HEALTHY TIPS

Coconut Oil Is Better than any Toothpaste According to Researchers

By bestfolkmedicine · 08/04/2020 · 2 min read



In a recent study by the Athlone Institute of Technology in Ireland, scientists compared the effects of coconut oil and toothpaste and concluded that there are some advantages of choosing coconut oil over regular toothpaste.

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Even though you don't necessarily need to ditch toothpaste and use only coconut oil, adding it to your oral care regime can certainly be a beneficial decision.

Let's learn why...

How Can Coconut Oil Help Better than Toothpaste?

Coconut oil is able to clean the teeth and help you avert tooth decay better than other fluoride toothpastes and mouthwashes.

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Since it has zero side effects and since it's all natural, coconut oil is amazing and chemical-free way to take care of your teeth and gums.

According to the study, coconut oil is potent enough to destroy the bacteria strains that are common in the oral cavity better than toothpaste, especially the *Candida albicans*.

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Coconut oil vs. Regular Toothpaste

Coconut oil has characteristics that can destroy the yeast in the mouth. Yeast is linked with common dental problems and tooth decay; therefore, reducing its amounts will lower the chances of dental diseases.

Yeast isn't just bad for the oral health, but it also has a negative impact onto the digestion. Yeast seems to thrive in environments full of processed foods and added sugar.

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And, toothpaste doesn't seem to have this positive influence on yeast that was noticed in coconut oil. Coconut oil was found to be a beneficial alternative to the toothpastes which mostly contain chemicals.

How Much Coconut Oil You Need & How to Use It?

In the study, a spoon of coconut oil was used for tooth cleaning.

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This is known as oil pulling- you take a spoon of oil and put it in your mouth and then wait for it to melt before you begin to swish it back and forth like with a regular mouthwash.

When you're done with the swishing, make sure you spit the oil out and rinse off the mouth with water.

Repeat the process weekly or every two to three days.

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Sources:

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