

# Toothpaste

Stinky breath—we're slamming the door on you! This toothpaste contains pomegranate extract, which has been found in studies to limit the growth of certain bacterial biofilms that are involved in the development of periodontal disease.

Yields approximately ¼ cup

1. Pour the liquid coconut oil into a small bowl, or directly into a small sealable container.
2. Add the baking soda or clay, pomegranate extract (open the capsule and empty the powder in, or if in tablet form, crush the tablet and add the powder), trace minerals, and essential oil (if using).
3. Mix well and pour into sealable container (if you haven't already done so).
4. Store tightly covered.



**Improve Oral Health:** Poor oral hygiene is a major health risk for dogs and cats, leading to heart, kidney, and liver disease, yet at least 80 percent of dogs over three years of age have developed some form of periodontal disease. For cats, rates may be higher (some studies estimate 96 percent of cats have inflammation of the gums). Here's how to make good oral hygiene easier.

- It's important your dog or cat feels comfortable with your hands touching their mouth, so incorporate gentle facial strokes during daily cuddle time.
- Once your pet is okay with having his face and gums touched, the next step is to wrap a bit of gauze, a clean scrap of thin cotton cloth, or a cotton round around your finger, dab on a pea-sized amount of toothpaste, and rub it over teeth and gums.
- Start by brushing one tooth at a time with the gauze or cotton until all teeth are clean. Later, transition to a finger brush, then a soft pet toothbrush that's the right size for his mouth.