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The Women on the Web


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As the lazy days of summer wind to a close, the time has come to focus on looking fabulous for fall. One of the simplest ways to enhance your look is a blindingly white smile — so try these six do-it-yourself remedies from cosmetic dentist Timothy Chase, D.M.D.

Editor's Note: Dr. Timothy Chase, D.M.D., is a practicing partner in SmilesNY, a leading cosmetic dentistry practice in New York City. The primary service offered by Dr. Chase and his colleagues is [Smile Design](#), an array of preventative and restorative services.

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6 Simple Ways to Whiter 1

Use a non-alcoholic mouthwash, since alcohol tends to dry the mouth out. All major companies make alcohol-free mouthwashes; just make sure to read the bottles carefully, so that you know what you're purchasing.



Whiten at home. For a quick, at-home "Power Bleach," use traditional at-home whitening gel, but change the solution every ten minutes instead of leaving it in for the full half hour. This is because the gel gets weaker over time. Switching solutions leads to better, quicker results.



Opt for the regular toothpaste. Whitening toothpaste only removes surface stains by using more abrasive particles and may harm your teeth and gums. It does not actually bleach the teeth.



Drink less green tea. We all know that coffee, soda and red wine stain teeth -- but what you may not know is that green tea is worse than all of the above! If you find yourself reaching for any of these drinks, make sure you brush or at least rinse out your mouth with water afterward.



Chew sugar-free gum. Gums containing xylitol have been shown in studies to reduce the bacteria that cause tooth decay



Eat more strawberries. Fruits that contain acids "burn" the teeth. Therefore, using acids such as those present in strawberries will make your teeth appear whiter. But consume in moderation: Extensive use will damage the enamel of the teeth and lead to costly dental repairs.

