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Ever wondered how the celebrities you see on TV got their set of white teeth; glistening with a brilliancy that is too real to believe. Believe me it is indeed possible for everyone to have them and flash it along with their smile. It adds to one's charisma, and gives them the confidence they have longed for.

Most of us have contempt for our teeth, and we tend to take them for granted. We treat them so badly; as if they are lifeless, but one fine day we discover that our teeth are no longer what it used to be; white, healthy and strong. Teeth are protected by a layer of cement, often also called enamel that is non-regenerative as in some animals. For some individuals the coating is thick enough to last even past seventy years and more perhaps, but if not properly cared for then you should expect it to decay much earlier; even as early as during the teen age.

If you are still in your prime of age, then you can think in terms of improving upon what you already have, but for others some kind of treatment or special attention is inevitable. You may even have to consult a dentist for that purpose.

The chief reason for stained teeth is the coloration that are inherent to in food, and more so in the tobacco that go into the making of cigarettes and the artificial colors used for making savories and cakes. But non-smokers may be wondering why they too have stained teeth. Well for them tea, coffee and cocoa can possibly be making the mischief, and they may be even unaware of that. But, can one really avoid, tea, coffee and the cocoa in the chocolates you relish? Will you have to give up all the pleasant things for the sake of a set of white teeth? You really don't have to really. Only be a little prudent about the way you treat them; let it be little gentler, and do it with care. Interesting beauty and health tips are being shown on many cable TV providers these days and also satellite TV provider Dish Network. You can follow them and make yourself beautiful and charismatic.

Here are some home remedies you would like to try for a set of white teeth. Of course, that is not to say you don't have to visit your dentist forever. If the coloration is too deep then you may not get the desired results from home remedies, even though you may see some results and improvements definitely. As a general rule, however, make it a point to brush your teeth daily, stop smoking cigarettes, stop chewing tobacco, rinse your mouth after coffee or tea, avoid food that contain excess colorations.

Baking soda and hydrogen peroxide are known to be very beneficial to the teeth, and produce little or no side effects on normal individuals as such. The right way to use them on your teeth is to dip you brush in a mildly diluted solution of hydrogen peroxide that you can buy from a chemist's shop, sprinkle a pinch of fresh baking soda and brush for a minute at least. Baking soda that has been open for too long is impotent, the fresh one. Do it first in the morning and once again in the evening.

Teeth whitening strips are recommended for those who don't want to undergo the rigors associated with baking soda. You can buy the strip from a chemist's shop, and they come in different types. To choose the right one take your chemist's help. Use the strip before you retire for the night. Be careful not to use them too enthusiastically, because over use can harm your tooth enamel irreparably.

Most important of all maintain a healthy lifestyle, eat proper food, get adequate sleep and exercise well; they all help to keep teeth glistening white.

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Nathan Brown is a freelance writer and he likes to write on a variety of topics ranging from technology to health. General fitness and beauty tips are being offered by multiple cable providers and satellite TV provider, a [Dish Network](#).

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