

Ultimate Guide

TO WHITEN YOUR TEETH NATURALLY AT HOME

1. BRUSH AND FLOSS REGULARLY

Brush twice a day to prevent plaque build-up.

Floss once a day to remove plaque in between teeth.

Schedule your dentist visit 6 months apart or once a year.

2. RIPE STRAWBERRIES

Strawberries contain lots of vitamins and minerals.

They have malic acid and remove surface stains.

Mash some strawberries and use a toothbrush to brush it on your teeth.

3. BANANA SKIN

Eat a banana. It contains good nutrients for the whole body.

It also contains lots of potassium, manganese and magnesium to remove stain.

Use the white insides of banana skin and rub on your teeth.

4. EAT AN APPLE

Eating an apple can help you to scrub your plaque from your teeth.

Munching on apple produce lots of saliva which is good for remineralizing your teeth, giving it a white shine.

5. HYDROGEN PEROXIDE AND BAKING SODA

Mix 1 teaspoon of hydrogen peroxide and 1 teaspoon of baking soda to make a paste.

Apply this twice a week to your teeth.

You can also use 1 teaspoon of baking soda with 2 teaspoon of water to make a paste.

6. BAKING SODA AND LEMON

Mix 1 teaspoon of baking soda and lemon juice to make a paste.

Use a toothbrush to dip into it and brush your teeth.

Rinse off after 1 minute.

Ultimate Guide

TO WHITEN YOUR TEETH NATURALLY AT HOME

7. SALT WATER

Mix 1 teaspoon of salt to a cup of water.

Rinse your mouth with it twice a day.

Salt water can reduce the amount of bacteria in the mouth.

8. OIL PULLING

Put 1 t tablespoon of coconut oil into your mouth and swish in your mouth for 15 to 20 minutes.

Spit into a paper cup and dispose in trash bin.

Coconut oil is high in lauric acid and can reduce plaque and gingivitis.

9. STOP SMOKING

Quit Smoking.

Smoking causes stains and bad breath.

Smoking can also cause lots of health problems such as heart diseases and high blood pressure.

10. EAT A HEALTHY DIET

Eat lots of vegetables and fruits.

Foods such as cheese and milk, and yogurt contain calcium which is good for strong teeth and healthy bones.

11. AVOID SNACKING ON HIGH SUGAR SNACKS.

Snacks may contain lots of sugar and may increase bacteria in your mouth, and cause more plaque to be built up.

Some snacks can be sticky like popcorn and dried fruits and will stick to your teeth.

12. AVOID DRINKS THAT CAN STAIN YOUR TEETH

Avoid drinks like coffee, tea, soft drinks. They will stain your teeth.

GROCERY SHOPPING LIST

PROTEINS

DAIRY

FRUITS

STRAWBERRY

BANANA

LEMON

VEGETABLES

BROCCOLI

NOTES

COCONUT OIL, BAKING SODA, HYDROGEN PEROXIDE