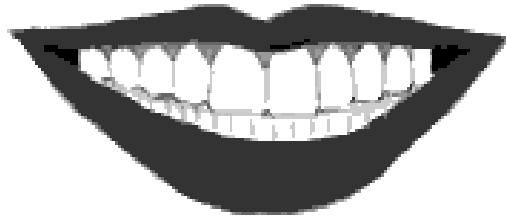


**Smile Ain't What It Use Too Be? The Jokes On You When They See Your Yellow Teeth? How to Whiten Those Teeth Naturally and Bring Back That Wonderful Smile...And Say Cheese!**



**by Terry D. Clark**

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**ABOUT THIS GUIDE**

**AN INTRODUCTION TO TEETH WHITENING**

**Smile, it is the key that fits the lock of everybody's heart.**

**--Anthony J. D'Angelo**

**Our smiles matter.**

**Their value isn't a mere matter of vanity. Smiles are a key component of human communication and interaction. They send a welcoming, positive message. They attract others and spread a sense of joy. We're hard-wired to positively respond to smiles and our grins should come freely and naturally.**

**Many of us, however, smother our smiles. It's not that we're attempting to look grim. It isn't because we want to portray ourselves as cold and standoffish. We intentionally limit our smiles because we lack confidence in them.**

**We consciously worry about their appearance so much and so often that we begin to subconsciously hold them back. Our smiles are tiny, almost imperceptible. They are only slight upturns at the corner of our sealed mouths. The toothy grins that let people know how wonderful we are and that have the power to brighten a room like a floodlight are trapped behind pursed lips.**

**We know what a smile can mean. We have an innate sense of their value. We don't really need the reams of research from body language experts and scholars in the field of axiological communication to realize that a bright smile makes it easier to meet others, to make friends, to persuade and to initiate conversation.**

**We can recognize the value of a smile on our own. Research shows that we perceive others as being more successful and/or intelligent when they have a**

**whiter smile. Over ninety-five percent of us understand that we notice the smiles of others and that our own are important.**

**We know that our lives would be markedly improved if we could bring ourselves to grin from ear to ear. Many of those closed-lip folks who swallow their smiles wish everyday that they could unleash a winning smile.**

**What's holding them back?**

**Discolored teeth. Those closed mouths shield yellow, brown, grey or otherwise non-white teeth from public view. Whether we like it or not, society has long determined that the perfect smile consists of white teeth. We talk about "pearly whites", not "dingy yellows".**

**When you're teeth don't have that shine and brilliance, it's easy to feel uncomfortable with your smile. When you feel uncomfortable, you're far less likely to allow yourself to smile. It's embarrassing. The idea of flashing a grin consisting of stained or yellowed teeth is distasteful.**

**We know how people perceive discolored teeth. Most find them fundamentally unattractive. When one sees a browned smile, there's a certain uncomfortable reaction. Though we know better, we associate those less-than-white grins with poor hygiene, with a sense that the person bearing them "just doesn't care".**

**Yes, real beauty comes from within. Yes, there's something superficial about judging another's smile based on its hue. We would all agree that the world would be a better place if we took a more logical and mature perspective--one that didn't rate smiles based on their whiteness. Maybe that's something to which we should all aspire.**

**The reality, however, is that we do judge smiles. Stained teeth are off-putting. It is embarrassing to go through every day with a yellow grin. Smiles shrink or disappear. Lips remain sealed. The world is deprived of smiles and the people with discolored teeth lose the very real advantages associated with a beaming smile.**

**However, there is an alternative to that sad state of affairs: Teeth whitening. It's possible for those suffering with stains and discoloration to utilize procedures, products and techniques capable of changing the appearance of one's teeth.**

**Many of those who haven't let out a free, uninhibited, broad smile for years can change things. They can whiten their smiles.**

**That's what this guide is all about. We're going to discuss the causes of tooth discoloration, the core principles underlying teeth whitening, the potential changes in color whitening can produce, the various whitening strategies currently available (and their effectiveness), safety concerns associated with whitening and a variety of other issues, including some of the common myths about whitening.**

**This guide should supply you with a solid understanding of how one can go from a hidden set of yellowed teeth to a glowing white smile.**

**We all know how wonderful it would be to smile more and to smile bigger. Finding ways to effectively whiten teeth can go a long way toward making that happen.**

**THE LEGAL THING (DISCLAIMER)**

**Your teeth are a part of your living body. They're not inanimate objects. As such, you should take the utmost in care and exercise the greatest possible caution before attempting any form of teeth whitening.**

**We've written this guide to provide you with the best possible information about teeth whitening. While we've made a serious and concerted effort to supply the best available information as accurately as possible, this guide was not written as a substitute for the advice and counsel of a trained dentist or medical professional.**

**We've put together what we believe to be a valuable resource for those who'd like to learn more about teeth whitening processes and products. However, it is not intended to serve as a tool for diagnosis or as advocacy for any particular whitening methodology. The author, publisher, vendor and distributor explicitly disclaim any and all liability for the actions of its readers and/or for any unintentional errors or omissions in within this text. There are no guarantees--implicit or explicit--within this guide.**

**If you want to pursue teeth whitening efforts, we strongly recommend consulting with a dental professional.**

**Teeth Whitening 4 You:** Is a digital program which shows you a completely safe, cheap and 100% NATURAL way to get sparkling beautiful white teeth from the comfort of your own home. Check out this website today! Go to: <http://tinyurl.com/k2lk3j5>

## **SMILES IN NEED OF WHITENING**

### **INTRINSIC CAUSES OF TOOTH DISCOLORATION**

**What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but scattered along life's pathway, the good they do is inconceivable.**

**--Joseph Addison**

**Do you have yellowed or discolored teeth? If so, you're probably wondering why. After all, you've brushed regularly and haven't ignored good personal hygiene. Why aren't your teeth white?**

**There is a variety of possible reasons for tooth discoloration. Broadly, we can break them into two groups: Intrinsic causes and extrinsic causes.**

**Intrinsic causes are those, as the name suggests, that stem from within, while extrinsic causes are associated with outside forces and environmental factors.**

**Intrinsic causes of discoloration include, but are not limited to, the following:**

**Genetics: The whiteness of your teeth is related to aspects of them: The enamel and the dentin. The enamel, the hard exterior "shell" of your teeth is nearly clear in most cases. Some people, however, could have a genetic disposition toward slightly discolored enamel. The dentin, which rests below the enamel (and which has the strongest impact on color) can also vary based on genetic factors.**

**In other words, you may have yellow or brown teeth simply because "you were born that way".**



**Medication:** Some commonly used antibiotics and other medications can produce permanent changes in the coloration of the dentin. While this is not a "natural" cause of discolored teeth, it falls into our intrinsic category because it comes from within the body.

The antibiotic Tetracycline is a well-known source of discoloration. It's particularly problematic in this regard when ingested by younger children. That's one reason why doctors are often reluctant to prescribe Tetracycline to younger patients. Whether taken at an early age or in adulthood, it can change the color of your teeth, robbing them of whiteness.

Tetracycline isn't the only medication with this particular side effect. Those who undergo radiation or chemotherapy treatments may also note changes in the color of their teeth. If you have yellowed teeth and can't imagine why, consider your medical history and the various prescriptions you may have taken. They might be responsible for the discoloration.

**Medical Conditions:** Some people develop discolored smiles due to medical conditions. This isn't particularly common, but it does happen. Of note are conditions that result in the individual experiencing an inability to produce sufficient quantities of saliva. The body uses saliva to wash plaque from teeth and a shortage could encourage problems.

**Trauma:** An injury of trauma to the teeth, especially if experienced during the formative years of childhood, can result in a yellowed smile. Trauma can spur uneven or abnormal enamel formation, which can result in tooth discoloration. In adults, an injured tooth may become darker as a result of the damage sustained.

**Age:** As we age, the enamel on our teeth wears thinner. That means that the dentin becomes more visibly. Invariably, our teeth's interior is darker than what we'd like. As we age, our teeth appear more yellow even though

**we did nothing (other than to get older) to encourage the condition. The longer we're around, the greater the risk that we've experienced some trauma to the teeth, as well. As noted, this can have an impact on discoloration.**

**As you can see, there are a number of intrinsic sources of a not-so-white smile. While many of these are completely natural, that doesn't mean their inevitable.**

**Teeth whitening strategies can lighten the shade of one's teeth considerably even in circumstances where intrinsic causes of discoloration are the primary source of the problem. While some intrinsic causes can be more challenging to counteract than their extrinsic counterparts, that's no reason to give up on whitening's potential. Even those genetically inclined to darker dentin can make great progress with the right techniques.**

## **EXTRINSIC CAUSES OF TOOTH DISCOLORATION**

**Smile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other -- it doesn't matter who it is -- and that will help you to grow up in greater love for each other**

**--Mother Teresa of Calcutta**

**Now let's examine some of the extrinsic sources of tooth discoloration.**

**We can basically divide the extrinsic sources of color problems into two sub-groups. You can experience tooth discoloration based on issues related to the foods, drinks and other products you consume or as a result of**

**shortcomings in dental hygiene.**

**Consumption:** Certain foods and drinks can literally stain the teeth. People who regularly consume these items may experience tooth discoloration regardless of how well they brush and otherwise care for their smiles. While this list isn't exhaustive, it may give you a good idea of whether your consumption habits have produced a less-than-white smile:

- \* Coffee
- \* Tea
- \* Dark soda pop
- \* Red wines
- \* Tobacco
- \* Soy sauce
- \* Berries
- \* Dark fruit juices
- \* Curry

**It's worth reiterating that these substances can create changes in the hue of your teeth regardless of whether you do everything else "right" in terms of caring for your teeth. That's why it's inaccurate to assume that those who don't have a perfect smile have been somehow negligent with respect to dental care.**

**In some cases, however, neglect or incorrect dental hygiene can be the source of the problem.**

**Hygiene:** Brushing and flossing isn't just important as a means of preventing cavities. Good dental hygiene also prevents plaque build-up, which can

**become a source of discoloration even after its removal. Having plaque on your teeth may create an unattractive smile, but simply getting rid of it via debridement or by making a commitment to improved self-care won't always solve the problem. Your teeth may be discolored simply by its prolonged presence.**

**As you can see, there are many different causes of yellowed or browned teeth. In most individuals, a too-dark smile is probably due to a combination of multiple factors.**

**Regardless of whether the source of your problem is internal or external, whitening offers a solution. While there are cases where it's simply impossible to brighten a smile to what the individual will consider an acceptable color, most can experience significant improvement in the appearance of their teeth.**

## **ENTER WHITENING**

**The robb'd that smiles, steals something from the thief**

**--William Shakespeare**

**Understanding the causes of discoloration allows us to more effectively introduce the concepts at the foundation of teeth whitening. In the most general terms, there are two different approaches to the whitening process: Stain removal and bleaching.**

**Both have their place and both can produce noticeable results, depending**

upon individual circumstances and the underlying causes of discoloration.

**Stain Removal:** Some whitening techniques attempt to produce a brighter smile by focusing on the removal of external staining. These approaches target the aforementioned extrinsic causes of discoloration. They work by focusing on the enamel of your teeth, the "pores" of which may be holding stains.

**Bleaching:** While we use the term "bleaching", this approach to whitening doesn't really involve bleach. You won't be rinsing your mouth with Clorox! We'll talk about the specific whitening agents involved later in this guide, but regardless of what one uses, the goal of bleaching remains the same: To whiten one's teeth by lightening the hue of the dentin.

Basically, these strategies involve the application of a bleaching agent to the enamel of the teeth. Your enamel is a hard protective shell, but it isn't impenetrable. It is sufficiently porous that the right agents, when used in the right way, can make their way to the dentin. By lightening the interior of one's teeth, it's possible to produce a whiter, brighter smile.

Those are the two general types of technique involved in teeth whitening. Strategies of both types can be conducted in one of three ways.

**Dentist Supervised Whitening:** Your dentist can help whiten your teeth. He or she may recommend an in-office treatment or a take-home product with subsequent follow-up visits.

There are obvious advantages to working with a dentist. A professional has a better understanding of your circumstances, the nature of your discoloration and the composition of your teeth. Additionally, dentists are able to use stronger bleaching agents and more powerful techniques than are otherwise available.

**Unfortunately, teeth whitening is generally considered a purely optional, cosmetic procedure. Thus, there's very little likelihood that you'll be able to rely upon your dental insurance to defray the expense associated with utilizing a professional service. While dentist supervised whitening is an attractive option, it can be cost-prohibitive for some people. It may also seem like a "bit too much" for those with mild discoloration or those who just want to experiment a bit before making a more substantial commitment to changing whitening their teeth.**

**Over the Counter Whitening: You've undoubtedly noticed that the supermarket and pharmacy shelves are stuffed with teeth whitening products. You can purchase everything from adhesive strips that you place over your teeth to tubes of bleaching agents and applicator trays.**

**Over the counter whitening is a very attractive option for many people. Initially, it's quite inexpensive. While some products are more expensive than others are, home whitening is rarely cost prohibitive. That makes it enticing for those who can't or won't spend a great deal to improve their appearance. The store-bought products aren't as powerful as those administered by dentists are, but they're often sufficient to reach the whitening goals of people with slight to moderate needs.**

**We'll discuss a variety of the most popular over the counter options later in this text.**

**Natural Whitening: It is possible to produce positive changes in the coloration of your teeth without using chemical-based bleaching agents or cleaners. These natural techniques are very popular with those who aren't comfortable with applying chemical options. As an added benefit, natural whitening strategies are usually quite inexpensive. While their effectiveness may be limited compared to the other general approaches, natural whitening is worth considering--especially for those with slight to moderate needs primarily related to exterior staining.**

## **EFFECTIVENESS OF WHITENING**

**All the statistics in the world can't measure the warmth of a smile.**

**--Chris Hart**

**Those advertising their teeth whitening services and products would have you believe that a gleaming grin is possible for everyone willing to make the investment. They often imply that every user will experience immediate and significant results.**

**The truth, as is often the case, is a little more complicated. It's true that teeth whitening does produce great results for countless users. It isn't some 21st century version of snake oil peddling. It can work and it usually does. The science behind it is sound and the methods have been tested and perfected for maximum impact.**

**However, it won't produce a radical transformation in every user. The level of improvement associated with whitening will depend on the individual and the nature of his or her teeth. Some folks have naturally dark teeth that are more resistant to whitening than those of others are. Others may see results that quickly fade due to their particular circumstances. Whitening works. It works for virtually everyone. There are occasional exceptions, however, where people just can't get the kind of results for which they were hoping.**

**It's important to maintain a reasonable perspective regarding what teeth whitening may do for you. If you have fairly dark teeth and can recognize a**

**number of potential intrinsic and extrinsic causes for that, it probably isn't realistic to anticipate an arctic white smile. If you establish reasonable expectations, however, you'll probably be smitten with the results of some whitening produces.**

**Most people who pursue proven whitening approaches do see at least moderate positive changes. Some do experience dramatic improvements. Rarely will whitening fail to work at all.**

**It's also important to understand that teeth whitening isn't permanent. You'll find that your teeth will begin to return to their darker shade in time unless you act to maintain your new and improved smile. Professionally administered treatments may produce changes that last as long as a few years. Over the counter options will wane more quickly. If you're willing to "do the upkeep", that won't dissuade you from whitening your teeth. A little maintenance will seem like a small price to pay to maintain your new, whiter smile.**

## **SAFETY CONCERNS**

**Of all the things you wear, your expression is the most important.**

**--Janet Lane**

**Dental professionals have carefully studied teeth whitening strategies and have determined that there is very little medical risk associated with their use. While some people will experience potentially aggravating side effects from whitening, these problems are generally short-lived and rarely cause a significant problem.**



**The most common complaint involves increased tooth and gum sensitivity in the period immediately following treatment. Those with sensitive gums may find whitening somewhat uncomfortable and may discover that the bleaching agents used are a source of some irritation. Discomfort is usually minimal and it tends to dissipate within a matter of days.**

**Tooth sensitivity can also be a problem. Some people have naturally sensitive teeth and find whitening uncomfortable (depending upon the technique used). Whitening can, however, produce some degree of pain in those who don't have normally sensitive teeth.**

**The penetration of the bleaching element into the dentin, for instance, can inflame the nerves within teeth. Some dentist-supervised approaches that utilize bright "activating" lights or lasers can irritate the nerve by temporarily dehydrating the area.**

**In all of these cases, the discomfort is temporary. The body adjusts and returns to "normal", usually within a matter of days. It can be an annoying side effect of the whitening process, but it doesn't represent any real risk to the person involved.**

**There is one potentially more significant risk associated with teeth whitening. In rare cases, the bleaching elements used can weaken the teeth's enamel. That puts one's teeth at greater risk of damage and can spur some pain. This rarely happens, however. When it does occur, it's usually linked to the use of the more high-powered bleaching elements used by dental professionals. Dentists recognize that risk and usually move to counteract it by applying fluoride to the teeth. Over the counter teeth whiteners are very unlikely to have a negative impact on the enamel.**

**Overall, teeth whitening procedures are safe. With the exception of exceedingly rare cases of enamel damage, the only real risk is temporary**

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