

## **Kardashian Idol White - How To Make My Teeth Whiter**

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**April 15, 2010 - [PRLog](#)** -- Are you sick and tired of feeling awkward at all times whenever you go out with your friends because you're not confident enough to smile or laugh because of your yellow teeth? Do you always ask yourself the question 'how to make my teeth whiter?' because you want to finally feel confident whenever you're out and about? Having yellow teeth can surely make you feel awkward to smile or laugh that's why you really need to make sure that you do whatever it takes to make your teeth whiter so that you can bring back your confidence soon. Here are some helpful tips that can help you achieve pearly whites anytime soon:

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### Tip # 1: Brush Your Teeth After Eating

One of the reasons why your teeth are yellow right now is that you might been busy for the past few months with work that sometimes you forget to brush your teeth. Keep in mind that if you brush your teeth after eating or after each and every meal, you will definitely help yourself having pearly whites in just a very short span of time.

### Tip # 2: Avoid Drinking Coffee, Soda Or Tea

If you want to stop asking yourself the question 'how to make my teeth whiter?', then you better make yourself avoid drinking coffee, soda or tea all the time. You might be fond of drinking these types of beverages and it could be one of the reasons why you have yellow teeth that's why as much as possible, you need to avoid these drinks and instead drink plenty of water so that you'll have whiter teeth soon.

### Tip # 3: Consider Using Teeth Whitening Products

In order to have whiter teeth more effectively, you need to consider using teeth whitening products. It might be a teeth whitening toothpaste or teeth whitening gel. All you need to do is to research and look for the best teeth whitening products so that you can really have pearly whites in just less than three weeks.

These are some of the tips that you shouldn't take for granted because it will help you stop asking yourself the question 'how to make my teeth whiter?' and will absolutely make you one step closer of having pearly whites and will make you more confident than ever. I wish you all the best and good luck!

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This author writes about Kardashian Idol White at  
<http://www.slideshare.net/jamiesullivan/kardashian-idol-w...>

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