

Health Matters

Patsy Meridith, C.N.C. Owner of Natural Foods Market

Americans spend over \$10 billion a year on teeth-whitening products. The teeth's protective layers, such as enamel and cementum, provide a barrier to the more sensitive structures like dentin and the root. It's the outer layers that become dull and stained over the years by tea, coffee, red wine and tobacco.

The overuse of chemically-based (carbamide peroxide) whitening products can lead to damage and sensitivity of teeth and gums, but the use of **Activated Charcoal Toothpaste by "My Magic Mud"** removes stains and toxins, yet is gentle on enamel. It's a simple blend of foodgrade, ultra-fine activated charcoal (made with coconut shells) that safely cleans, whitens and detoxifies your teeth and calcium bentonite clay that lifts toxins and re-mineralizes your enamel.

Even though it's a little messy, it gives your mouth an exceptionally clean feeling and, with use over time, your teeth become whiter, brighter and stronger. Available in 3 flavors: cinnamon, wintergreen and peppermint.

As always, we guarantee your satisfaction.

Locally owned for 35 years



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