

Finding a Natural Toothpaste Contributes

What toothpaste is suitable for children? All Red Seal toothpastes are suitable for children with the possible exception of Smokers Toothpaste due to its intense mega-mint flavour which may be too strong for children. Calci-Pro toothpaste has a mild minty taste and helps maintain the enamel on teeth; particularly softer baby teeth.

What else can I do to minimize fluoride exposure for myself and my family? If you're using a fluoridated toothpaste, consider switching to a non-fluoridated alternative (which you can find at most health food stores). Young children, who don't have well developed swallowing-reflexes, often swallow a lot of toothpaste when brushing, which can cause disfiguring dental fluorosis and contribute greatly to total systemic intake. Also, even when the toothpaste is not swallowed, the fluoride may cross the gum membrane and enter the bloodstream.

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Why do Red Seal put herbs in their toothpaste? Herbs have many valuable properties such as antimicrobial and antibacterial action, and are a natural alternative to some of the chemical additives that usually go into toothpaste. Herbs also add flavour. After mixing the ingredients, wash the areas that have been sprayed, taking care to avoid the pet's eyes, ears, and mouth. To finish, simply rinse your pet with water. This may have to be repeated several times. A commercial product called Orange-a-Peel has shown some success however personally, as the owner of dogs that were sprayed a total of 5 times this past year, the above recipe was the most effective.

How about pregnant women? Pregnant women benefit. Herbs are useful in alleviating mood swings and cravings. We support the kidneys and strengthen the essence and the vitality of the woman, which is passed along to the developing fetus. Women who are having difficulty becoming pregnant can benefit from the hormone-balancing properties of our herbs. Children at school should rinse their mouth with water after meals, leaving their teeth free of sugar and acid. Children also should seek sources of fluoridation. If you purchase bottled water, be sure that it is fluoridated. Encourage children to drink tap or fountain water.

Will teenagers benefit? Teenagers benefit. Dealing with the health of teens is similar to that of children. Teenagers have a great deal of bone growth, and can use an extra dose because it helps support the kidneys during their growth spurt. Our herbs support the growth systems. Young women who are beginning to menstruate find us useful in regulating their menstrual cycles. Teens may need them for acne. All Red Seal toothpastes are suitable for children with the possible exception of Smokers Toothpaste due to its intense mega-mint flavour which may be too strong for children. Calci-Pro toothpaste has a mild minty taste and helps maintain the enamel on teeth; particularly softer baby teeth. Lemon Fresh toothpaste is a great alternative to minty flavours and many children enjoy the Lemon taste.

About the Author

Finally! The whole unbiased truth about pepsodent toothpaste exposed.

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