

Dental Favorites

Here's what we've personally used to support oral health naturally—no fluoride, no sketchy ingredients. These swaps helped us reduce sensitivity, avoid unnecessary dental work, and even remineralize small spots with nutrition and consistency.

Boka Nano-Hydroxyapatite Toothpaste

We've repurchased this one a lot. It's fluoride-free but still helps strengthen enamel and whiten gently. Great for sensitive teeth.



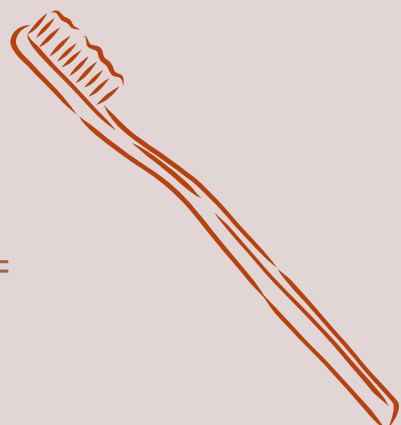
Just Ingredients Tooth Powder

A clean, fluoride-free powder that supports remineralization with hydroxyapatite and clean ingredients. We rotate this in a few times a week.



Vivago Barmboo Toothbrushes

Soft bristles + no plastic waste = an easy eco-friendly swap. We keep extras in the bathroom drawer and travel bags.



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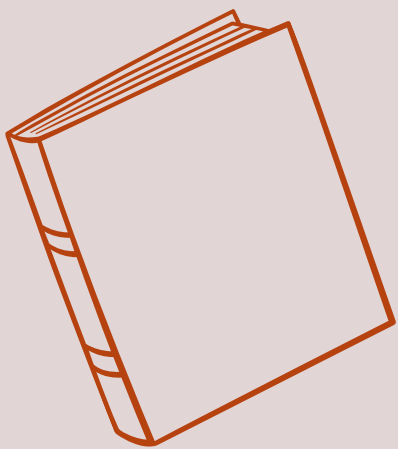


Sonicare Rechargeable Toothbrush

Worth the investment. Gets a way better clean than manual brushing, and the pressure sensor is helpful for gum care.

Oral-B Comfort Floss

This isn't the most "crunchy" option, but it works well and glides without shredding. I've heard about silk floss as a next-level swap if you're interested in exploring that.



Cure Tooth Decay Book

This book seriously shifted how I think about dental health. It explains how nutrition impacts cavities and why fat-soluble vitamins matter.

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Why not fluoride?



Wondering why we skip fluoride?

I used fluoride for years—until I started learning about mineral balance, dental nutrition, and the science behind hydroxyapatite (what our teeth are actually made of).

We've personally had better results with less sensitivity and fewer issues using hydroxyapatite toothpaste consistently.

If you're curious or just want to dig in a little more, here are a few reputable studies and sources that helped me feel confident about switching:

Sources

- Amaechi, B. T., Mathews, S. M., Mensinkai, P. K., & Dutton, B. (2019). Remineralization of artificial enamel lesions by nano-hydroxyapatite toothpastes. *Journal of Clinical Dentistry*, 30(1), 36–41.
- Orsini, G., Procaccini, M., Manzoli, L., Sparabombe, S., Tiriduzzi, P., Bambini, F., & Putignano, A. (2010). A double-blind randomized-controlled trial comparing the desensitizing efficacy of a new dentifrice containing nano-hydroxyapatite. *Journal of Clinical Periodontology*, 37(6), 510–517.
<https://doi.org/10.1111/j.1600-051X.2010.01561.x>
- Tschoppe, P., Zandim, D. L., Martus, P., & Kielbassa, A. M. (2009). Enamel and dentine remineralization by nano-hydroxyapatite toothpastes. *Journal of Dentistry*, 37(11), 807–813.
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