

Would You Brush Your Teeth With Garage Floor Cleaner?

By Al Sears, MD

[Last week](#), I explained that a preservative in many health and beauty products could be exposing you to unnecessary - and dangerous - amounts of estrogen. After the startling results my [Wellness Research Foundation](#) turned up on cosmetics, I looked at the daily products I was using myself ... and then I threw out my toothpaste. Here's why ...

One of its ingredients - sodium lauryl (laureth) sulfate - was originally used as an industrial garage floor cleaner. (This chemical makes the foam and bubbles as you brush your teeth.) In your mouth, it forms nitrates that are known carcinogens, which can lead to cancer.

The toothpaste included another chemical - PEG-6 (polyethylene glycol). It's used as a thickening agent. It's also used in oven cleaners for its ability to dissolve grease. And research pegs PEG-6 as cancer causing. No one seems to know what concentrations are safe and how much it would take to cause cancer ... but dosing ourselves daily doesn't seem wise to me. Especially since it's not necessary.

Here's a simple alternative: Sprinkle some baking soda on your toothbrush. Then add a splash of hydrogen peroxide. They are both very cheap and you can buy them at any grocery store. It may not be trendy or glamorous, but these two simple ingredients do a far better job of cleaning your teeth than most toothpastes. Hydrogen peroxide also kills bacteria better than any mouthwash and is ideal for gum health.

[Ed. Note: Dr. Sears, a practicing physician and the author of *The Doctor's Heart Cure* and *12 Secrets to Virility*, is a leading authority on longevity, physical fitness, and heart health.]