

What's in your toothpaste?

An FDA chemical banned from soap stays in toothpaste. *by Dr. Susan Maples*

The *New York Times* just published an article alerting the public that the FDA just banned the anti-bacterial chemical Triclosan from soap.

There is some evidence that it poses risks of causing cancer as well as reproductive and developmental toxicity.

So why was Triclosan not banned from Colgate Total toothpaste, which claims to help reduce plaque and gingivitis?

For now the FDA let this slide, which seems confusing since anything contained in a toothpaste absorbs through the gums into the bloodstream and what isn't spit out is partially swallowed.

If this chemical poses bodily danger to our skin, it doesn't seem we want it in our mouths!

The fact of the matter is we're moving away from massive bug-killing

all together. That's part of the reason Triclosan is not allowed in soap anymore.

Over-sanitizing our skin, food, drink, dishes, clothing, etc. has resulted in lower natural immunity and created "super bugs"—bacteria that are resistant to our arsenal of antibiotics. Now there's a population threat we can be worried about!

How do you select a toothpaste?

The first rule of thumb is, know what's in it. Remember that everything you put in your mouth is potentially absorbed or swallowed so be conservative.

The best selling toothpastes, containing a laundry list of what they can do for you, would not be my choice. Many people are sensitive to the strong flavoring or other additives and get more gum inflammation than help. Plus, the whitening claims just don't pan out. In the case of your paste perhaps less is more.

But don't forget fluoride. It's the single most important ingredient because fluoride molecules absorb into the porous tubules of the teeth and help protect them from acid erosion and decay.

Sadly, our commercial food supply is acidic (to fend off bacteria growth on the grocery store shelf), our most popular beverages are almost as acidic as stomach acid, and then there is stomach acid (reflux) itself—which is all too common.

If you want help personalizing your choice, ask your dentist or hygienist to help you learn just what you need in a toothpaste—and no more than that.



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Dr. Susan Maples DDS and Team.

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