

# **Neem Toothpaste - The healthy solution for your teeth & gums**

by Klaus Ferlow, HMH

Modern toothpaste is a heavy mix of chemicals and synthetics to clean, polish and maintain healthy teeth and gums. But are those ingredients safe, or even necessary? Many people these days live a healthier lifestyle. They reduce their bad fat intake, reduce refined sugar, replace it with stevia from a sweet herbal plant from Paraguay, cane sugar or Xylitol, an all-natural sweetener, derived from corncoobs and birch trees, a proven cavity fighter and safe for use by those with diabetes and hypoglycemia. Try to avoid heavily processed foods with artificial colors, sweeteners and chemicals such as aspartame, neotame, sodium saccharin, splenda, MSG (Monosodium glutamate, there are more than 50 names for it inclusive "natural flavor", research shows it is a neurotoxin damaging the nervous system and brain, linked to hormonal imbalances, weight gain, obesity (which has become a epidemic worldwide) and a variety of other health problems. Eat more certified organic vegetables and fruit grown without herbicide and pesticide spraying, chemical fertilizer or radiation, and even clean your home with non-toxic products.

But have you given any thoughts to what you are swishing around your mouth at least twice a day?

It seems that toothpaste is almost as old as teeth and early population used abrasives like crushed oyster shells, bone and eggshells mixed with flavoring and powered charcoal. Later essential oils of peppermint, spearmint or cinnamon made brushing more pleasant and helped kill bacteria and germs at the same time. Most commercial toothpastes have ingredients such as SLS (Sodium Lauryl Sulphate), fluoride, PVMMA copolymer, sodium laureth sulphate, sodium saccharin, artificial color etc. Let's find out what the ingredients really are:

## **Diethylene Glycol (DEG)**

It is a non-ionic surfactant used in shampoo, toothpaste and cleansing preparations. Ethylene glycol groups are carcinogenic, mutagenic, causing adverse reactions or are toxic, absorb through the skin easily, and are hazardous if used on large areas of the body, ingestion can be fatal.

## **FD & C Blue No. 1 & 2**

These dyes are artificial colorings often found in familiar toothpaste brands and a wide variety of other products. Recent studies indicate that they can trigger a wide number of behavioral, comprehension and health issues and they may cause severe allergic reactions, asthma, headaches, nausea, fatigue, nervousness and cancer. They are derived from crude oil, synthesized from petroleum. These dyes may be absorbed within seconds through the skin on the lips, or through mucous membrane in the mouth. The mucosal lining inside the mouth has an absorption efficiency of more than 91% and these carcinogens get into your blood, your brain, and your cells in no time at all, especially when you consider most people use dental care products two to three times a day!

Often used to dye pastes blue, most coal tar derivative are potential carcinogens, cause allergic reactions, teratogen or toxic and has been known to produce malignant tumors at the site of injection and by ingestion in rats.

## **Hydrated Silica**

Hydrated silica is made from crystallized compound found in quartz, sand and flint, used as an abrasive and tooth whitener, which damages the tooth enamel. Tooth enamel re-mineralizes daily from the store of ionic calcium and phosphorus in the saliva. Scratching the surface of the tooth with an abrasive like hydrated silica harms the enamel and prevents re-mineralization, much like using sand to clean glass. Severe wear may eventually occur. While these ingredients could abrogate tartar and make teeth whiter in appearance, they also might do harm to dental health by altering the alkaline/acidic balance of the mouth, gums and tongue. Health hazards from chemicals and toxins in our oral hygiene products are the most circumventable of all the health hazards we face.

## **PVMMA Copolymer**

A thickener, dispensing agent and stabilizer, it gives a soapy feel, highly irritating to eyes, skin and mucous membrane.

## **Propylene Glycol (PG)**

Petrochemical absorbs quickly into the skin and irritates it. It is used in many personal care products as humectants, surfactants and solvents. Also used in anti-freeze, it has been shown to cause liver abnormalities and kidney damage in laboratory animals. It may also cause delayed allergic reactions, acne, and contact dermatitis.

## **Sodium Lauryl Sulphate (SLS)**

This is a detergent, humectant (moisturizer), emulsifier and foaming agent. Do not get deceived if it says on the label "derived from coconut." It is a combination of lauryl alcohol and mineral sodium sulphate, followed by neutralization with sodium carbonate. It is found also in car wash soap, engine degreasers, garage floor cleaners, shampoos, and shaving foams. It degenerates cell membranes and can change genetic information in cells (mutagenic) and can damage the immune system. It is reported to cause eye irritation, skin rashes, hair loss, dandruff and allergic reactions. It penetrates into your eyes, brain, liver and remains there long term.

## **Sodium Laureth Sulphate**

This is an ionic, negatively charged surfactant, a compound which reduces the surface tension in water, between water and another liquid, or between a liquid and a solid, classified as a wetting agent. It has ether added and is therefore irritating and toxic.

## **Sodium Fluoride**

It is derived from hydrofluoric acid, made by reacting sulphuric acid with fluorspar, an ore rich calcium fluoride, a hazardous chemical. Did you know that fluoride is a main ingredient in rat poison? Despite fluoride being prescribed by allopathic doctors for over 50 years, the US Food and Drug Administration (FDA) has never approved any fluoride product designed for ingestion safe or effective since fluoride is a cumulative poison. Additionally, a 1991 study stated that fluoride has been shown NOT to reduce

cavities and scientists are linking it to dental fluorosis, arthritis, allergic reactions and about 10,000 avoidable deaths every year from cancer. (From fluoride and equivocal carcinogen, Federal Cancer Institute). On average, only 50% of the fluoride we ingest each day is excreted through the kidneys. The remainder accumulates in our bones, pineal gland, and other tissues. If the kidneys are damaged, fluoride accumulation will increase, and with it the likelihood of further harm. Researchers have linked fluoride to cancer, but no one was listening! Fluoride is especially dangerous for young children who tend to swallow it after brushing their teeth. Many types of toothpaste contain enough fluoride in a 120ml (4oz) tube to poison a young child that could be even fatal!

On some labels, it says, "If large amount is swallowed call poison control center". That is why many toothpaste manufacturers include a warning on their labels "Not for children under the age of 6 years." Fluoride can corrode the tooth enamel, when swallowed can lead to Crohn's disease which also can be fatal! It does not reduce cavities and scientists are linking it to dental deformity, arthritis, allergic reactions. A report indicated that fluorosis (fluoride poisoning) can result in darkened or mottled teeth, erosion of enamel, compromised bone structure and a host of other problems including learning disabilities, kidney disease and brain lesions. See article in the January 2002 issue of Alternative Medicine "Hidden fluoride in our food", [naturalsolutionsmag.com/](http://naturalsolutionsmag.com/)

### **Sodium Saccharine**

Artificial sweetener, potential carcinogenic, currently evaluated by the National Toxicology program, mutagenic, toxic or causes adverse reactions. Tests in the 1980s in rats developed bladder cancer, even the FDA list it as a possible carcinogen.

### **Triclosan**

Used as antimicrobial to prevent growth of harmful bacteria. It is also called an anti-bacterial, anti-virus and anti-fungal and is used in a huge variety of household goods, personal care products such as anti-bacterial soaps, liquid hand soaps, toothpaste, deodorants, processed food, clothing, dish soap, detergent, floor wash, counter and disinfecting sprays, glass cleaners, mouthwash, laundry soaps, lotions, moisturizers, children's toys and cleaning supplies.

Studies at the Institute of Odontology, Huddigen, Sweden, Virginia Tech University, Blacksburg, USA and University of Victoria, Canada have shown triclosan may promote the emergence of bacteria that are resistant to antibiotics, creates allergy and asthma in children, can interfere with thyroid hormones and is a health hazard to humans in general and to wildlife as well. The American Medical Association suggests that consumers should check product ingredients for triclosan, tricocarbon, quaternary ammonium and microban.

These are just a few main dangerous, hazardous chemical ingredients you will find in many commercial type of toothpastes, but there are other harmful ingredients found in toothpastes that create health problems. Therefore, "**READ CAREFULLY ALL INGREDIENTS ON THE LABELS**". If you can't pronounce the name of the ingredients, it is most likely a harmful chemical and please don't buy it!

There are a large number of toothpastes available on the market, and the vast majority contain a variety of different harmful chemicals.

People brush and floss their teeth to remove sticky plaque, food particles and bacteria anywhere from 2 - 3 times a day. There is a wide spread concern for two groups in particular: young children and those who suffer from chemical sensitivity as a result of exposure to environmental and household chemicals. Consumers have the right if not the responsibility to be aware of the potential hazard that may be lurking in your personal care products. Buying chemical free herbal products if concerns such as those mentioned in this article convince you to dump your commercial toothpaste in favor of a 100% chemical free brand such as the Neem toothpaste based on Ayurveda medicine with a history of more than 5000 years of healing, this might be your solution. The Neem tree from India has been called a miraculous healing herb and people in Asia and Africa have been using Neem twigs as tooth brushes for centuries preventing tooth decay and gum disease. The twigs contain ingredients helping with oral hygiene. Give your oral health a lift with Neem toothpaste with the following ingredients: distilled water, calcium carbonate, vegetable glycerine, neem extract, xylitol, xanthan gum, stevia, organic grapefruit seed extract, Japanese matcha tea, decylpolyglucose (mild non-ionic surfactant composed of sugar (glucose) derived from corn starch and fatty alcohol (decanol) derived from coconuts), essential oils of anise, alternative essential oils of peppermint/spearmint.

### **Words of Wisdom**

Nature is slow but thorough, Nature cures, but she needs an opportunity.

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