



## HOMEOPATHIC TRENDS

### Toothpaste

- (givemethedirt.com) DIRT Tooth powder: Bentonite Clay
  - Extra fine clay, baking soda, cinnamon, myrrh, nutmeg, essential oils, PALEO FRIENDLY, “pulls out toxins”
  - No fluoride, dyes, xylitol, glycerin
  - “Mini Dirty Mouth” kids version. Ingredients: Clay, monc fruit, baking soda, fluoride free, VEGAN, bubblegum flavor. Can be found at Whole Foods for \$25.
- (brushwithmud.com) Redmond Earth Powder: Bentonite Clay
  - Mild abrasive, black licorice, xylitol, sea salt, fennel essential oil, activated charcoal, VEGAN
- Theodent toothpaste: contains Theobromine, which is an ingredient in the cacao plant shown to remineralize tooth structure.
  - No fluoride or chemicals. Contains calcium and phosphate
  - Adult paste is at the proper therapeutic level for remineralization. Cost \$119 (used by Gwendyth Paltrow)
  - Children’s paste can be found at Whole Foods, \$14. Not at proper therapeutic level, but still provides some benefits.
- Hello Brand: Coconut oil based. Natural product.
  - Fluoridated and non-fluoridated options.
  - \*Numerous studies have shown natural/herbal products to be effective in reducing infection, bleeding, plaque, and stains. However, studies do not include reduced caries risk.
- Curaprox: Charcoal toothpaste. No research to support charcoal paste whitens.
  - Not abrasive, contains fluoride
  - No plastic, no triclosan (antibacterial agent in toothpaste), no bleaching agents
- How to make your own toothpaste:
  - ½ cup Coconut oil (softened)
  - 2-3 tablespoons of baking soda
  - 15-20 drops of peppermint or cinnamon essential oils
  - 2 small packets of stevia powder or xylitol (for sweetness)
  - 10 drops myrrh extract (optional)
- Xylitol
  - Inhibits growth of streptococcus mutans.
  - Not a remineralizing product, needs frequent exposure to be effective (5+ times per day).

### Oil Pulling/Essential Oils

- Coconut oil can be antimicrobial, antiviral, antifungal due to lauric acid – seems to inhibit the growth of streptococcus bacteria
- Research shown in short-term, limited studies (small groups). Limited research.
- Essential oils (pure, therapeutic grade oil) may have many benefits: antifungal, antimicrobial, anti-inflammatory. Powerful antioxidants that neutralize free radicals. Do have drug interactions.
- Bruxism: oils may have calming effect (calming scents). May be applied topically or diffuser by the bedside
- doTERRA- company that provides essential oils and essential oils recommended for oral health. Launching new kit for dental offices to sell!

### Biodegradable toothbrushes

- Humblebrush
- Brushnaked
- Woobamboo – snap off toothbrush head, plant or throw out base. Biodegradable floss, too.

### Invisalign

- Lawsuit: Gluten exposure for patients with Celiac Disease. The ingredient of concern, “plasticized methacrylate polymer (non dietary source of gluten that can be exposed after long term wear of the appliance)”.