

## Is there a natural way to whiten my teeth?



**Naturopath Gemma Hurditch answers for College of Naturopathic Medicine**

Whitening your teeth naturally is unlikely to produce the same dramatic results as a

bleaching kit from the dentist, but if you want to avoid the toxins there's a number of natural things you can do to encourage a brighter smile. There are two basic issues – yellowing from plaque build-up; and staining, such as from foods or tobacco.

Drinking green tea can reduce plaque and whiten teeth, so it's a great beverage between meals. Oil pulling may also improve teeth whiteness; coconut or sesame oil both work well. Take one tablespoon of oil in your mouth and 'pull' and 'push' it through your teeth and around your mouth, spitting it out after about 10 minutes. Oil pulling is recommended first thing in the morning, before eating or drinking.

Brush twice a day and floss nightly. Brushing your teeth prior to eating can be better for your teeth. Some foods can weaken tooth enamel which may be worn-down by brushing. Leave brushing for 30 minutes after food. Sprinkling baking soda on the top of your natural toothpaste can help gently remove surface stains. Rinse your mouth with warm water after eating or drinking staining foods such as berries, red wine, coffee and tea.

► **CNM trains students for careers in natural therapies. Check out the website for details of talks and seminars in your area. Visit [www.naturopathy.ie](http://www.naturopathy.ie) or call 01 878 8060.**



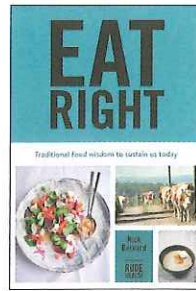
## Stop huge VAT increase in vital food supplements

The decision to implement 23% VAT on food supplements was taken by the Minister for Finance Paschal Donohoe in the run up to Budget 2018. This decision was taken without consultations with consumers or the food supplement industry, and against the recommendations of the Revenue Commissioners, who wanted to see a reduced rate introduced. Health Stores Ireland, the official organisation for Ireland's health stores, launched a campaign to prevent the introduction of 23% VAT on supplements including vitamins, minerals, probiotics, omega-3 and -6 fatty acids and folic acid. This tax is hugely damaging to the health of many vulnerable people who depend on these supplements to maintain a good level of health and standard of living.

Health Stores Ireland Chairperson Martha Brennan said: "Raising the cost of vital food supplements by 23% in one stroke will discourage many people from looking after their health. All of our member stores have been inundated with people coming in and telling staff how they will not be able to afford the vitamins, minerals and probiotics they need to stay healthy."

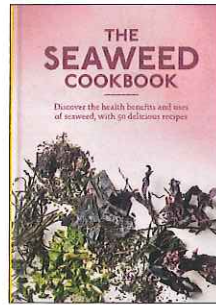
Health Stores Ireland are mobilising their customers in a grassroots campaign across the nation.

## BOOK REVIEWS



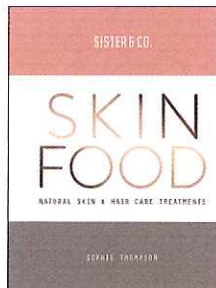
### **Eat Right** by Nick Barnard

Our ancestors enjoyed an ever-changing seasonal variety of natural ingredients that they then ate raw, cooked, sprouted, salted or fermented and now Nick Barnard, co-founder of Rude Health foods, is showing us how to do this with a modern twist. With over 100 nutrient-rich recipes and instructions of making butter, yogurt, ghee, broth, kimchi, kefir and kombucha as well as sprouting grains, this book will keep you busy for years. *Kyle Books*



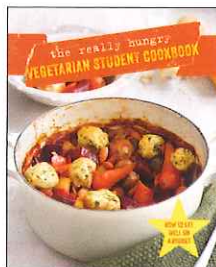
### **The Seaweed Cookbook**

Seaweed is one of nature's healthiest foods – it is high in protein, soluble fibre and essential fatty acids and we are blessed with lots of different types of seaweed on our coasts in Ireland. But how do you cook it? This book explores the history and the benefits of this versatile ingredient and gives you recipes for sweet and savoury dishes as well as homemade beauty products. *Aster*



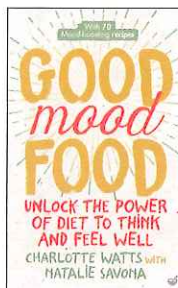
### **Skin Food** by Sophie Thompson

Inspired by her own troubled skin, author Sophie Thompson has been on a journey to discover the benefits of natural skincare, why these powerful natural ingredients are good for skin and how to make skin products at home. This book is an education into how chemicals in toiletries and make-up damage our skin and how natural ingredients can bring healing and a glowing complexion. *Aster*



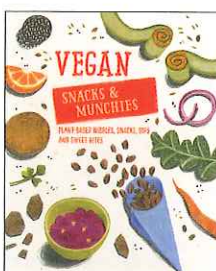
### **The Really Hungry Vegetarian Student Cookbook**

The subtitle of this book is How to Eat Well on a Budget, and it would make a great gift for any young person heading off to college for the first time. Full of useful tips and cookery basics, it is crammed with easy, healthy and delicious veggie recipes for cash-strapped students. *RPS*



### **Good Mood Food** by Charlotte Watts and Natalie Savona

There's an increasing understanding that our mental and physical health are closely linked, now nutritionist Charlotte Watts looks deeper into how food can be used to combat common health issues. Plus how to improve your energy levels, resist cravings and anxiety, get more sleep and tackle depression and hormone imbalance. A book for our more enlightened times. *Nourish*



### **Vegan Snacks and Munchies**

If you're following a vegan diet but get peckish every now and then you may think it's difficult to come up with nourishing vegan nibbles and snacks – well that's no longer the case. This book has recipes for everything from dips, bites and energy balls that are all easy and quick to put together. And there's even something for a sweet tooth. *RPS*