PLEASE READ FIRST!

- Teeth whitening remedies should only be used in moderation. Once your teeth have reached their whitest shade (which will vary) then no need to continue the use of whitening agents regularly.
- Regular use of whitening products can weaken your enamel over time and have the reverse effect on your teeth whitening goals.
- Always consult with your dentist before trying any at-home treatments.
- If you have sensitive gums, you may want to dilute the recipe for any tips that call for Hydrogen Peroxide.
- How white your teeth will get depends on how stained your teeth are to begin with and how naturally white your enamel is. People with naturally whiter/stronger enamel will achieve better results.
- No need to use all of these tips at once. Pick your favorite and see which one gives you the best result.
- Use tips at your own risk.
Tip 1: Q-Tip and Peroxide

Dip a Q-Tip into 3% Hydrogen Peroxide and rub on your teeth (avoid the gums). Let peroxide stay on your teeth for 5-10 minutes and then brush.

NOTE: The FDA has approved 3% Hydrogen Peroxide for teeth whitening, but please use this in moderation (no more than once a week until your teeth are as bright as they will get.)
Tip 2: The Peroxide Rub

Some say this method works better than the Q-Tip remedy because a washcloth does a better job of gently scrubbing away stains. Dip your washcloth into 3% hydrogen peroxide and rub on your teeth. Let sit for 5-10 minutes and brush as normal. Do not do this every day. (Try once a week).
Tip 3: The Oil Pulling Technique

Certain high quality oils like olive and sesame will kill bacteria that causes plaque.

Vigorously swish the oil in your mouth (15-20 minutes) and pull it through the teeth to loosen bacteria. Spit out when done.

After 1-2 weeks you may notice a whiter smile.
Tip 4: Say Cheese

Cheese is not just good for building strong bones, but it has wonderful teeth whitening properties.

Eating cheese promotes a coating of calcium on the teeth that helps strengthen and remineralization of the enamel.

The stronger your enamel is, the more it will protect your teeth from turning yellow. And since your enamel is stronger, it will also protect against cavities.
Tip 5: Create a Peppermint Teeth Whitening Powder

- 2 tablespoons bentonite clay
- 2 tablespoons baking soda
- 1 tablespoon dried, finely ground sage leaf
- 1 tablespoon Xylitol or Stevia (optional, for adding sweetness)
- ½ tablespoon pure sea salt
- 15-20 drops peppermint essential oil

Combine dry ingredients in a bowl and mix thoroughly with a wooden (non-metal) spoon. Add peppermint oil and mix well. Transfer to a small container or container with a tight fitting lid.

Dip toothbrush into powder or squirt it on using a squirt bottle and brush your teeth for 2 minutes.

Thanks to DIYNatural.com for the recipe.
Tip 6: Make Homemade Whitening Toothpaste

This is a very simple recipe. All you need is...

- 6 parts baking soda
- 1 part 3% hydrogen peroxide
- 1 part melted coconut oil
- Xylitol or Stevia (optional for sweetening)
- Peppermint or Spearmint Oil (optional for flavor)

Directions

1. Mix the coconut oil, baking soda and peroxide in a bowl.
2. Stir in the sweetener of your choice
3. Add 15-30 drops of your favorite oil.
4. Store in an air-tight glass container to preserve the toothpaste

If you’d like to watch the video, click here.

NOTE: Xylitol may have side effects, so please read this. You may want to substitute with Stevia.
Tip 7: A Drop of Tooth Soap

This is a natural, non-toxic tooth cleaner that can leave your mouth feeling fresh and help brighten yellow teeth.

Just add a drop or two on your toothbrush and brush normally. Rinse afterwards.

You can buy Tooth Soap at Amazon.com.

I got this tip from an eBook I purchased that was written by a college student who whitened his teeth in under 10 days using mostly natural ingredients. With the book you also get a video that shows you how to do a teeth cleanse he uses on his teeth.
Tip 8: Buy The Store Brand Whitestrips

I love Crest Whitestrips, but they are super expensive compared to the generic brands.

I tried the Kroger brand (local supermarket) once and not only were they almost $20 cheaper but they worked just as well.

Most of these products use the same ingredients. You’re just paying for the brand name.

The next time you’re in your local supermarket, check the health and beauty aisle for their brand of whitestrips.
Tip 9: Rub-a-Peel

Sounds strange, but many people claim that rubbing the inside of a peel (the white stuff) on your teeth works well.

The trick is you have to make sure your teeth are dry, let the “chunks” sit and do this daily for 1-2 weeks to see results.

Here’s a quote from someone on the Glamour blog who has had success...

Quty
May 24, 2013
You have to start with dry teeth, rub the chunks of the white stuff from the peel onto teeth and then let it sit on teeth for 5-8min without getting teeth wet (the white stuff needs to dry out) then wipe off with paper towel. Do everyday, twice per day, and see results in 2 weeks.

Will this work for you? Well, there’s only one way to find out! (At least you’ll be getting your potassium in the process.) 😊
Gum by itself is not going to significantly whiten your teeth, but chewing gum with Xylitol help remove surface stains.

Xylitol is a widely-used sugar-substitute that helps prevents the build-up of the bacteria that causes plaque.

So if you just consumed sugary or acidic foods, chew sugar-free gum with Xylitol to prevent plaque buildup.

Trident, Extra and other popular brands make “teeth whitening” gum.

Read more about Xylitol and possible side effects.
Yes, those are my teeth with no Photoshopping tricks and the flash was turned off. In other words, this is how my teeth look in person.

While there are gazillions of DIY teeth whitening tips online, probably the best long-term teeth whitening remedy is making an investment in an electric toothbrush.

This is how I keep my teeth white so I don’t have to rely on the at-home whitening remedies as much.

The [Philips Sonicare Flexcare](https://www.philips.com) helped my teeth achieve their maximum whiteness (along with the occasional use of whitening strips) so that’s pretty much all I use.
What’s The Best Toothbrush?

There are so many electric toothbrushes on the market now that it can be overwhelming when it comes to choosing one.

That’s why I like to rely on reviews from other customers. Many of the online reviews that provide the “best electric toothbrushes” do not reveal the source so it makes me wonder where the rankings come from.

Fortunately Amazon has a list of the most popular electric toothbrushes based on unbiased, customer reviews. As a buyer, that’s the kind of guide I would want to use if trying to decide – especially when making an investment like this.

Here are the most popular electric toothbrushes sold on Amazon.

1. Oral B Professional Healthy Clean
2. Philips Sonicare Healthy White
3. Philips Sonicare Essence
4. Oral B Vitality
5. Philips Sonicare DiamondClean

Thanks so much for taking time to download my eBook. I hope the techniques work out for you!

If you liked this ebook please share http://zapyellowteeth.com with your followers. I would certainly appreciate it. 😊 Thanks!

Lisa