



## 7 Natural Tips For Whiter Teeth

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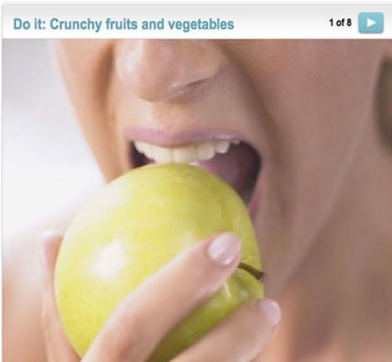


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Bleached, bright-white teeth seem to be everywhere -- and while traditional treatments like whitening toothpastes, at-home trays and in-office procedures are an effective way to get there, they can sometimes cause tooth sensitivity and pain. For those hoping to steer clear of chemical treatments, there are a few techniques that can possibly help your smile to sparkle naturally.

The first step is good oral hygiene. "Health and beauty are intertwined," says [Arthur Glosman, D.D.S., a cosmetic dentist in Beverly Hills](#). "If something is healthy, it's going to look beautiful. If it's sick, no amount of white teeth is going to make it look good."

Beyond that, here are a few remedies that do (and don't) work for a whiter -- and maybe even healthier -- smile.



Crunchy, crispy fruits have an abrasiveness that can help to lift stains from the teeth and give the illusion that they are whiter. "They're like nature's toothbrush," [Glosman](#) says.

"People underestimate how important staining is that happens in between the teeth," [Glosman](#) says. "If you just floss, you can remove so much of the staining that's in between the teeth that your teeth will already look whiter."

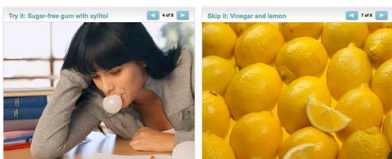
And no matter how bleached your teeth are, they won't look healthy set up against red, puffy and receded gums, so he recommends continuing to brush at least twice a day on top of a daily flossing.

There's a growing body of evidence indicating that eating a small amount of cheese after a meal can potentially help to prevent tooth decay and promote enamel re-mineralization, [Glosman](#) says.



Xylitol is a natural sweetener that can actually help to prevent plaque. While plaque feeds on regular sugar, it can't digest xylitol. Xylitol also neutralizes pH levels in the mouth and increases saliva production. "Saliva is like the natural cleaner that we have in our mouth," [Glosman](#) says. "It spills through all of the cracks and crevices."

But bear in mind that this works both ways -- while saliva can wash away food and debris, it can also carry bacteria throughout the mouth, meaning twice daily brushings and low sugar intake are just as important.



[Glosman](#) has heard of people using apple cider and vinegar to whiten teeth, but cautions that it may possibly damage enamel. "I wouldn't want to go down that route," he says.