



Natural Whitening and Oil Pulling

If you have stains on your teeth, you can remove them with a simple whitening paste.

Tooth Whitening Paste

- One Part Baking Soda
- One Part Sea Salt

Instructions:

Mix with water to make a paste. Apply with a toothbrush in circular motions to remove stains a couple of times a week. Do after your regular brushing.

Deeper stains can be pulled out with Oil Pulling.

Oil Pulling

1. Measure one tablespoon of oil, such as coconut, sesame or olive oil.
2. Swish it around in your mouth for 15–20 minutes, being careful not to swallow any.
3. Spit the oil into a trash can once you're done. Avoid spitting it into the sink or toilet, as this can cause a buildup of oil, which may lead to clogging.
4. Rinse your mouth well with water before eating or drinking anything.

Repeat these steps a few times per week or daily as you find what works for your schedule. You can start with 5 minutes of swishing working up to 15-20 minutes per time. Best results come when doing it first thing in the morning on an empty stomach.