

Healthy Toothpaste is The Only Solution for Your Dental Health

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Modern toothpaste is rarely good for health, it is a mix of synthetics and chemicals that are meant to maintain, polish, whiten, and clean in order to maintain healthy gums and teeth. However there is some question as to whether those "healthy" toothpaste ingredients are necessary or safe.

These days, many people are trying to live a healthier lifestyle. They reduce their refined sugar intake by replacing it with artificial sweeteners and their bad fat intake. They try to avoid processed foods that have artificial chemicals, sweeteners, and colors like Monosodium glutamate (MSG), Splenda, sodium saccharin, and aspartame. They try to eat more fruit that is grown without pesticide and herbicide radiation or spraying or radiation and more certified organic vegetables.

However, most people don't stop to consider what they are brushing their teeth with. Toothpaste is as old as teeth and people for the early times used abrasives such as crushed eggshells, bone, and oyster shells that were mixed with powdered charcoal and flavoring. Later on, essential oils of cinnamon, spearmint, and peppermint helped to kill germs and bacteria at the same time and made brushing more pleasant.

Most commercial toothpastes contain ingredients like **sodium saccharin**, **sodium lauryl sulfate**, **PV MMA copolymer**, **sodium lauryl sulphate (SLS)**, and artificial color and they may not be considered as healthy toothpastes. Here's what these ingredients really are:

Sodium Lauryl Sulfate (NOT Healthy Toothpaste)

This is a foaming agent, an emulsifier, a moisturizer, and a detergent. Don't be fooled just because the label says that it is derived from coconut. It is a combination of mineral sodium sulphate and lauryl alcohol that is followed by neutralization with sodium carbonate.

It can be found in garage floor cleaners, engine degreasers, and hand soap. It can damage the immune system, change the genetic information in cells, and degenerate the cell membranes. It can cause allergic reactions, dandruff, hair loss, skin rashes, and eye irritation. It penetrates your liver, brain, and eyes liver and will remain there for a long time.

Sodium Laureth Sulfate (NOT Healthy Toothpaste)

This is a negatively charged, ionic surfactant. This compound reduces the surface tension in water, between and other liquid, or between a solid and a liquid. It is classified as a wetting agent. It is toxic and irritating.

Sodium Fluoride (NOT Healthy Toothpaste)

This is made from hydrofluoric acid reacting fluorspar with sulphuric acid. Fluorspar is an ore rich calcium fluoride and a hazardous chemical that has been linked to cancer. It is particularly dangerous for young children who will sometimes swallow it after brushing their teeth. There are many types of toothpaste that have enough fluoride in them to kill small children.

That's why many manufactures of toothpaste have warning labels that say not for use by children under 6 years old. Fluoride can lead to Crohn's disease when swallowed and it can corrode tooth enamel. It doesn't reduce cavities and scientists have linked it to 10,000 deaths every year from cancer, allergic reactions, arthritis, and dental deformities.

One report has indicated that fluoride poisoning may result in brain lesions, kidney disease, learning disabilities, erosion of enamel, and mottled or darkened teeth.

Pvmma Copolymer (NOT Healthy Toothpaste)

This is a stabilizer, a dispersing agent, and a thickener. It provides the soapy feel and is highly irritating to the mucous membrane, skin, and eyes.

Sodium Saccharin (NOT Healthy Toothpaste)

This is an artificial sweetener that is potentially carcinogenic. It is currently being evaluated by National Toxicology Program for toxic, mutagenic, or other adverse reactions. Tests that were done on rats in the 1980's developed bladder cancer. Even the Federal Drug Administration (FDA) lists it as a possible carcinogen.

FD and C Blue No. 1 (NOT Healthy Toothpaste)

This is frequently used to dye pastes blue. It has been known to produce malignant tumors when ingested by or injected into rats. It also causes toxic or allergic reactions and is made from a derivative of coal tar and is potentially carcinogenic.

People floss and brush their teeth to remove bacteria, food particles, and plaque anywhere from 2 to 3 times each day. There is considerable concern for young children and those who suffer from chemical sensitivity as a result of chronic exposure to household and environmental chemicals.

Consumers need to know about the potential hazards that maybe in their toothpaste. If you're concerned about the ingredients in your toothpaste you can stop using your commercial, traditional toothpaste in favor of completely chemical free, natural brand or homemade toothpaste.