



By Marilyn Begg

Dental Care For Dogs And Cats

The natural approach

With 3 DIY Toothpaste Recipes You Can
Make Yourself



As you know, here at *Protecting Pets Naturally*, we are all about natural choices for your pets. That is just as important when it comes to your pet's teeth and so today we bring you our top tips for natural dental care for dogs and cats.

Brush Your Dog's and Cat's Teeth Regularly

Most people know they should brush their own teeth at least twice a day, but did you know that brushing your pet's teeth is just as important? Just like humans, dogs and cats can develop plaque and tartar on their teeth, which can lead to gum disease and tooth loss.

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Regular brushing can help to remove plaque and prevent tartar build-up, keeping your pet's teeth healthy and clean. Daily is ideal but three times a week is ok.

Plus, toothbrushing is a great opportunity for some quality bonding time with your furry friend. While brushing your dog's teeth may seem like a daunting task, it's actually quite simple. Just start slowly and be gentle, and you'll both be enjoying fresh breath in no time. [This is a great guide](#) to get your dog used to the process.

You can do something similar with cats, but the process may take longer for your cat to get used to.

The important thing to remember is never to use commercial toothpaste for humans, as this is toxic to pets, could include xylitol which is deadly to pets, and the foaming action can make them choke.

Instead, use a dog or cat specific toothpaste. If you want to create your own, then scroll down for my **homemade dog and cat toothpaste recipe guide**.

You can use a pet toothbrush or a child's soft toothbrush on a dog. Cats often prefer a piece of gauze around your finger or an electric toothbrush head but keep your fingers safe if you're not sure if they are a panicky cat. This is why it's best to introduce cats and dogs to brushing at a very young age.



Allow Your Dog Raw Bones

Dogs have been chewing on bones for centuries to clean their teeth. Even three week old pups are introduced to size-appropriate recreational bones as part of their raw fed diet. Pups also use their whole body when they chew bones and this promotes optimal muscle growth. Gnawing on a meaty bone helps to remove plaque and prevent tartar, keeping teeth healthy and sparkling white. In addition, chewing on bones can also promote gum health by stimulating blood flow.

It's important, though, to be safe when allowing your dog to chew on bones, as splinters can lead to internal injuries and gnawing on dense bones for too long could lead to tooth damage.

Another danger is dogs with missing teeth can choke on a chunk of bone if it's too small and there are no teeth to stop it. If these dogs are too eager in their chewing, it may be best to refrain from giving them any round bones like ox tail or necks.

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1. **First, and most importantly, always monitor your dog when they have a bone, so you can ensure there is no splintering and that your pet does not choke.**

Dogs can also become quite possessive about bones, so be mindful of this if you have other pets or children in the home.

2. Always feed 100% raw bones. Cooked bones are more likely to splinter and cause injuries to the mouth or be swallowed and cause damage to the digestive tract. Smoked bones will be too dense and could damage teeth.
3. Serve meaty bones, as the process of pulling the meat and gristle from the bone will clean your pet's teeth more effectively. Beef brisket bones are ideal. As the dog chews them and they become smaller, they should be replaced.
4. Serve a bone that is the right size for your breed of dog. A rule of thumb seems to be that the bone should be about the size of your dog's head. Large enough that they can't get it into their mouth and swallow all or parts of it, but not so large the bone is too hard and dense.



Dental Care Chew Toys

There is a wide range of chew toys and dental treats available for both cats and dogs that can help to keep their teeth clean.



We stock the Bristly Brush, which is a DIY dog toothbrush. Your dog can sit and gnaw on it, just as they would a bone, and the movement of the brushing stick in their mouth will mimic the action of brushing their teeth. You can find the Bristly Brush for [large dogs here](#), and [small dogs here](#).

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It's also a good idea to take the natural approach and to let your dog chew on crunchy food, such as apples and carrots. Because they must chew these well, they can help to clean their teeth. With apples, keep the skin on as this helps to clean the teeth and provides pectin, but make sure the dog never eats the seeds of the apple, as these are poisonous. You should also avoid feeding the core of the apple, as it can be a choking hazard.

The more proactive you can be when it comes to your dog or cat's dental health, the better. Probably the most important factor will be to brush their teeth regularly, and the younger they are when you start this, the more quickly they will get used to it. However, even with an older dog or cat, it's worth persevering, as it will be even more valuable for their dental health.

Homemade Dog And Cat Toothpaste Recipe Guide

I personally recommend [Young Living essential oils](#) as they are tested and proven to be 100% organic and pure therapeutic grade oils. Synthetic oils contain chemical additives and should be avoided.

Recipe 1. Peppermint K9 Toothpaste

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Note: You can use this recipe on cats but replace peppermint oil with helichrysum oil or myrhh oil.

Ingredients:

1 drop parsley oil

2 drops peppermint oil

1 tablespoon food grade diatomaceous earth

1/2 tablespoon baking soda

2 teaspoons melted organic coconut oil

Directions:

Mix DE, baking soda and oils in a small glass jar. Add enough coconut oil to make a paste. Store in a cool, dark cupboard, not a fridge or the coconut oil will go hard.

Recipe 2. Bentonite Clay and Probiotic Toothpaste

Note: You can use this recipe on cats but replace peppermint oil with helichrysum oil or myrhh oil.

Ingredients:

2 drops parsley oil

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1 drop peppermint oil

1 tablespoon bentonite clay

1/2 teaspoon probiotic

1/8 teaspoon Himalayan pink salt

2 teaspoons coconut oil

Directions:

Mix bentonite clay, probiotic, salt and essential oils in a small glass jar. Add enough coconut oil to make a paste. Store in a cool, dark cupboard, not a fridge or the coconut oil will go hard.

Recipe 3. Kelp Toothpaste for Cats & Dogs

Ingredients:

2 drops parsley oil

1 drop helichrysum oil

1/2 tablespoon kelp

1 tablespoon food grade diatomaceous earth

1/8 teaspoon Himalayan pink salt

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2 teaspoons melted organic coconut oil

Directions:

Mix D.E, kelp, salt and essential oils in a small glass jar. Add enough coconut oil to make a paste. Store in a cool, dark cupboard, not a fridge or the coconut oil will go hard.

THE #1 PROBLEM



According to
American Veterinary
Medical Association



**IT LEADS TO PAINFUL INFLAMMATION,
BAD BREATH AND CAN EASILY LEAD TO
LIFE THREATENING DISEASES.**

DON'T LET YOUR PET BECOME A STATISTIC. TREAT DENTAL HEALTH SERIOUSLY.

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Note: You can save 24% if you become a wholesale customer of Young Living for your toothpaste oils [here](#). (It's worth it because 100% organic therapeutic oils are not cheap but synthetic ones are. You get what you pay for.)

Affiliate Disclosure: I may receive a commission if you make a purchase through this link when you quote member ID #10397927 at checkout.



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