

## Peppermint Sage Tooth Powder

(Makes ½ cup of tooth powder)

### **Ingredients:**

- 2 tablespoons bentonite clay ([find clay here](#))
- 2 tablespoons baking soda ([find baking soda here](#))
- 1 tablespoon dried, finely ground sage leaf ([find organic sage here](#))
- 1 tablespoon [xylitol](#) (**optional**, for adding sweetness)
- ½ tablespoon pure sea salt ([find unrefined sea salt here](#))
- 15-20 drops peppermint essential oil ([find 100% pure essential oils here](#))

### **Directions:**

Combine dry ingredients in a bowl and mix thoroughly with a [non-metal spoon](#). Drip essential oils into the mixture and stir well to combine. Transfer to a small container or jar with a tight fitting lid. Particles of the tooth powder are fine enough that a [small squirt bottle like this](#) can also be used (as long as you don't get the squirt-tip wet, which will cause clogging). *Note: Bentonite clay loses its beneficial properties when it comes into contact with metal, so it's best to use plastic or glass when mixing and storing your tooth powder.*

To brush with tooth powder, simply dip your toothbrush into the powder, or carefully squirt some onto a wet toothbrush. Brush teeth as usual. Follow with [homemade mouthwash](#) if desired.

## Natural and antibacterial homemade mouthwash

We strive to create recipes that are easy to make, inexpensive, and effective – this mouthwash is all that and even has antibacterial and antifungal properties to help keep bad breath at bay. Here's all you need to make mouthwash:

- A container – I use a small [mason jar](#)
- ½ cup filtered or distilled water ([find the best water purification systems here](#))
- 2 tsp [baking soda](#)
- 2 drops tea tree essential oil ([find 100% pure essential oils here](#))
- 2 drops peppermint essential oil

Baking soda will settle to the bottom of the jar when not in use, so be sure to shake mouthwash before each use. Swish about 2-3 teaspoons of this homemade formula in your mouth for a minute or two. *As with any mouthwash, try to avoid swallowing this while gargling.*

Feel free to double this recipe for a larger batch. Making really big batches is not recommended because the oils will continue to blend over time and flavors can change.

### **Tooth Paste**

5 T coconut oil

1 T baking soda

1 T bentonite clay

1 t xylitol

1/16 t stevia

essential oils (orange, lemon)

blend with fork

finish toothpaste - put in jar