

Do you want to whiten your teeth? Before you start, have you taken the time to research? Today, there are many products available to whiten teeth, but they aren't all good. Read on to learn more about the best teeth whitening methods. For therapy with families, couples, relationships select New Vision Counseling and visit these [Marriage & Family Therapists in Edmond Oklahoma](#)

Brush your teeth twice a week with baking soda. Use it just like you would toothpaste normally. Baking soda will help whiten your teeth over time. You can also use regular salt as a replacement. Just remember never to swallow either, otherwise your sodium levels might get higher than they should.

Practice flossing with your eyes closed shut. It can take days or even weeks to master this, and there is no real need to rush. The advantage is that once you master this, you can floss anytime and anywhere. Flossing could be something you can do without a mirror, on the road or in the office.

If you don't like the taste or texture of toothpaste, consider instead using a paste of baking soda and water. This is a great formula for scrubbing the teeth gently while also leaving a healthy feeling to the mouth. Baking soda is all natural, so it won't cause any problems when you use it.

Sometimes in life we have to make decisions about our health. For example, we may want to eat right, but we don't have time for a healthy restaurant. Instead, we choose a salad at a fast-food joint. The same can be said of dental care - for example, mint floss is a great way to convince yourself to floss more often.

What you eat matters as much to your dental health as how frequently you brush or floss or visit the dentist. Eating a lot of sugar-laden foods will leave your mouth full of rot and cavities. Try to reduce the amount of sugar you eat, and also the sugar in your drinks.

Don't forget to take care of your gums. Your gums are a part of your mouth as well, and they affect your teeth and many other things. In fact, if you fail to take care of gum disease, it can lead to problems in your blood. Talk to your dentist about what you should do to care for your gums.

Are you one to open things with your teeth? Stop this practice right now. Keep a small pair of scissors nearby so you don't risk damaging your teeth. Additionally, you are introducing unknown germs in your mouth by doing this.

Go to the dentist on a regular basis. The exact frequency of your appointments may vary based on your condition. Some people visit twice a year and some go more than that. There are also people that just go every year. Ask your dental professional what he or she recommends is an appropriate interval for you.

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Many people with bad breath are missing one important part of their oral hygiene process - brushing their tongue! In fact, just by brushing their tongue, people find that they quickly fix their problem and end up with fresh, clean breath in no time, so give it a try yourself!

If your teeth are sensitive, most dentists recommend that you use a special toothpaste available at the drug store or even discount retailers to help seal up the tubules leading to the nerves in your teeth. This is the best way to deal with the problem once and for all.

As this article has said before, there are quite a few ways to care for your teeth on the market. Some products are better for you than some others, depending on what your teeth look like. Use this advice to help keep your teeth looking their best.