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Smile Please! by Book_mydoctor

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A smile having white teeth not only gives you confidence but it also makes you look vibrant and younger. For having a white pearly smile one needs to take care of those teeth also. Apart from regular brushing with good tooth paste you need to avoid certain foods that stain teeth or at least limit their quantity.

Men often smoke and take alcoholic beverages that leave stain mark on teeth making them yellow over the time. Being conscious about their looks men cannot ignore their yellowing teeth. That is the reason teeth whitening or oral health has become an essential part of menâ€™s beauty regime.

While dark beverages like red wine, cranberry juice, soda, coffee and tea, and foods, such as soy sauce, tomato sauce and balsamic vinegar stain teeth, there are many other foods and a few natural home remedies that can quickly and safely brighten your smile. A few home remedies for whitening teeth are:

Baking soda has many purposes, including tooth whitening. Most dentists agree that it's safe to use and works fairly quickly. You can use it alone on a damp toothbrush or mix it with toothpaste to help neutralize the salty taste.

Strawberry is one fruit that is really effective in teeth whitening. Strawberries contain an enzyme called malic acid, which can give white teeth and is also found in some whitening toothpastes. You can mash up the strawberry or just rub it on your teeth, cut in half. Leave the juice on your teeth for one minute and then rinse with water. The fiber in strawberries also behaves as a natural cleaner by removing bacteria from the teeth and mouth.

Homemade tooth paste is a paste consisting of baking soda, hydrogen peroxide, table salt and a dab of toothpaste. Mix it all together and brush away stains, is one of the better home recipes for whiter teeth.

There other remedies like rubbing hydrogen peroxide on teeth, rubbing vitamin c or lemon juice etc but these can damage your teeth enamel. Remember that teeth naturally have a yellowish tint because of calcium, an essential mineral for strong tooth enamel.

Brushing too hard and using lemon juice, an acid, or any form of vitamin C will eat away the surface. Once your tooth enamel is ruined, it's permanent. Your teeth will be considerably weaker and much more prone to cavities and sensitivity. All home remedies should be used in moderation and monitored closely.

If they are not effective then donâ€™t overuse them. Go to a good dentist available in your city for better solution. Delhi has around 500 dental clinics and more than 550 dentists that can help you to get rid of your problem.

Dentistry these days is not only about filing cavities or getting rid of bad teeth but is now emerging as an option to look beautiful with a dazzling smile. Those days are long gone when you had to worry about having crooked teeth, any broken tooth or dark stained teeth that always made you hide you vibrant smile. Now by contacting a good dentist in Delhi can give you teeth of your desire.

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