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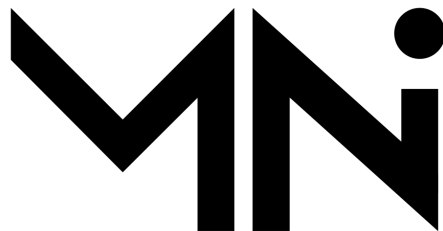
How To Whiten Your Teeth — Whether Your Budget Is \$5 Or \$500

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Yes, but there's a catch. As cosmetic dentist Matt Nejad, DDS, who's based in Beverly Hills, California, says, there are two degrees of teeth whitening. One is removing stains from the surface, caused by things like coffee and red wine. That can easily be achieved with natural products. "Coconut oil is decent at removing stains from the surface, as are strawberries," Dr. Nejad says. "Clay in toothpaste is also great because it's really good at sticking to things on the surface and then removing them."



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