

# Chapter 11

## Health Mouth, Healthy You Chapter Review Sheet



**LIVING WELL**  
with DR. MICHELLE

### — Chapter 11 — Improve Your Smile

- **Take-Aways**
- **Things To Do**

# Chapter 11

## Healthy Mouth, Healthy You

### Chapter Review Sheet

#### Take-Aways

- Natural whitening and oil pulling can whiten teeth and help with overall health.
- There are several natural and safe ways to whiten your teeth.
- Professional whitening or veneers can also be used for whitening.
- Activated Charcoal can whiten teeth, but is very messy.

#### Things To Do

- Use natural whitening or oil pulling to whiten your teeth.
- Professional whitening can be used if the ingredients are safe.
- If you want a better smile you can look into porcelain or resin veneers.