

How Do I Get Whiter Teeth?

“Even pearls are dark before the whiteness of his teeth.”

-William R. Alger

Come on, admit it. You often try to flash your teeth at that guy you've have a crush on; and don't deny how you always smile at that lady you think is cute, hoping she sees your bright, white teeth. This is perfectly natural. As human beings, we all like to look good and feel good. We all love to be admired in one way or another, even if we're not very open about it.

A smile is the first way to show friendliness and at the same time, accentuate our beauty features. Once we smile at people, any unease they feel around us ebbs away as the minutes tick past. A smile promises safety and comfort, which is probably what you're aiming for when you show your teeth.

With that said, you'll agree with us when we say it's imperative you keep your white teeth strong, bright and healthy (no, we're not spokespeople for your dentist. We just care about you). It's not enough to have good teeth though. Whitening them and making sure they stay white is just as important too. People the world over agree with us.

Teeth whitening products have steadily risen and have been gaining momentum for years now. In the year 2015 alone, the United States spent a staggering \$11 billion on teeth whitening. That's a lot of products for a lot of white teeth.

All this simply means you have a variety of products to choose from, but before you do that, it won't be amiss to know why your teeth go yellow in the first place. That might help you keep discoloration in check.

Why Are My Teeth Changing Color?

A number of culprits could be responsible for this, with the most pervasive being food. Yeah, we know you can't starve yourself just to get pearly teeth, but you have to be aware of the foods that are notorious for painting your teeth into somber shades. White teeth discoloration itself is broken into two categories: Intrinsic and extrinsic discoloration.

✓ **Intrinsic Discoloration**

This kind of discoloration is not as common as extrinsic discoloration, as it occurs from within the tooth itself. The change of color could be as a result of ageing, or it can stem from childhood illness, infection, medication use or tooth trauma.

✓ **Extrinsic Discoloration**

This is the one most of us suffer. It's mostly caused by external sources like foods and drinks (coffee, tea and wine in particular). Smoking is also liable to change the color of teeth; the stains from tobacco are some of the worst.

It's important you understand what's causing the discoloration of your white teeth because only then will you know the best way to whiten it. Okay, now that we've got that out of the way, let's get to what you're really here for: How to get white teeth.

Teeth Whitening Products and How to Get White Teeth

You can be quite overwhelmed when it comes to deciding which teeth whitening products to choose from, because there are so many of them advertised online, on TV, magazines and many other mediums. And each of them boast about how effective it is over the other.

Worry not, because we're here to help you weed out all the unnecessary clutter and focus on what you truly need. Two products will solve all your teeth whitening woes. You can easily get whiter teeth with little stress and very little cash.

White Strips

The sheer ease in using white strips makes them a favorite of many white teeth enthusiasts. Even if you don't care much for having sparkly teeth, give them a try. You could be pleasantly surprised at the outcome.

White strips contain hydrogen peroxide (bleaching agent that kills bacteria) and are undeniably very effective. Instructions on how to use them will be indicated by the manufacturer, and it's imperative you follow them lest you end up with sore gums. If you need further clarification, your local dentist should be happy to help. There are a still a few general rules you must follow though.

For instance, don't brush your teeth before putting on the white strips, though it might seem counterintuitive to do that. The main reason for doing this is so the strips will adhere to your teeth better.

The last thing we have to mention is price, because to get the full and desired effect of white strips, you have to make more than a few purchases of them. On average, white strips cost between \$25 to \$55. Suffice to say, for what they do, those are fair prices.

Whitening Toothpaste

We love whitening toothpastes, and we are not the only ones, otherwise why would they be among the most patronized teeth whitening products? You have to remember whitening toothpastes produce results your average toothpastes don't, so that alone makes them unique.

Unlike their more popular counterparts, whitening toothpastes don't utilize carbamide peroxide. They instead treat stains on the surface of teeth using a number of substances-like abrasives. You'll start noticing a change with continued usage and if you adhere to given instructions on how to use it.

There are different brands of whitening toothpaste. Crest are a highly trusted brand and we recommend their Brilliance Whitening Toothpaste. Reviews and customer feedback alone have

affirmed this toothpaste's great teeth whitening ability and after our years of experience with tooth whitening products, we can confidently tell you this: It doesn't get *any* better than this.