



HOME REMEDIES TO WHITEN YOUR TEETH NATURALLY

Posted on September 8, 2022 by Peta Stange

We all want a brilliant, white smile, but there are some pretty outrageous claims out there about how to whiten your teeth without a trip to the dentist.

After a bit of research, there are three effective home whitening remedies that I would recommend, but I have also outlined a number of questionable methods.

3 Effective Home Remedies to Whiten Your Teeth

Above all, the 3 remedies below are safe.

Baking Soda

Undeniably the most effective and reliable, toothpaste and [chewing gum](#) containing [baking soda](#) has been shown to whiten teeth; probably due to its alkaline and mildly abrasive nature.

Some people mix baking soda with some water to form their own simple paste, but you can also sprinkle some on top of your regular smearing of toothpaste once a day.

Citrus Essential Oils

Citrus peels are high in limonene which can help lighten stained teeth, and tangerine, grapefruit, and orange essential oil contain over 91% [limonene](#).

A single drop of any citrus essential oil on your blob of toothpaste is one method, otherwise, you can combine it with the other two home remedies listed here.

Oil Pulling

Most commonly done with [coconut oil](#), it's a matter of sucking and pulling a tablespoon of oil through the gaps in your teeth for a few minutes each day.

Many vegetable oils are anti-microbial so can reduce [plaque-causing](#) bacteria which blemish your teeth.

Home Remedies to Whiten Your Teeth - Limited Research

The following remedies have some conflicting evidence around them and the research is somewhat limited in size and scope.

Strawberries

All of the research I have found testing strawberry puree for teeth whitening were lab tests that were either inapplicable in the real world or poorly designed. In one study, [results](#) showed that brushing with a mixture of pureed strawberries and baking soda for 5 minutes had a minimal whitening effect, equal to thorough brushing with either water or 1% citric acid; but this whitening may have only been due to the baking soda, not the strawberry.

On the other hand, another [study](#) showed that soaking the tooth in pure strawberry puree (for an unrealistic 1 - 3 hours!) did produce a slightly whiter tooth, most likely due to the combination of malic acid and ellagic acid, but its effects on enamel wasn't measured.

Activated Charcoal

Some [studies](#) have shown that [charcoal](#) products do [not](#) significantly whiten teeth and may damage the [surface](#), while others show that it may be more [effective](#).

The theory is that as a super absorbent substance, the activated charcoal may absorb stains from the surface of your teeth.

Kiwifruit

Kiwifruit contains a compound called actinidin which can remove the biofilm on your teeth to whiten them. But just like strawberries and pineapples, it is questionable whether there is enough of the active compound in kiwi puree to lighten your teeth, and debatable as to whether this acidic fruit actually benefits your teeth long-term.

Citric Acid

[Citric acid](#) is found in citrus fruits, but this whitening remedy is not for daily use, since the [acidity](#) erodes the enamel over time.

Home Remedies to Avoid

The following home whitening remedies are commonly found online, but you should definitely reconsider using them since they are either unsafe, ineffective, or both...

Hydrogen Peroxide

If there is a chemical that will definitely whiten your teeth, then it's hydrogen peroxide, but when used regularly, it can erode the [enamel](#) of the tooth and cause [sensitivity](#) via deproteinization and demineralization. Most commercial whitening products contain hydrogen peroxide, but combine

them with conditioners, de-sensitizers, and other bleaching agents (such as [limonene](#) and carbamide peroxide) to minimize any damage to your gums and enamel.

This is why it's not recommended to make home tooth whitening remedies that contain hydrogen peroxide.

Vinegar

While vinegar will whiten your teeth, its high acidity makes it unsuitable as a long-term tooth whitening remedy, especially white vinegar. Studies have found it [softens the enamel](#).

Apple Juice

Most of the [studies](#) show that apple juice is a poor tooth whitener, probably due to the very low concentrations of ellagic acid.

Figs

The white latex in fig trees contains [ficin or ficain](#), which has some teeth whitening abilities.

But pure fig latex can be a skin irritant, especially on the sensitive mucus membrane in your mouth, so don't go rubbing it around your gums.

Papaya

The latex found in unripe papaya fruit contains [25% papain](#) (a compound that [whitens teeth](#)), but rubbing some papaya latex on your teeth is definitely unsafe; the pure latex will blister your lips and gums.

When produced commercially, the latex is mixed with potassium metabisulphate, dried, and then further processed and purified to extract the papain for safe use.

To conclude, baking soda, citrus essential oils, or oil pulling will never whiten your teeth as quickly and obviously as commercial products, but over time, your gums, teeth, and mouth will be healthier cleaner, and whiter.

You may also like:

[10 Natural Remedies for Toothaches](#)

[How to Use Salt and Oil for Tooth and Gum Decay](#) (Video)

[How To Make A Natural Toothpaste At Home](#)

[Homemade Anti-Fungal Salve](#)

[Foraging Calendar: What To Forage In September](#)

Comments



The Lost Herbs - 2022-09-14 05:28:09

Hello Benjamin, Oil pulling is a great whitening method and coconut oil is actually mentioned in the article. You can find it in the section: "3 Effective Home Remedies To Whiten Your Teeth" Many blessings and good health!



Benjamin BEGIN - 2022-09-13 10:28:38

No mention about coconut oil ? I'm surprised as I use it a lot for this reason



Jimbotron - 2022-09-11 11:02:40

Oil pulling on a regular basis is a game changer for teeth and gums. You will be amazed...and so will your dentist.



The Lost Herbs - 2022-09-08 16:59:21

Hi Robert, Thank you for taking the time to post this! We really appreciate it. Our team loves to know that our readers enjoy what we do. We believe that everyone should have access to the healing herbs that grow around them and it is great to hear that herbal medicine has already had a positive impact on your health. Last but not last..a big thank you to our first responders who keep us all safe and healthy! Many blessings and good health!



Robert Preston - 2022-09-08 14:12:47

I would just like to say thank you so much for all the information you have given to us for free, God will definitely bless you and I'm sure he already has and it will continue, I would highly recommend your books to everyone . I have been studying these natural ways for many years, The Lord says in his word there is healing in the leaves. And I have learned a lot more from your book. As a first responder and being in contact with many people who have all types of ailments and diseases , I 100% believe that many of these remedies have protected my life. So I have to say thank you so much for all that you do . May God's hand of protection always be on you , have a safe and blessed day!



The Lost Herbs - 2022-09-08 10:49:09

Hi Len, Thank you for your comment! We are happy to hear you appreciate the article. Many blessings and good health!



The Lost Herbs - 2022-09-08 10:47:24

Hi Lilian, Thank you for supporting our work! An email has now been sent to you with instructions to access your purchase. Many blessings and good health!



Len - 2022-09-08 10:28:47

Really appreciate this



Lilian - 2022-09-08 10:25:51

I long forward to receive my book I can't see anything to downloads.