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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Why Go For Teeth Whitening?

By Scott Miller

People are generally vain in nature and so they continuously look for ways to improve their appearances as they grow old. While other people go for physical improvements like liposuction, nose lift and face lift, there are people who are more concerned with keeping their pearly whites whiter than ever.

As people grow older their teeth grow darker due to their lifestyle and personal circumstances. A person's teeth become darker through continuous exposure to staining drinks like coffee and colas and darkening substances like tar from cigarettes.

There are toothpastes that can whiten teeth and remove stains that have settled on the outer layer of the teeth but this will not solve real stains of the teeth. This is the reason why people resort to having their teeth bleached.

A tooth is bleached through the application of a gel containing carbamide peroxide. While this substance enters the teeth enamel and makes it lighter, it will not have the same effect on fillings or tooth crowns.

Teeth bleaching can be expensive and some dentists charge a minimum of \$400 for the treatment. However, most people who have undergone teeth bleaching find it worth their while and their dollars. However, there are teeth bleaching substances which are directly sold through the internet. Buying these products is generally cheaper than going to the dentist since you are no longer charged the dentist fee and other overhead, just the price of the teeth whitening.

There is a tooth whitening product that comes in plastic strips and is applied by just placing the strips on the tooth area. Other teeth whitening products require the use of a tray to keep the gel fastened on the teeth while it is being bleached. Tooth whitening products for sale over the net comes with a detailed instruction book.

Aside from being expensive, whitening one's teeth is not a one-time thing because it is not guaranteed to last long. People who continue with a lifestyle filled with staining agents like coffee, cigarette and

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wine will definitely need to whiten their teeth after a certain period.

Teeth whitening agents are generally safe but some causes the teeth to be more sensitive to changes in temperature. Almost everyone who undergoes teeth whitening will notice the difference and improvement in their pearly whites, the degree of whitening however depends on the amount of time the gel is placed on their teeth. Home-based whitening usually requires a minimum of two hours but if you require a whitening degree that is several shades lighter than your tooth color, then the dentist may require you to keep them overnight.

While teeth whitening can cause some discomfort, the effects can boost a person's market value. After teeth whitening, you now have a more brilliant smile which can make you more attractive and younger looking.

The author is a staff writer for Teeth Whitening A to Z

<http://www.teethwhiteningatoz.com>

where more

information about teeth whitening is available.

What Is Tooth Whitening? How Teeth Whitening Works?

By Paul Cris

Teeth Whitening: The process wherein the color of the teeth is lightened is called as tooth whitening. There are various reasons for teeth getting discolored. The main causes are stains of tea, tobacco, coffee, antibiotics etc. These can be removed by tooth whitening. People who have sensitive teeth should not use teeth whitening. People with sensitive teeth would have more problems if they use teeth whitening solutions.

There are many tooth whitening treatments available, some of them are:

- 1) **Bleaching kits:** Tooth bleaching solution is applied to the mouth tray and it is inserted into the mouth. After an hour or two or as mentioned in the kit the tray is removed. Most of them work for an hour. The solution contains peroxide, which bleaches the enamel. The carbamide peroxide content in the solution is normally of ten, sixteen or twenty two percent. Some bleach is used twice a day for two weeks while others are used overnight for 1–2 weeks.
- 2) **Laser tooth whitening:** A solution is applied on the teeth. A wall made out of rubber is placed on the teeth and the laser is directed towards the teeth and the heat generated enters the teeth through the solution and the treatment takes an hour or so. After the treatment is completed you can see the changes.

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3) Whitening Toothpastes: These toothpastes have special chemicals that remove the stains. The main advantage of the whitening toothpaste is it does not change the natural color of the teeth. Colgate Simply White Advanced Whitening Toothpaste is recommended.

4) Tooth whitening strips: These strips are placed on the teeth and are removed after 30 minutes. These are very effective and are recommended. They also contain peroxides.

If the above mentioned ways of treatment are done properly then there won't be any problem. There is no long-term data on safety of these tooth-whitening treatments.

Paul has been providing answers to lots of queries through his website on a wide variety of subjects ranging from satellite phones to acne. To learn more visit

<http://www.askaquery.com/Answers/qn602.html>



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