



## Learn 6 Cheap Ways to Naturally Whiten Your Teeth

### Description

Americans spent more than \$11 billion on teeth whitening in 2015, including more than \$1.4 billion on at-home whitening treatments.

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When it comes to whitening your teeth, you have a plethora of options.

However, most whitening treatments employ chemicals to bleach your teeth, which many people are concerned about.

If you desire whiter teeth but don't want to use chemicals, this page has numerous natural and safe choices.

## What causes the yellowing of teeth?

Teeth become dull and lose their dazzling, white glitter due to a variety of circumstances.

Certain foods can discolor the enamel, the outermost layer of your teeth. Plaque buildup on your teeth can also cause them to seem yellow.

This form of discoloration is typically treatable with regular cleaning and whitening solutions.

However, teeth can appear yellow because the hard enamel has deteriorated, exposing the dentin

beneath. Dentin is a yellow, bony substance that exists beneath the enamel.

Here are six easy techniques to naturally whiten your teeth.

## Experiment with oil pulling.

Oil pulling is a popular Indian folk treatment used to promote oral hygiene and rid the body of impurities.

The procedure is swishing oil around your mouth to remove bacteria that can form plaque and cause your teeth to appear yellow.

For oil pulling, Indians traditionally used sunflower or sesame oil, but any oil will do.

Coconut oil is a popular choice since it tastes good and has numerous health advantages.

Coconut oil is also high in lauric acid, which is known for its anti-inflammatory and antibacterial properties.

Several studies have found that oil pulling daily lowers germs in the mouth and plaque and gingivitis.

Streptococcus mutans is a kind of bacteria that causes plaque and gingivitis in the mouth. In one study, everyday swishing with sesame oil reduced Streptococcus mutans in saliva in as little as one week.

Unfortunately, no scientific research has been conducted to demonstrate that oil pulling whitens your teeth. However, it is a safe method that is worth a shot. Many people report that regular oil pulling makes their teeth whiter and brighter.

Put one tablespoon of coconut oil in your mouth and push and draw the oil between your teeth to oil pull. At room temperature, coconut oil is solid, so you may need to wait a few seconds for it to melt. Continue with the oil pulling for another 15–20 minutes.

If you spit the coconut oil into a toilet or trash can, it may solidify and produce a clog in your drain pipes.

Coconut oil pulling, unlike many other tooth whitening techniques, does not expose your teeth to acid or other elements that destroy the enamel. This means it is safe to do daily.

## Brush Your Teeth With Baking Soda

Baking soda has natural whitening effects, which is why it is commonly used in commercial toothpaste.

It's a moderate abrasive that can aid in the removal of surface spots on teeth.

Furthermore, baking soda creates an alkaline environment in your mouth, which inhibits the growth of bacteria.

This is not a quick fix for teeth whitening, but you should see a difference in the appearance of your

teeth over time.

Although science has yet to confirm that brushing your teeth with simple baking soda would whiten them, multiple studies have shown that toothpaste containing baking soda has a substantial whitening impact.

According to one study, toothpaste containing baking soda was much more successful than regular toothpaste without baking soda to remove yellow stains from teeth. The stronger the action, the higher the concentration of baking soda.

Furthermore, a meta-analysis of five research discovered that baking soda toothpaste cleared plaque from teeth more effectively than non-baking soda toothpaste.

To use this cure, make a paste of 1 teaspoon baking soda and two tablespoons of water and wash your teeth with it. This can be done a couple of times per week.

## Utilize hydrogen peroxide.

Hydrogen peroxide is a naturally occurring bleaching agent that kills bacteria in the mouth (12Trusted Source).

Because of its capacity to kill bacteria, hydrogen peroxide has been used to disinfect wounds for years.

Many commercial whitening creams contain hydrogen peroxide but in considerably larger concentrations than you would use.

Unfortunately, no research has been conducted to explore the effects of rinsing or brushing with hydrogen peroxide alone; however, multiple studies have been undertaken to examine commercial toothpaste-containing peroxide.

According to one study, toothpaste with baking soda and 1% hydrogen peroxide resulted in much brighter teeth.

Another study discovered that brushing twice daily with a commercial toothpaste combining baking soda and peroxide resulted in 62 percent brighter teeth after six weeks (14Trusted Source).

However, there are some concerns about hydrogen peroxide's safety.

While very diluted amounts appear harmless, high concentrations or excessive use can cause gum irritation and tooth sensitivity. There is also speculation that large doses may cause cancer, but this has yet to be verified.

One application for hydrogen peroxide is a mouthwash before brushing your teeth. To avoid adverse effects, make sure you're using a 1.5 percent or 3 percent solution.

A 3 percent solution of hydrogen peroxide is the most commonly found concentration at the drugstore. However, by combining equal parts peroxide and water, you may quickly dilute this concentration to 1.5 percent.

Another way to utilize hydrogen peroxide is to produce toothpaste by combining it with baking soda. Brush your teeth carefully with a mixture of 2 tablespoons hydrogen peroxide and 1 teaspoon baking soda.

Use this homemade paste only a few times per week to avoid eroding your tooth enamel.

## Consume fruits and veggies.

A diet rich in fruits and vegetables may be beneficial to both the body and the teeth.

While not a replacement for brushing, crisp, raw fruits and vegetables can help push plaque away while you chew.

Strawberries and pineapple have both been claimed to help whiten your teeth.

### Strawberries

Teeth whitening with a strawberry and baking soda mixture is a natural cure popularized by celebrities.

Proponents of this treatment claim that the malic acid in strawberries will eliminate discoloration from your teeth, while baking soda will polish away stains.

However, science has not fully supported this cure.

While strawberries may help exfoliate and whiten your teeth, they are unlikely to penetrate the stains on your teeth.

A recent study discovered that a strawberry and baking soda mixture generated very little color change in teeth when compared to commercial whitening methods.

If you decide to try this strategy, only use it a couple times per week.

Despite research indicating that a strawberry and baking soda paste has little effect on tooth enamel, excessive use may cause damage.

To use this cure, mash a fresh strawberry, mix it with baking soda, and brush it on your teeth.

### Pineapple

Some people believe that pineapple can whiten teeth.

A study discovered that a toothpaste containing bromelain, an enzyme found in pineapples, was substantially more successful than a conventional toothpaste at removing tooth stains (29Trusted

Source).

There is, however, no proof that consuming pineapples has the same effect.

## Prevent tooth stains from occurring in the first place.

While your teeth are naturally yellow as you age, there are several things you can do to help prevent stains.

Limit the consumption of staining meals and beverages.

Coffee, red wine, soda, and dark berries are notorious for causing tooth discoloration.

That doesn't mean you should avoid them entirely, but you should limit the amount of time they come into touch with your teeth.

Drink liquids are known to stain teeth through a straw if feasible to avoid direct contact with your teeth.

Furthermore, brush your teeth around 30 minutes after ingesting one of these foods or beverages to minimize their influence on the color of your teeth.

Furthermore, both smoking and chewing tobacco can cause tooth discoloration.

Consume sugar in moderation.

Reduce your sugar intake if you desire whiter teeth.

A high-sugar diet promotes the growth of *Streptococcus mutans*, the principal kind of bacteria responsible for plaque and gingivitis.

If you eat something sugary, wash your teeth right away.

Consume lots of calcium in your diet.

Some tooth discoloration is caused by enamel deteriorating and revealing the yellow dentin underneath. As a result, everything you do to improve your teeth' enamel will help maintain your teeth' dazzling white.

Calcium-rich foods, such as milk, cheese, and broccoli, may aid in the protection of your teeth' enamel (32Trusted Source).

Brushing and flossing are essential.

While some tooth discoloration occurs naturally with age, it is primarily caused by plaque buildup.

Brushing and flossing regularly can help your teeth stay white by eliminating bacteria in your mouth

and preventing plaque development.

Toothpaste gently removes stains from your teeth, while flossing removes bacteria that cause plaque.

Dental cleanings regularly can also assist your teeth stay clean and white.

## Other ways that have yet to be demonstrated

There are a few alternative natural tooth whitening procedures, but no scientific data supports their safety or effectiveness.

Among the unproven methods are:

Charcoal activated. Brushing your teeth with powdered charcoal is said to remove toxins from your mouth and erase stains from your teeth.

Clay made from kaolin. Brushing with clay, according to proponents, helps eliminate stains from teeth.

Peeled fruit: rubbing orange, lemon, or banana peels on your teeth whitens them.

Vinegar made from apple cider. No proof is using vinegar as a mouthwash aids in tooth whitening. On the contrary, it erodes the enamel and contributes to tooth decay.

Although proponents of these procedures claim that they dramatically whiten teeth, no studies have been conducted to test their efficacy. Unfortunately, this also implies that they have not been thoroughly evaluated for potential adverse effects when used on teeth.

## In conclusion

There are several natural ways to whiten your teeth. The majority of these treatments work by gently eliminating surface stains from your teeth.

However, most dentists provide more vital whitening treatments than these natural solutions. They entail whitening the teeth, which may be more helpful in cases of severe tooth discoloration. Any whitening product used excessively can harm your teeth.

Always with your dentist about your alternatives and which ones would be best for you.

### Category

1. Lifestyle

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