



Wholehearted Dental

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## DIY Recipe - pH Correction Mouthrinse

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Maintaining a healthy oral pH helps protect your teeth and reduce the risk of enamel erosion, tooth sensitivity, and cavities. This rinse is a simple, effective option you can make at home.

### Ingredients:

- ☐ 1 cup (8 oz) water
- ☐ 1–2 teaspoons baking soda
- ☐ Optional: 5–15 drops mint essential oil (or another essential oil to taste)
- ☐ Optional: Up to 5 teaspoons xylitol for sweetness (available online or at most health food stores). **Important:** Xylitol is toxic to dogs. Keep this rinse out of reach of pets.

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### Directions for Use:

1. Combine ingredients and stir or shake until the baking soda is fully dissolved.
2. Rinse with one mouthful for 60 seconds, then spit out. Do not swallow.
3. You may repeat as needed.
4. Daily use is recommended, ideally multiple times per day.

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### Shelf Life & Storage:

- Homemade rinses do not contain preservatives. For best results, prepare only enough to last 3–4 days.
- After several days at room temperature, baking soda naturally converts to sodium carbonate. This remains alkaline, but baking soda is gentler on teeth.
- Keep your rinse in a sealed container at room temperature or refrigerated for freshness.

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**Tip:** Consider keeping a small supply at home, work, or in your car so it's always available when needed.