

# [White and then rub it gently on](https://assignbuster.com/white-and-then-rub-it-gently-on/)

White teeth is a critical thing in our everyday life.. Inother words, the whiter teeth can give us a whole lot confidence in the way wetalk and smile and we can perform the tasks with great confidence. This is afact that we all cannot afford multiple visits to the dentist as it becomespretty costly and the stains come back again and that is something that becomesrecurring. Even if we take proper care of our teeth, we see that our teeth getstained by smoking, medicines, soda or coffee. The residue of the food seepsinto the cavities of the teeth and thus it makes pretty difficult to brushthose things out.  In the markets thesedays, we find a lot of whitening toothpastes that can only bleach out minordiscolorations and thus the older the stain becomes the difficult it becomes toclean it.

In this article, we are going to discuss some home remedies so thatone can save a lot of money that one has to spend by going to the dentistclinics, as well as spending a whole lot on the expensive toothpastes. Let ussee as to what approaches we have to brighten our day with brightened teeth. 1. Baking Soda: You can take baking soda on a toothbrush, which is damp or you can mix it with the toothpaste so that to help neutralizethe salty taste of baking soda. Baking soda is known for its quality to makethe teeth really white. 2. Hydrogen Peroxide: It is also one of the things that wehave in home.

You must remember that you should not swallow the hydrogenperoxide while brushing your teeth. It will take a couple of weeks till youwill be able to see the results or a little sooner and the results will appearas whiter teeth that will make your smile really beautiful. The other way touse hydrogen peroxide is with cotton swab. Put it in the solution of hydrogenperoxide and then rub it gently on your teeth on the front and the inside. 3.

Strawberries: It isn’t usually realized thatstrawberries have teeth brightening agents and they work truly successfully whenyou use them to remove the spots on the teeth. The teeth become spotless andwhite. Strawberries contain sugar and acids and it is critical that you shouldbrush your teeth with the fluoride toothpaste after you have connectedstrawberries on your teeth. 4. Wood Ash: Wood ash contains potassium hydroxide, and isknown that has agents with bleaching quality. The crystals that are tiny cantake out the plaque and you need to scrub the teeth to get the tartar or otherdeposits to get off of your teeth.

You must take care that you do not rub ittoo hard as it can wear off the enamel. The best way is to put the wood ash onthe toothpaste and then brush your teeth.