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# HOMEMADE TOOTHPASTE

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Did you know that many of the world's top brands of commercial toothpaste have 5 (or more) known carcinogens added for taste, flavor, color or shelf life. And, did you know that your mouth is one of the fastest ways into your bloodstream? So, brushing your teeth with a natural, safe and minty homemade toothpaste is a really great idea! I mean really!!!

Here's the simplest recipe ever. Make it for you, your kids, your friends! Give as gifts! It's cheap as chips!

## Ingredients

- Baking Soda
- Coconut oil
- Peppermint Essential Oil

## Instructions

Mix baking soda and coconut oil in a bowl until they are the desired consistency. Drop in 5-15 drops of Peppermint Essential Oil as you wish. Combine and store in refrigerator.

## How to Use

Scoop the amount you want to use and put on your toothbrush. Brush your teeth as normal. You can also use this as an underarm deodorant by taking the desired amount and rub it very gently on your armpit. You will want to use less peppermint oil for the deodorant blend!

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