

Teeth whitening tutorial: <https://www.youtube.com/watch?v=7FUBIqC9Xwk>

A couple of people have been asking me what I do to keep my teeth so white, so I decided I'd show you a quick and affordable way to whiten your teeth at home with things that most of you already have around at home.

The first thing you're going to need is baking soda & most of you already have this around but if not you can get it at Walmart for 50 cents, so it's definitely affordable.

All you really have to do is mix half baking soda, half water, equal parts; I usually use one teaspoon because that's an amount that works good for me & then I mix it with equal parts of water. And I mix it up until it turns into a nice pasty texture. And it looks something like this after you get the mixture done. I put this on my toothbrush. You can brush it with straight baking soda paste, but it tastes awful. I tried this at first with just the baking soda paste & it only gagged me & I couldn't do it, so what I usually do is put my toothpaste on top of that and I use this Crest whitening toothpaste & I just put my toothpaste on top of the baking soda paste, so that I am still getting the effect of the baking soda as well as the effect of the whitening toothpaste and I don't have to experience that horrible gagging taste that I had with brushing with the straight baking soda paste. However it probably is going to get results quicker if you use the straight baking soda. I can't do it and this works super fast as well. I do it every other day at night when I brush my teeth. I've seen great results with this, it removes the surface stains, it also gets rid of plaque upon your teeth. You just brush your teeth the same way you would normally. It's nothing really major that you have to do but it worked really well and you'll see great results: your teeth are going to look brighter, shinier and whiter.

So I hope you guys are going to try this out because it really works. Thank you and have an absolutely fabulous day.