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Hate Oil Pulling? Coconut Toothpaste Was Made for You



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MAY 25, 2017 @ 5:00 PM

Remember when oil pulling had its moment on the Internet? Although nothing new (FYI, it happens to be an ancient Ayurvedic dental technique), it became the go-to trick for DIYers, natural [beauty](#) (<http://www.instyle.com/beauty>) lovers, and more for eliminating bacteria from the mouth, as well as detoxing. Some even claim swishing a tablespoon of this stuff around your mouth was a teeth whitening trick.

And even pros agree when it comes to the benefits. "Oil pulling is highly effective at reducing tooth cavities and at eradicating bad breath. Removing the Streptococcus mutant

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SUBJECT

bacteria—an important player in tooth decay—as well as other microorganisms, oil pulling is great for oral health. It also helps with plaque-induced gingivitis," explained New York Celeb Cosmetic Dentist [Dr. Lana Rozenberg](http://rozenbergdentalnyc.com/) (<http://rozenbergdentalnyc.com/>) when I asked her of the technique.

RELATED: Confessions of an Oil-Puller

(<http://www.instyle.com/news/editor-tested-confessions-oil-puller>)

But oil pulling for 20 minutes was never something I could make myself do, so even though I was intrigued by the almighty powers of coconut oil for dental health, I passed. A few years later, I found my own alternative—one that allows me to experience the benefits of the raved about ingredient without gargling.

JÄSÖN Simply Coconut Strengthening Toothpaste

(<http://www.jason-personalcare.com/body-loving-products/oral/simply-coconut>) uses the star ingredient as the main source of dental detoxing. Combined with ingredients like magnesium and peppermint oil, the 99 percent natural formula not only rids your teeth and gums of bacteria, but leaves you with super fresh breath.



Courtesy

Before popping open the tube, I was a little worried that the

taste would be hard to bare, but it really does have a subtle minty freshness on its side. And for those of you who opt for the untraditional flavors in the grocery store, it's also available in Coconut Chamomile, Coconut Cream, and Coconut Eucalyptus.

VIDEO: How Much Should You Be Tipping at the Salon?

Unlike regular toothpaste, it has less of a “paste” consistency and is more creamy and lotion like. It remains solid enough that you can obviously smear it on your toothbrush, but it almost melts in your mouth. I've been using it for over a month, and I feel like my teeth feel super clean and my breathe is always fresh after each use. My gums can be sensitive, and I haven't had any problems there yet either.

Are you lacking in oil patience, too? You can find JĀSÖN Simply Coconut Strengthening Toothpaste at Whole Foods stores for \$6 a tube.

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