

# How to Keep Your Teeth Clean Naturally

By an eHow Contributor

People are somewhat ironic when it comes to caring for their teeth. Most have a tremendous fear of the dentist, yet the teeth and gums are one of the most neglected areas of the human body. Our teeth were designed to last our entire lives and with proper care they should. In fact caring for our teeth properly is quite easy . With the right combination of foods and drinks you can avoid those dreaded trips to the dentist for many years to come. In this article we will look at several ways to care for your teeth by simply eating and drinking the right foods. Good oral **hygiene** is still needed but eating and drinking the right things can improve your teeth and gums and keep your smile brighter than ever.

## Instructions

- 1) One of the first things we need to do, to care for our teeth naturally is to eat foods that are rich in **Vitamin C**. Vitamin C does a variety of things. First, it helps to build and rebuild connective tissue in the gums. this is highly effective in the fight against Gingivitis and periodontal disease. Vitamin C also has its own cleaning properties. It helps to get rid of plaque which reduces teeth staining and cavities. Getting a good in take of Vitamin C is easy. Make sure you eat plenty of oranges, lemons, Kiwi fruits and papaya just to name a few. Vitamin C supplements do not have the same effect. In fact many dentists believe that they can do more harm than good. Get your vitamin C naturally. It will taste better and you'll feel great.
- 2) The next thing you can try to keep your teeth healthy is to make sure you get enough Vitamin D. The best part is, you can get Vitamin D from the sun. This doesn't mean head to the beach for an all day tanning session. Your body can get sufficient vitamin D from 15 to 20 minutes of sun exposure. Vitamin D acts as an anti inflammatory and is highly useful in fighting gum disease. It is also highly effective in the bones.
- 3) Stress seems to be at the root of every health ailment out there. Tooth decay is no different. Stress can actually increase the amounts of plaque in the mouth that can lead to cavities and staining. Keeping stress levels low can help reverse this. Stress reduction does vary from person to person. However, regular **exercise** is highly recommended. Other methods are deep breathing and low impact activities such as yoga. This will not only improve your teeth it will improve your overall health.
- 4) Cranberries are known to be good for the kidneys. Guess what, they are also good for your teeth as well. By eating cranberries, or drinking plenty of cranberry juice, your giving your teeth a natural element that prevents bacteria and plaque from sticking. This again keeps staining to a minimum and reduces the chances of cavities. Cranberry juice provides the same effect but make sure that it is natural or from concentrate. Many other juices contain added sugars which can create the opposite effect.
- 5) Finally, if you use mouthwashes regularly make sure they are organic. It may sound strange but many non-organic mouthwashes can actually contribute to tooth staining. Ask your dentist or pharmacist about organic mouthwashes. There are plenty available that keep your breath fresh and help to fight tooth decay.

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