

**MY CLEAN TEETH**

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## How to Brush Your Teeth: 15 Steps (with Pictures) - wikiHow

There's a lot more to taking care of your teeth than breath mints and mouth sprays . Read this article to learn the facts on flossing, how to give plaque the brush-off.

## How to whiten your teeth naturally: 6 home remedies

Jun 5, When you brush your teeth, you help remove food and plaque – a sticky white film that forms on your teeth and contains bacteria. After you eat.

## 7 Simple Ways to Naturally Whiten Your Teeth at Home

Related books: [Protecting The Girls \(A Breast Cancer Battle Plan Book 1\)](#), [General Abner M. Perrin, C.S.A.: A Biography](#), [Words From The Heart October](#), [Cecilia's Claim \(Behind Closed Doors Book 2\)](#), [The Woman In Scarlet - Volume 4 - Tried & Treacherous \(The Women in Scarlet\)](#), [God Bless America: Religious Affiliations of Presidents, From George Washington to Barack Obama](#), [????????? ??????????](#).

In choosing when to brush your teeth, you might also consider your diet. The practice involves swishing oil around in your mouth to remove bacteria, which can turn into plaque and cause your teeth to look yellow 2.

Finally, the last step many of us take in our tooth brushing routine is to rinse. Working with animal models and analyzing human genetic information, researchers discover how one gene may be key to the development of autism. Get more tips on brushing children's teeth. Thank to wikiHow!

While some feel that it reduces the efficacy of the topical fluoride treatment, a study found that toothpastes containing baking soda were significantly more effective at removing yellow stains from teeth than standard toothpastes without baking soda. Subscribe to our Newsletter!