



organo
Et
School

MAKE YOUR OWN TOOTH POWDER

"We first make our habits, and then our habits make us." — John Dryden

Starting your day more sustainably with your own homemade tooth powder can be therapeutic and give an ultimate nourishing joy.

website: <https://www.organoetschool.co.in/>

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A background image showing a light green toothbrush holder with several wooden toothbrushes inside. In the foreground, there is a small glass jar filled with white tooth powder. The entire scene is set on a white marble surface.

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WHY MAKE YOUR OWN TOOTH-POWDER?

How often do we check the ingredients used in all commercial toothpastes and tooth powders? There are various ingredients in these toothpastes and tooth powders which are harmful to us; one of such ingredients is fluoride. Most commercial toothpastes and tooth powders – even many of the “natural” ones – contain fluoride. Unfortunately, a Harvard study recently linked fluoride to lowered IQ in children, while additional research has associated it with weakened bones, thyroid suppression, lowered metabolic function and dementia. According to Dr. Hardy Limeback, former HOD of Preventive Dentistry at the University of Toronto and president of the Canadian Association for Dental Research, says “You can get perfectly healthy teeth with resistant enamel without having any kind of fluoride exposure”.



It is a good idea to ditch these products in-order to avoid toxic ingredients and risking your health and the environment, but what can be the alternative?

Homemade tooth powders can replace the commercial lot that is certainly more sustainable. Making your own tooth powder can be extremely beneficial not only to your oral care routine but to the environment as well with the ingredients that are natural, safe and less cost effective.



Why choose tooth-powder over toothpaste?

Tooth powder is a mix of powders designed to clean your teeth and freshen your breath, tooth-powders were used traditionally since time immemorial. Tooth powders are better than toothpastes as there is no worry over shelf life since there are no wet ingredients. It is easily stored in a shaker container. Also, it has no actual contact with the toothbrush so it is easily and hygienically shared with family members. And, it's quick and easy to make. Not only will you have safer tooth cleaner, but you will also be helping the environment. Store available tubes of toothpastes add to the landfill of plastic waste while your own homemade tooth powder can be stored in a glass jar. No more plastic waste.



What ingredients are commonly used?

Bentonite clay

Bentonite clay is an edible clay that acts as an antibacterial and anti-inflammatory agent similarly to charcoal. It helps raising the pH of your mouth and providing the necessary abrasiveness to remove plaque. It also helps removes toxins & alkalizes your mouth. Unlike charcoal, Bentonite clay isn't abrasive enough to scratch enamel, so it's a much safer option



Calcium Powder

Calcium is an essential mineral found in chalk, limestone and marble. It supports in healthy body function that helps harden your enamel and strengthen your jawbone. By using it in toothpaste and tooth powder, it is a mild-but-effective abrasive that helps to remove stains without harming tooth enamel.

Baking Soda

Considered one of the best components of a tooth powder, “baking soda” has been used for well over a century as an effective cleanser and natural teeth whitener. This is an not only alkaline in nature but an antiseptic too that helps prevent infections that also neutralizes the pH in the mouth



Sea Salt/Himalayan Pink Salt

Salt is highly antibacterial naturally and is high in naturally occurring trace minerals. Teeth are porous bone structures. Bones need minerals. The base of our tooth powder provides tooth remineralization.

Extra Virgin Coconut Oil

Coconut oil has been and has been a traditional Indian dental remedy for thousands of years now. The fats in the oil also help with cracked lips keep supple and dry throat when used as a swish.



Clove Powder

Clinical research indicates that clove has some exciting properties that can relieve tooth pain and bad breath, as well as help reduce gum disease! Clove also has the natural ability to restrict the development of bacteria and can help fight mouth and throat infections.

Neem Powder

Most effectively used in preventing cavities and gum disease, neem is a remedy for tooth decay, oral infections, prevents bleeding and sore gums. Traditionally twigs of Neem tree are used as chewing sticks by people all and is still practiced by some today.



Mint Powder

Mint not only smells good and fresh but also helps keep your oral health in check. It also offers other benefits for the overall health of mouths such as healthy teeth and gums. Anti-inflammatory and anti-bacterial properties in mint help in keeping the bacteria at bay and prevent dental issues.



How do I make my own tooth-powder?

There are numerous recipes available to make your own tooth powder at home, here is one simple recipe with minimal ingredients used.

Ingredients:

- Bentonite clay powder- 1 tbsp
- Calcium powder- 1 tbsp
- Baking soda- 1 tbsp
- Sea salt/Himalayan Rock salt finely ground- 1 tsp
- Clove powder- 1 tsp
- Neem powder- 1 tsp
- Mint powder- 1 tsp

Method:

Mix all of the ingredients in a glass jar with a wooden spoon
Store in an airtight container with a shaker lid, spice jars work well for this!

Opting for sustainable alternatives of daily consumables is the first step to Sustainable living. Being mindful and conscious of the ingredients used in our daily products helps us contribute our small part to the much needed environmental awareness. A small change to the way you do things brings you one step closer to a sustainable lifestyle. Every small step counts.



Organo Et School

Organo Et School is the brainchild of team Organo. Organo was founded on the idea of environmentally conscious living and Organo Et School translates that idea into reality by educating and empowering schools, colleges, organizations and communities on the triple bottom line of sustainability. Organo et School aims at engaging individuals of today to stay connected with nature through workshops, live sessions and site visits.



Leading the change

We create an experiential learning environment for people to learn from.

Organo Et School educates people about the challenges of sustainable development and creates opportunities for them to use their creativity and knowledge to pioneer innovative solutions for themselves.

Learners develop a sense of place and belonging to their local community.

**NURTURING A LEARNING ENVIRONMENT FOR ALL STAKEHOLDERS
WHERE INCLUSIVE HOLISTIC ECO-LIVING IS CELEBRATED**

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