**Homemade Toothpaste Recipes**

**One**

4 teaspoons baking soda

1 teaspoon table salt

Mix the ingredients together. You can make some of this up in advance, just multiply and use 4 parts baking soda to one part salt.

Take some of the mixture and add just enough water to make a toothpaste.

**Two**

4 teaspoons baking soda

1 teaspoon table salt

3 teaspoons hydrogen peroxide (3% solution only! Get from the chemist)

Mix the baking soda and the salt, add hydrogen peroxide to make it into a toothpaste

**Three (the one Shani uses)**

4 teaspoons baking soda

1 teaspoon table salt

As much glycerine as you need to make a paste.

Mix the baking soda and the salt, add glycerine to make it into a toothpaste

**Things you can add to make your toothpaste more palatable**

(make sure any oils are food grade!)

Vanilla, Cinnamon Clove Anise Wintergreen Peppermint oil

Cinnamon powder

Orange lemon or lime peel, dried and ground

Mint leaves – finely chopped

Sage leaves – finely chopped

Stevia leaves, dried and ground

**Basic Ingredients you use**

**Baking soda** a mild abrasive that dissolves easily. In solution it will kill microorganism and disease related bacteria. It will also neutralise and detoxify the bacterial acids and toxins that from in plaques

**Sodium Chloride (table salt)** Can be used alone or in combination. It is not highly abrasive. In solution at higher concentrations it will kill on contact all microorganisms associated with infections in your mouth.

**Hydrogen peroxide** When hydrogen peroxide comes into contact with bacterial plaques, it breaks down very rapidly into oxygen and water. This helps to break up and destroy the thin bacterial layer on tooth surfaces, and it shows the places where bacteria are located. When used as an ingredient it has little, if any bactericidal action. It break down too rapidly

**Gylcerine** Glycerine has an antibacterial potential, which is not well recognised. If a drop of gylcerin is added to living bacterial dental plaque, they stop moving and working instantly

**Natural Deodorant Recipes**

**One**

1 part baking soda

6 parts corn flour

Mix in a reusable and resealable container

Close the container and shake vigorously for about a minute to thoroughly mix the two powders

Dab a small amount to the skin of your armpits with a soft cotton cloth, cotton ball or cosmetic applicator. Apply as if you were applying baby powder or cosmetic powder.

**Two**

1/2 cup baking soda

1/2 cup corn flour

Few drops of tea tree oil

2 whole bay leaves

Combine. Moisten underarms or apply before drying after shower. Pat on with cotton ball or sprinkle on a wet washcloth.

**Three (this is the one Shani uses)**

Cornflour

Baking soda

Coconut oil

Combine equal quantities of corn flour and baking soda- maybe start with ¼ of a cup of each. Then add as much coconut oil to the mixture till you get the substance you desire (2-3 tablespoons) It is best if you heat the coconut oil a bit. Add whatever smelly oils you would like to smell like!

Replace your empty deodorant containers with the product or store in a plastic bowl with a lid.

I put mine in a flat jam jar, scrap off some with a knife and apply to my underarms with my fingertips. Your body heat quickly melts it. You could make it into a bar although you may have to keep it in the fridge in summer as the coconut oil will melt.

**Rose water**

Pick fresh organic roses. Put two cups in a glass bowl and cover with boiling water. Let steep for about five minutes. Stir. Strain and add 1 tsp glycerine and 1 tsp vodka to preserve. Smells heavenly. Keep in the fridge if you do not preserve with vodka

**Home Made Deodorant**

2 tablespoons cornflour

2 tablespoons baking soda

Coconut oil

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