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**HEALTH** **9 Ways to Whiten Your Teeth -- Fast**

*We talked to best in the business to get all the red-carpet tricks for making your teeth shine, start*  
 by SHARON J. YI, ALLIE FLINN | 12 COMMENTS

If you smile into the mirror and are self-conscious about your not-so-pearly-whites, you're probably wondering how to whiten teeth fast. Because, honestly, when you barely have the energy to remove your makeup at the end of the day, time is of the essence.

The main culprits of yellow teeth are aging, smoking and dark foods or drinks such as coffee, red wine, black tea, colas, dark sauces and even various fruits like blueberries,\* says Dr. Kevin Sands, a celebrity cosmetic dentist who works with everyone from the Kardashians to Emma Stone. "These items are high in pigment-producing substances that stick to tooth enamel."



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Don't worry, we're not asking you to give up your morning coffee or evening glass of wine in pursuit of whiter teeth. Because the stains that come from these pigmented foods and drinks are on the outer layer of your teeth, they can be removed, explains celebrity cosmetic dentist Dr. Desiree Yazdan, MS, DDS.

Here, we've rounded up all the easy ways you can whiten teeth at home -- from quick teeth-whitening kits to natural teeth whitening ideas. So what are you waiting for? Your megawatt smile is waiting, and it only takes minutes to get whiter teeth.

Image via Pinterest

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Quang Hưng Trần - Đại học Kinh tế - Luật ĐHQG TPHCM: Another best choice is Alta White Teeth Whitening!

http://mhink.com/43DF0B64

Like · Reply · Jul 21, 2013 1:49am

Danielle Coval - Denver, Colorado: I am pleased to say that red wine stumps white wine!

Like · Reply · Jul 28, 2013 11:40am

Aase Marit Waage - University of Agder: The author forgets a real important detail about the vodka. You are NOT supposed to drink ("take") a shot of vodka, you have to RINSE with vodka (for about a minute) to enjoy its cleaning and antibacterial properties. In your tummy it does nothing for your teeth (but of course, after rinsing, yo may swallow if you want to). In certain parts of the world, this has been the main teeth cleaning method. But I got to say, the people I have met who swore to this method, had horrible teeth problems and needed lots of dental work... They only rinsed though, they did not brush, use fluoride or other r... See More

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Aase Marit Waage - University of Agder: "But not sure how well red lipstick suits darker skin colors." Red lipstick is suitable for people of every skin color, the only thing is that you have to choose the right red for your skin color. Personally I could NEVER use warm reds, makes me look pale and sick (and my teeth yellow). A cold red though (with blues instead of yellows), looks great! The most easy way of testing which one is best for you, is to have something (fabric, scarf, sweater or something like that) in the two colors. Then, without any makeup on and hair drawn back (in good lighting, preferably daylight), put the fabric... See More

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Aase Marit Waage - University of Agder: BTW, if somebody should be interested in info about the color analysis, I found some websites (obviously some use a similar system which do not use the 4 seasons, but other terms, but basically it's the same thing. Here's one that explains the theory behind it (interesting, actually! 😊) and how it works... http://www.newstartat40.com/cate...\_J4-season-color-analysis/

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Monroe Giam - Marinello School of Beauty: Silly me, I actually thought they were going to be at home whitening remedies lol...

Like · Reply · 1 · Nov 28, 2013 9:27pm

Roshanda Clayer: This does really make your teeth white .....omg just tried it my teeth are so white

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rise with 50/50 peroxide and water, eat a raw apple, brush with baking soda, oil pull (swill with coconut oil, popcorn, and believe it or not, brush with the contents of an activated charcoal capsule, and brush off. It will take a few times, and look like "very bad" teeth for a few minutes lol but it will be whiter when you're done.

by verryanla | Tuesday, April 16, 2013 at 10:58PM | Report as inappropriate

I knew about eating cheese, but I had no idea about eating strawberries. I love Super Smile. Using Vaseline takes me back to my days of being a majorette, when we would apply to our teeth so that we could smile continually. I also love "Dentisse," a tooth polish with the chief ingredient of clay. It is unique but works well to deep-clean.

by GigiSD | Tuesday, April 16, 2013 at 08:51PM | Report as inappropriate

Great!! Nice thought!

by northydentists | Wednesday, April 10, 2013 at 04:07AM | Report as inappropriate

The information is nice but it was not what I was expecting.

by sheydeanm10 | Monday, January 7, 2013 at 02:41PM | Report as inappropriate

Nice information

by EricaF23 | Wednesday, December 28, 2012 at 07:11AM | Report as inappropriate

I don't know about putting vaseline on my teeth, will they feel yucky afterwards or do you taste it? has anyone tried this yet on total beauty?

by ernestine65 | Sunday, October 28, 2012 at 01:23PM | Report as inappropriate

another reason for me to drink Vodka, it helps with bad breath, has anyone tried the chocolate vodka, it is good

by ernestine65 | Sunday, October 28, 2012 at 01:23PM | Report as inappropriate

Vodka and bronzer??? This was very interesting!

by Chris213 | Saturday, October 27, 2012 at 08:06AM | Report as inappropriate

Learned some new things.

by Nurazeta | Friday, October 26, 2012 at 08:42PM | Report as inappropriate

Thanks for the tip. But not sure how well red lipstick suits darker skin colors. Also vaseline states that its for external application only. Cleaning jeje and strawberries seem like good tips

by PinkyS | Monday, October 15, 2012 at 08:57AM | Report as inappropriate

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