

Toss the Paste!

AND RETURN TO NEW, IMPROVED TOOTHPOWDER



Until the early years of the last century, tooth-powders were the primary mode of providing teeth-cleaning power. Then the convenient “toothpaste” form was invented and marketed, and over the years, toothpaste took over. Eventually, people forgot about toothpowders. Today, hardly anybody recalls Peppermint Tooth Powder, and why should they? The powders then were not very good.

Meanwhile, the quality of toothpaste has worsened to the point where it contains several detrimental ingredients. Fluoride, particularly, has become very controversial. The element is a waste by-product from the manufacture of industrial electrical plating and other very toxic chemicals such as gases. The chemical industry sought to find a way to get rid of this waste but in a profitable manner. Research determined that fluoride could reduce tooth decay. Too much fluoride, however, is toxic, and the multiple sources of fluoride (fluoridated water, fluoride treatments at the dentist’s office and fluoridated toothpastes and mouthwashes) eliminates any control over the amount of fluoride we ingest. In addition, excess fluoride can discolor or “mottle” teeth, and there has been a dramatic increase in mottled teeth over the last few decades. The apparent connection is obvious. This discoloration causes more people to try to correct the problem with teeth-whitening treatments, which can harm enamel, causing long-term tooth sensitivity.

Artificial sweeteners found in many commercial toothpastes (to avoid sugar) are a cause for concern as well. Some of them have apparent links to hormonal activities, creating emotional and psychological imbalance and stress. Others, such as saccharin, have been the subject of studies showing an apparent link to various forms of cancer. Moreover, toothpastes that use various sugars are simply adding food for the bacteria in the mouth that thrive on sugars and help create decay.

Additionally, the toothpaste industry has sought to develop a stable formula that will maintain consistency over time while not providing a bed for bacterial growth. As a result, most toothpastes wind up having something of a chemical soup. Various forms of disease, including cancer, have increased dramatically over the last century, as the exposure

to chemicals all around us have increased dramatically, pointing to a serious linkage between our environmental health and our bodies’ health.

Finally, just about all commercial toothpastes use abrasives that can actually weaken tooth enamel. Whether they call it calcium carbonate or chalk, by using it as their primary cleaning ingredient, most toothpastes can be actually quite abrasive.

One has to ask: “Are there any viable options?” The answer is a resounding “Yes!”

There were reasons why the toothpowders of old lost favor: They generally did not taste very good. They were hard to use. And they were inconvenient. But today there are toothpowders available that solve all these issues: They are great tasting, providing a refreshing, clean feeling. They are easy to use, with an effervescent action for effective brushing in hard-to-reach places. And they have been shown to harden teeth as effectively as some of the most popular commercial fluoride toothpastes.

Eco-Dent has revolutionized toothpowders. Eco-Dent DailyCare Toothpowders are all based on a formula of baking soda and sea salt. While most baking-soda toothpowders of old were not pleasant to use, Eco-Dent has a refreshing taste and leaves the breath fresh and the mouth feeling clean. Baking soda is a superior cleaning agent that is virtually nonabrasive compared to traditional toothpastes. Eco-Dent has been tested and found to be an effective low-abrasive cleaner compared to leading natural and commercial toothpaste brands. It comes in a variety of flavors (provided by natural essential oils), including the very popular mint, as well as cinnamon, anise and the mint-free lemon-lime for those who are working with homeopathy. The easy-pour cap makes it simple to sprinkle just a pea-sized amount of toothpowder onto a moistened toothbrush. Eco-Dent foams up nicely and provides a great brushing experience. One 2-ounce bottle provides approximately 200 brushings (around three months’ supply), making it much more economical than toothpaste as well.



So, if you are ready for a new and better solution to oral hygiene, toss the paste. Try something new—or, rather, old. It will give you something to truly smile about. ■

Santosh Krinsky has been in the book industry for 29 years, specializing in body/mind/spirit titles. He started Lotus Light Enterprises, a wholesaler of natural health and wellness products; Lotus Brands, a majority woman-owned company that offers products inspired by nature; and Lotus Press, a publishing company that focuses on alternative health and wellness information.