GRANDMA'S REMEDIES

Simple DIY Mouthwash To Remove All Plaque from Your Teeth

By bestfolkmedicine · 05/01/2019 · 2 min read



We are often told that if we do not brush our teeth at least two times per day or after every meal, our risk of oral health problems will be much higher. And, dentists have all the right saying that we need to brush our teeth more often! Namely, in order to maintain the teeth white, remove plaque and residue from food, and have a pleasant breath, we need to brush our teeth regularly and properly.

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But, there are situations when your toothbrush and toothpaste do not suffice and you need additional help. If you need to get rid of accumulated plaque successfully and naturally, you need to try the baking soda and hydrogen peroxide mixture.

The preparation of this homemade mouthwash is very easy, the ingredients are affordable, and they have no chemicals that can harm your oral and overall health. Continue reading the article to see the recipe in full.

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DIY Baking Soda Mouthwash Recipe

You will need:

A tbsp of baking soda

½ cup of hydrogen peroxide (1-3 %)

A cup of cold water

½ cup of warm water

½ tsp of sea salt

A bowl

An interdental toothbrush or a toothpick

A toothbrush

Preparation: First, combine the baking soda and salt in a bowl. Then, run the toothbrush under water and dip it in the mixture. Use the content to brush your teeth as you would with a normal toothpaste. Spit the content and rinse the mouth. Now, to prepare the mouthwash, mix the hydrogen and warm water. Swish the content through the mouth for a minute or so. Use a your interdental toothbrush to clean between the harder-to-reach areas. At the end, use the cold water to rinse the mouth thoroughly.

Repeat the procedure up to twice per week.

Important to note:

This cleaning method is in no way a replacement for toothpaste brushing and flossing!

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Sources:

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