

These are not directly related to dentistry, but since we're thinking about functional medicine, we do have to think what we absorb via our skin, so preservatives and additives, plastic storage containers and so on all matter. These are just a few things I do to maintain my health. I included them in this segment to give you an idea of what many people are doing to move away from less than healthy conveniences we rarely evaluate.

As I indicated in *Mouth Matters*, I often consult Environmental Working Group's Skin Deep Cosmetics Database: <https://www.ewg.org/skindeep/> for products, *especially for any contemplated cosmetics!*

HOMEMADE LAUNDRY SOAP

Total Time: 5 minutes

Ingredients:

- 1 bar grated Dr. Bronner's. I use my food processor to grate it.
- 2 cups Borax
- 2 cups Washing Soda (soda ash/soda carbonate)
- 1 cup baking soda
- 15 -30 drops essential oil of your choosing. I like at least 1.2 to be peppermint.

Directions:

Combine all ingredients and store in an air tight glass container

Use 1/4 cup per large load (adjust accordingly); less if you have soft water or use ozonated water in your laundry.

LAUNDRY BOOSTERS

Epsom salts combined with a little essential oil is a great fabric softener for your laundry as are wool dryer balls (it's the natural lanolin). Epsom salts will also help remove detergent buildup from your washer; mix 4 cups epsom salts with 20 drops of your favorite essential oil. Add ¼ cup to each laundry load.

ESSENTIAL OILS INSECT REPELLENT RECIPES

I used these in the rain forest in Belize and never suffered a bite while everyone else did! I spray this directly on my skin, but people sensitive to the oils might prefer to apply to their clothing instead, especially children.

Ingredients

Essential oils: I use Young Living's "Thieves", a mix of clove, lemon, cinnamon bark, eucalyptus radiata and rosemary in addition to some or all of these: lemongrass, tea tree, cajeput, eucalyptus, cedar, lavender and

citronella. I always use some from the mint family also.

Natural Witch Hazel

Distilled or boiled Water

Vegetable glycerin (optional)

Directions:

1. Fill 8 oz. spray bottle with 4 oz. distilled or boiled water
2. Fill with witch hazel almost to the top
3. Add 1/2 tsp vegetable glycerin (optional)
4. Add 30-50 drops of essential oils. The more oils you use, the stronger the spray will be.

FRESH OR DRIED HERBS INSECT REPELLENT

Ingredients

Distilled water

Witch hazel

Dried herb choices: peppermint, spearmint,

citronella, lemongrass, catnip, lavender, etc.

Incorporate at least one herb from the mint

family.

Directions

1. Boil 1 cup of water and add 3-4 tbsp of dried herbs total in any combination from the above. I use 1 tbsp each of peppermint, spearmint, catnip and lavender. You may also add a couple of dried cloves.
2. Mix well, cover and let cool (covering maintains the volatile oils)
3. Strain herbs and mix water with 1 cup of witch hazel. Store in a spray bottle in a cool place.

