

5A Clarkson Rd. Ellisville, MO

PH: 636-527-8888



# Planet Health's Newsletter

## Trusting Your Tube

*Natural toothpaste ingredients offer clean, healthy oral care options*

Brushing your teeth involves polishing those pearly whites twice a day, two minutes at a time. But have you paused to think about the kinds of chemicals you're putting in your mouth when you do?

Conventional toothpastes are often loaded with additives. As an example, the Food and Drug Administration banned germ-killing triclosan from soaps, but you can still find it in many toothpastes, despite studies in animals showing it can disrupt reproduction and metabolism. Sodium lauryl sulfate, a foaming agent, can wear away at the mouth's protective lining, causing irritation and increasing canker sore risk.

### Why Brush?

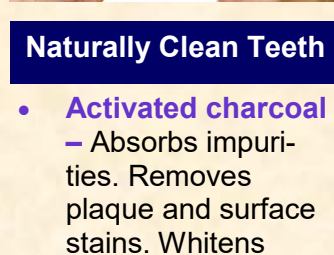
The point of brushing lies in removing *plaque*, a sticky bacterial film that can break down tooth enamel, irritate gums and cause infections.

Aside from giving your mouth a fresh and clean feel and helping whiten your teeth, toothpastes can help also boost your brushing sessions to make them more effective.

Toothpastes work by abrading, or scrubbing away, the food sources and bacteria on a regular basis. Most natural toothpastes have some abrasive properties and so would be fine for that purpose. That's especially crucial if you eat foods with high sugar content.

Resource: energy times magazine

2nd Quarter 2019



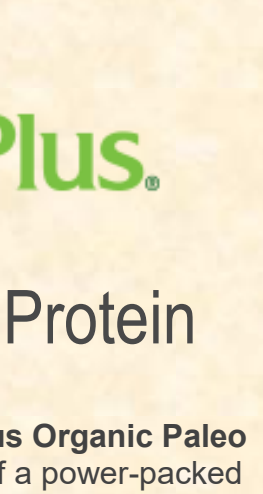
### Naturally Clean Teeth

- **Activated charcoal** – Absorbs impurities. Removes plaque and surface stains. Whitens teeth
- **Baking Soda**–It can neutralize harmful acids that may cause gum disease and cavities, and also help remove stains.
- **Coconut oil**– Effective in reducing plaque and preventing *gingivitis*, or gum disease.
- **Neem**–Help prevent cavities and gum problems. Also helpful in cases of tooth decay and oral infections.
- **Silver**– Nanoparticles of this precious metal have shown antibacterial properties, reducing risk of gum disease and bad breath.
- **Tea tree oil**– Effective in removing plaque.
- **Xylitol**–Prevent tooth decay

## What's New?



- **GLUTEN FREE**
- **DAIRY FREE**
- **GRAIN FREE**
- **SOY FREE**
- **DAIRY FREE**
- **VEGAN**
- **PALEO**



NaturesPlus®

## Organic Paleo Protein

Each serving of **Natures Plus Organic Paleo Protein** delivers 20 grams of a power-packed defined vegan protein blend along with 4 grams of healthful fatty acids and 5 grams of fiber, while delivering an impressive 500 mg of heart-healthy electrolyte Potassium.



## NUTRITIONAL BLOOD ANALYSIS



WHEN: Saturday, Apr 6, 2019

Saturday, May 4, 2019

Saturday, Jun 1, 2019

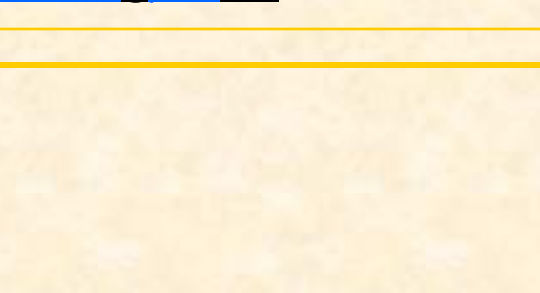
TIME: 9:00 AM - 5:00 PM

Call today to schedule your appointment  
636-527-8888

## NOTICE ANNUAL GIFT BASKET GIVEAWAY

WHEN: SATURDAY, MAY 18TH

TIME: 12:00 PM - 3:00 PM



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HOURS:

Mon-Fri: 9:00AM-7:00PM

Saturday: 9:00AM-5:00PM

Sundays-CLOSED



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Questions or comments? E-mail us at [planethealthstl@yahoo.com](mailto:planethealthstl@yahoo.com) or call 636-527-8888