a chemical detergent and foaming agent. It is often found in liquid soap, shower gels and shampoo and it is a common skin irritant. It is thought that some people who experience regular mouth ulcers and swollen gums, could be sensitive to SLS.

Anyway, whatever your reason for wanting to make your own natural toothpaste, below is an excellent recipe from 'Thank Your Body'. It contains: coconut oil, bentonite clay, sea salt, peppermint essential oil. You can purchase bentonite clay from Amazon, this $9.99 bag will make enough toothpaste to last a year or more...

100% Natural Homemade Antibacterial Toothpaste Recipe

(Photo from: Thank Your Body)