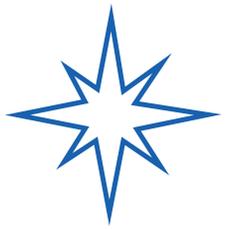


LOOKING FOR A QUICK WAY TO **BRIGHTEN** **YOUR SMILE?**



The good news is there are home remedies to help whiten your teeth naturally. Here are **three ways to whiten your teeth** with ingredients you may already have at home.



This technique to whiten teeth naturally is trending recently, but actually dates back 3,000 years to India. This simple process uses oil to “pull” the bacteria out of your mouth.

Instructions:

- Swish 1 tablespoon of coconut or sesame oil in your mouth for 10 - 20 minutes daily
- Brush your teeth and rinse with water



This natural antibiotic has many healing properties for your body — including your mouth! It helps eliminate harmful bacteria while promoting the growth of beneficial bacteria. Since it’s naturally acidic, it helps break down plaque or other substances stuck to the teeth.

Instructions:

- Mix 2 teaspoons of apple cider vinegar with 6 ounces of water
- Swish the solution in your mouth for 30 seconds
- Rinse with water and brush your teeth

Bonus Tip: Make a teeth whitening paste by mixing 2 parts apple cider vinegar and 1 part baking soda. Brush your teeth with the paste once a week to reach your results.



Baking soda isn’t just great for making fluffy pancakes, its abrasive nature also helps remove plaque build-up on teeth. It contains alkaline powder, which effectively removes stains.

Instructions:

- Mix 1 teaspoon of baking soda with 2 teaspoons of water and brush your teeth with the paste
- Rinse with water and brush your teeth
- It’s recommended to use this paste once a week — overuse can scratch the tooth enamel and result in teeth sensitivity

Maintaining excellent oral hygiene is **the most important thing** that a person can do to reduce tooth yellowing. Regular brushing and flossing protect the enamel, prevents gum decay, and removes stains. **Remember to visit your primary dentist at least twice a year to maintain a bright healthy smile!**

To learn more about easy dental hygiene tips you can do at home, [click here](#).



“Solstice” is the brand name for plans, products, and services provided by the subsidiaries and affiliate companies of Solstice Benefits, Inc. Plans, products, and services are provided by one or more Solstice entities. Not all plans, products, and services are available in each state. Solstice legal entities include: Solstice Benefits, Inc., Solstice Health Insurance Company, Solstice Healthplans, Inc., Solstice Healthplans of Arizona, Inc., Solstice of Illinois, Inc., Solstice Healthplans of Ohio, Inc., Solstice Healthplans of Texas, Inc., Solstice of New York, Inc., Solstice Administrators, Inc., Solstice Administrators of Alabama, Inc., Solstice Administrators of Arizona, Inc., Solstice of Minnesota, Inc., Solstice Administrators of Missouri, Inc., Solstice Administrators of North Carolina, Inc., Solstice Administrators of Texas, Inc., Claims Management Systems, Inc. Administrative Office for all Solstice entities: 7901 SW 6th Ct., Ste. 400, Plantation, FL 33324. 954.370.1700. www.solsticebenefits.com