



Teeth Whitening

From Yellow to Ivory White - A beautiful Smile

*Want a bright, white
and confident smile?*

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From Yellow To Ivory White –
A Beautiful Smile (Teeth whitening) Guide

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Chapter 1- Available methods and products for teeth whitening

Teeth are one of the most important features of a human face. Be it a man or a woman, it is essential to have straight teeth and a dazzling smile. One can win many battles with that mere killer smile of theirs. There are many a methods and products that are available in the market these days for this purpose. It is a common method of whitening teeth to make them look brighter and cleaner. It is a technique called dental bleaching and it can be used for the purpose of making the teeth a better shape than they are. There can be discoloring of teeth due to many reasons. There can be teeth staining due to many a reasons like coffee, food particles and other things like tobacco and bacterial infections as well.

There are certain elements like tetracycline and others that can restore the excellence of the enamel of the teeth. Once the enamel of the teeth is restored, the teeth become white and pretty again. One should take appropriate care of the teeth to make them looking dazzling and sparkling for a longer time. Proper brushing of teeth regularly is a good way of keeping intact the natural luster of the teeth. The color and the shine of the teeth get hampered due to a number of reasons like eating too hot or too cold food items as well. The oxidizing agents that are available these days are a perfect way to restore the color and the shine of the teeth. There are excellent oxidizing agents like carbamide peroxide and hydrogen peroxide. These sorts of treatments are temporary and wither away with time. There are so many reasons why these treatments might wither away before time. Proper care needs to be taken so that the treatments stay for the

prescribed time and the teeth look pretty for a long time.

The bleaching of the teeth gives a new shine and color to them and gives a new sort of confidence to the person. The color and the shine of the teeth is a very important asset of the face. It is a sign of the fact that the person takes real good care of themselves. So all you need to do is take the best care of the teeth and a few of these treatments are sure to make your teeth dazzle with all their strength and shine.

Chapter 2- Is it possible to remove both internal and external stains?

Stains on the teeth are more like stains on the personality of a person. The stains and the scars on the teeth are a sign that the teeth are not very healthy anymore. Teeth should be taken good care of. They are an asset to the personality of the person. It is an important habit to take care of the teeth so that they stay fit and healthy. There are discolorations of teeth. This can be internal or external. The internal and the external teeth defects are due to different reasons. The internal can be due to reasons like alcohol and tobacco. The external one can be because of improper care. There are so many reasons why one may have discolored and unpolished teeth. If the discoloring is external, it can be removed easily. This can be done with ways like bleaching and whitening treatments. These shall help to restore the enamel of the teeth and make them come to their original color. There are simple and easy solutions that can help one in improving the color of the teeth and make them come back to their natural luster and shine. The shine and the color of the teeth can be improved to a great level with the help of these bleaches and colors. There can be a great uplift in the confidence of the person if the teeth are in good shape and color.

If the stains in the teeth are internal, then there are different sort of treatment for the same. If the stains of the teeth are from the inside, there are different procedures of removing them. These stains can be hid with the help of root canal and other complicated treatments. The higher the concentration of the whitener, the more effective it is. The better the bleaching is done, the more it stays. This is a good

way of bringing back the color and the shine of the teeth. This is how the stains can be removed and the teeth can be made better looking. The capping of the teeth can be done and then the color looks better as well. There is a sort of gel that is used to bleach the teeth. Besides this there are do it yourself home bleaching kits that one can use on their own for the purpose of removing the stains of the teeth.

Chapter 3- Pros and cons of teeth

whitening medical treatments

Teeth are an asset to a person's face. There are so many battles in life that can be won with a mere smile. The dazzle and the excellence of the smile of a person is what it takes to impress others. The beauty of the perfect smile can be marred by the discoloration and the staining of the teeth. For this reason one needs to take the best of the care of the teeth. The teeth should be taken good care of in order to keep them healthy and happy for a longer time.

The discoloration and the yellowing of the teeth can be due to different reasons. These reasons can range from improper brushing habits to infections of the teeth. One needs to take the best care of the oral health and hygiene so that the teeth can be of good color and shape. The color of the teeth can be restored with the help of various treatments that are available in the dental care world. There are so many treatments that can help in the restoration of the shine and the luster of the teeth. The teeth can be kept safe from spoilage and keeping them from getting discolored with proper habits. There are so many treatments that are available for the coloring and the bleaching of the teeth. Some of these treatments are organic and some are chemical.

There are these treatments that are for the purpose of making the teeth turn in a better color. These treatments might sometimes spoil the teeth and make them weaker inside. These treatments might sometimes wither the natural enamel of the teeth to make them permanently weak and prone to ailments.

There are a lot of benefits that one can gain from these treatments. The bleaches and the colors can make your teeth as white as that of a fairy and transform your entire look. On the other hand, they might tend to damage the teeth sometimes. There are cases in which the teeth have been permanently discolored and spoilt if the amount of the chemicals in the bleaches is not the right mixture. One needs to choose the right product for proper health of their teeth. Entrusting your case to a good dentist is also essential. This is because otherwise one may have bad results. One should go for the best of the products and the most genuine of the dentists for the good health of their teeth.

Chapter 4- How effective is a teeth whitening surgery?

Teeth are a very essential part of a person's smile. Teeth often get discolored when there are bad habits in oral hygiene. If the teeth are not taken care of properly, they tend to become weak and the color changes as well. There are treatments that are made for the betterment of the health and the appearance of the teeth. There are teeth whitening surgeries that can make the teeth look better. The teeth are pearls that are for the beautification of the face.

So, one needs to take best care of teeth so that they stay sparkling white for longer times. There are teeth surgeries available these days that can make the teeth look good. There are teeth whitening procedures that can help in restoring the beauty of the teeth. These procedures are very effective and good for the life of the teeth. Over the years there have been such developments in the dental industry. There are treatments that can be done at home as well. The bleaching kits can be used for the coloring of the teeth at home. Besides this there are some more complicated treatments that can be followed for the whitening of the teeth. One should always consult the dentist for the better opinions. The dentist should be chosen with care and precision. The renowned and the expert dentists should be chosen for better treatment. The treatments and the teeth whitening procedures can be done with the help of assistance of a good dentist. The dentists are well versed in the treatment for the best of the results. One needs to be sure of the best of the treatments. The teeth whitening can be of great help for the improvement of the self esteem of a person.

The teeth can be improved to a great level when there are such treatments done. These shall definitely make the smile and the confidence of a person. One should be sure to give the dental and the medical history of the self to the dentist before there is the initiation of any sort of teeth whitening treatment. So all one needs to do is to get the best of the dentist to their aid and make it a point to take good care of the teeth. This shall not just help in making the teeth better looking but shall also help in making the person more lively and confident!

Chapter 5- Natural Teeth Whitening Ways

Vs Cosmetic Dentistry Treatments

Teeth are one of the most important assets of the human body. There are so many wonderful gifts that God has blessed man with, teeth are sure one of them. Teeth need to be taken good care of so that they stay healthy and sparkling for a longer time. There are so many things that can damage the shine and the luster of the teeth. It is one's own responsibility to take the best care of the teeth so that they stay away from infections and all sort of spoilage.

There are many a methods, chemical and natural that one can use to keep their teeth safe and healthy. There are natural methods like rubbing lime and salt on the teeth before brushing them. This is a way in which one can clean the teeth in a natural way. The teeth can be massaged with the leaves of guava and this is also an excellent way to clean the teeth of its stains. There are methods like using cotton soaked in baking soda. Strawberries can be used to clean the teeth of its impurities and make them clean and sparkling. One can use toothpastes that have a higher amount of fluoride content. This shall make the teeth white and remove the yellowness. The constant gargling of the mouth after every meal is a good idea to make the mouth fresh and clean of the food particles that tend to stick in the corners and then form painful infections.

There are chemical methods of doing it as well. There are a number of teeth whitening treatments that are available with which one can benefit in a number of ways. These methods are very effective and they can make the smile of the person transform in miraculous ways.

There can be laser treatments done and there can be cosmetic surgeries done for the improvement of the color and the texture of the teeth. There are both chemical as well as natural ways and one needs to be sure of the health of the teeth before doing any of them. You should stay away from harmful substances that may tend to damage and weaken the inner roots of the teeth. Both are effective in their own rights. All one needs to do is choose what is best for yourself and then go ahead and whiten your teeth and improve your self confidence!

Chapter 6- Do teeth whitening chewing gums work?

Teeth are one of the most essential parts of the body and should be taken good care of. Teeth should be taken good care of to keep in the best of the health and color. There are a number of teeth whitening and bleaching treatments that are helpful in making the teeth sparkling white and clean for a prolonged time. These treatments may be effective but are costly as well. A better option in this regard is to use the easier methods available. These easier methods shall include using methods like chewing gums that are available. Chewing gums that are available in the market these days are very effective and they help to restore the natural color and the enamel of the teeth.

The teeth whitening chewing gums that are coming up these days work on a wonderful mechanism. They should be chewed after meals. They work in the way that they make the ph balance of the mouth to the correct level. This shall make the teeth fight the germs that attack the inside of the teeth every time one eats. In case a person is a chronic smoker or a coffee addict, these chewing gums are sure an aid. Rather than using complex treatments and spending fortunes to get their teeth white and sparkling, one can use these chewing gums.

These chewing gums are cheap and can be used on a more extensive level. So all one needs to do is chew these gums after every meal and make their teeth sparkle with all their shine and strength. They are much more convenient option rather the painful visits to the dentist. The big and crude instruments that sit on the dentist's table are sure to scare you to death anyway. So it obviously is a much feasible option to chew the gum rather than going through painful surgeries to repair the perfect smile on your face.

There is a sort of abrasive in the chewing gums that clean the surface of the teeth. The chewing gums are sure to bring the color and this is sure to re-establish the strength of the teeth. Chewing the gum is a definitely good idea and is sure to help you in getting the perfect and the million dollar smile. A smile is what defines the personality of a person and one is sure to get the best of the smile when they use these chewing gums.

Chapter 7- Are there any teeth whitening toothpastes? Do they work?

Teeth are one of the most important assets of a person. There are so many features that the personality and the confidence of the person depends on. Teeth are sure one of them. Teeth should be taken good care of. Teeth should be cleansed and flossed regularly so that there is no possible infections that plaque the teeth and make them weak from the inside. Teeth should be cleansed as a routine and one should make it a point to inculcate good habits like brushing the teeth twice daily.

There are a number of teeth whitening and polishing toothpastes that are available in the market these days. These are sure to help you gain better results in brushing the teeth. These toothpastes are specially formulated and are made from the best of the herbs and the most sought after formulated chemicals that are sure to make the smile of the person as perfect as a picture. These teeth whitening formulas usually consist of a larger value of chloride salts that not only whiten the teeth, but also make them strong. Teeth are sure to sparkle and shine when they are taken the best care of.

These toothpastes come in various choice flavors that not only work well but also taste yummy! Kids are sure to love these toothpastes and enjoy the brushing time! Teeth are sure to be strong and dazzling when they are brushed with these toothpastes. Regular usage of these dental flosses is sure to help one make their teeth look better. They should though not be considered as a treatment. They are just a sort of precaution that can help the teeth to keep away from dental ailments. The

trips to the dentist can be avoided to a great extent if proper brushing habits are followed and this shall help in making the best of the oral health care. These toothpastes come in flavors like neem, mint, strawberry, lemon, orange and the others that are extracted from the oldest of the herbs that are here to prevent the teeth from catching any sort of trouble.

So one should ensure that the entire family has the best of the oral hygiene habits and this shall help in making the mouth clean from a number of ailments. So one should ensure the safest of the dental care habits so that the mouth stays clean and fresh.

Chapter 8- Can strawberries and lemons

help in teeth whitening?

Teeth are supposed to be sparkling and shiny whenever you are asked to pose for a picture! Teeth are essential for the chewing purpose as well as for the good looks of the person. There are a lot of teeth whitening treatments that can help you to improve the color and the texture of the teeth. There are home remedies that can be used for the purpose of whitening and bleaching the teeth to bring them to a better color and enamel. Strawberries are an excellent remedy that can be used for the betterment of the teeth. The crushed strawberries can be massaged over the teeth for the purpose of whitening and cleaning. Strawberries are a natural cleanser and can be used well for the purpose of disinfecting and scrubbing the teeth to make them shine with all its strength. Crushed strawberries are a great way to make the teeth come into the perfect smile.

Lemons are a citrus fruit and are an excellent teeth whitening agent. Lemon is strong and so cannot be used in the concentrated form. It has to be mixed in other elements to make its effect come to the usable level. Lemons are a great way to restore or to build back gradually the enamel of the teeth to make them white and sparkling for a long long time.

There are arrays of treatments that are available in the market and there are a number of surgeries one can undergo for the purpose of whitening of the teeth. What are most helpful though are these home remedies that are efficient and work gradually for the purpose of making the teeth look dazzling always. One should take the best of the care of the teeth and brush them twice

daily. Besides this there is a good option to use the chewing gums that contain lemon and strawberries in them. These chewing gums are sure to restore the ph balance of the mouth and make it fresh and clean. Strawberries and lemons are sure an excellent way and a good home remedy to make the mouth clean and fresh and to make the teeth sparkling white. So all one needs to do now is to take the best of the preliminary care so as to avoid the painful visits to the dentists. Take care and smile big. Say cheese!

Chapter 9- How to ensure safe teeth

whitening treatments?

Teeth should always be kept clean and be taken the best care of so that they tend to retain their natural sheen and shine. There are a number of treatments that are available these days that might promise to give you back your sparkling smile and to ensure that you have what it takes to be at your confident best at all times.

There are so many new and advanced treatments availed these days that can magically repair your smile and make you as pretty as a picture. One should take on the natural way as long as possible. There are so many chemical and natural treatments that are here to transform the smile and the entire personality of the person. First and foremost, good oral hygiene habits should be ensured so that there is no need to make those painful and tiring trips to the doctor. Brushing the teeth twice daily is a good start. Besides this, Flossing and gargling after every meal is another essential step that should be followed so that there are no remnants of food particles that can cause tooth aches and discoloration of the teeth. To choose the right sort of teeth whitening treatment one should first of all consult a dentist. The dentist shall analyze well the condition of the teeth and then suggest accordingly what is required by that individual. There should be no extra amount of harsh and abrasive chemicals that would wither away the natural enamel of the teeth. There should be just the right amount of Carbamide peroxide gel so that there is the right sort of bleach for the teeth. Regular dental checkups are a must to ensure sparkling white teeth. One should take good care of the teeth as they are an

essential asset to the face and the personality of the person. Pearly white teeth are sure to give you a boost in the confidence and are sure to make you reach place in life.

As much as possible, you should choose the natural treatments for the purpose of whitening the teeth. These include simple and home remedies such as strawberries and lemons. These when crushed and applied on the teeth are a sort of natural cleaning and whitening agent. The leaves of the guava can be used as well. So all one needs to do is to see what best suits and this shall help them in restoring the best of the smile!

Chapter 10- Why is it important to consult a dentist?

A dentist is like a fairy Godmother who can transform your smile and your life. Remember any of those times when you have been sobbing with tooth aches? Remember the sleepless nights that you might have had at least once in a lifetime due to aching teeth? A dentist is here to solve all your dental issues and give you back that picture perfect smile!

There are so many chemical and natural methods of teeth whitening that are available in the market these days that one is sure to be confused what the best is for them. There are treatments like the laser treatment, the braces, the whitening and the bleaching that shall magically transform the way your teeth look and the smile shapes up. The dentist is sure to look after all your needs and requirements and then make you look pretty. The dentist is sure to look at all your issues and treat you like a special case every time you walk in for treatment.

One needs to choose the right dentist whom you think is good for you and shall understand your needs and requirements. You need to be sure that the doctor treats you well otherwise there can be many complications in the future. The complications might lead to serious issues. You need to be sure that you are treated by a good dentist so that the results are good for you. The dentist can tell you what exactly your problem is and can help you find the solution for the same. It much better than beating around the bush and trying by hit and trial method to get your teeth issues cured. One needs to be sure that all the instructions by the dentist are followed well so that the results are accurate. The bleeding of the teeth and the swelling of the gums might be related to serious

issues in the teeth. One needs to consult the dentist so that the problem is nipped in the bud and does not grow any further.

The dentist is not as horrible as you might imagine. He is your friend and guide who are here to help you through the issues in your oral health concern. All one needs to do is get in touch with a good dentist and the rest should be left for them to see.

Conclusion

After having gone through such exhaustive information on teeth whitening, you must have picked up the essential knowledge on the available methods and procedures for teeth whitening. You must also have gotten rid of all the unnecessary confusions and myths that were hitherto misleading you. Hopefully, you are now in a better position to understand the vitality and worthiness of various different teeth whitening solutions.

Whichever method of teeth whitening you ultimately settle down for, it is very important to seek the advice of an oral care specialist. Even if you want to go in for natural teeth whitening methods, there is no harm in discussing its worthiness with a dentist. Isn't it? What are dentists there for, after all?

The shape and color of teeth, experts say are influenced by genetic factors, a great deal. It is basically the color found in the dentin that determines the color of your teeth. Hence, a teeth whitening solution that works on one person may not work for another. It is therefore very important to seek a piece of advice from a professional dentist.

Wishing you the whitest of all teeth! Godspeed!