

White and then rub it
gently on



White teeth is a critical thing in our everyday life.. In other words, the whiter teeth can give us a whole lot confidence in the way we talk and smile and we can perform the tasks with great confidence. This is a fact that we all cannot afford multiple visits to the dentist as it becomes pretty costly and the stains come back again and that is something that becomes recurring. Even if we take proper care of our teeth, we see that our teeth get stained by smoking, medicines, soda or coffee. The residue of the food seeps into the cavities of the teeth and thus it makes pretty difficult to brush those things out. In the markets these days, we find a lot of whitening toothpastes that can only bleach out minor discolorations and thus the older the stain becomes the difficult it becomes to clean it.

In this article, we are going to discuss some home remedies so that one can save a lot of money that one has to spend by going to the dentist clinics, as well as spending a whole lot on the expensive toothpastes. Let us see 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 neutralize the salty taste of baking soda. Baking soda is known for its quality to make the teeth really white. 2. Hydrogen Peroxide: It is also one of the things that we have in home.

You must remember that you should not swallow the hydrogen peroxide while brushing your teeth. It will take a couple of weeks till you will be able to see the results or a little sooner and the results will appear as whiter teeth that will make your smile really beautiful. The other way to use hydrogen

peroxide is with cotton swab. Put it in the solution of hydrogen peroxide and then rub it gently on your teeth on the front and the inside. 3.

Strawberries: It isn't usually realized that strawberries have teeth brightening agents and they work truly successfully when you use them to remove the spots on the teeth. The teeth become spotless and white. Strawberries contain sugar and acids and it is critical that you should brush your teeth with the fluoride toothpaste after you have connected strawberries on your teeth.

4. Wood Ash: Wood ash contains potassium hydroxide, and is known that has agents with bleaching quality. The crystals that are tiny can take out the plaque and you need to scrub the teeth to get the tartar or other deposits to get off of your teeth.

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