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While some people think it's a big deal to have a radiant smile, others don't mind it at all. On the other hand, there are also people who think that regardless if you have a wonderful set of teeth or not, the most important thing is being able to wear your smile with confidence. But for those people who want better smiles, the following information might help you achieve such.

Never Underestimate Your Smile's Charisma

Your smile is often the first thing that other people notice about you; thus, it's part of the initial impression that you leave on other people. An engaging smile is often viewed as something that can boost one's self-esteem and confidence, two factors that can greatly affect an individual's interpersonal communication skills. Displaying your set of pearly whites without looking awkward is more inviting than having a sad or angry face. In fact, many baby boomers reported that their smile has become their "secret" to a more youthful look.

Keeping that Smile through Teeth Whitening

Thus, keeping teeth white and devoid of stain is a must for someone who wants to maintain his smile's aesthetic appeal. Oral health practices such as brushing, flossing, tongue cleaning, and gargling mouthwash not only maintain your teeth's appearance but also its health. If you like eating starchy foods or drinking dark liquids like tea or coffee, then you are more vulnerable to teeth staining. The consumption of these foods and liquids will eventually permeate your tooth's enamel, making stains more permanent.

Fortunately, cosmetic procedures like teeth whitening make it possible to counteract teeth staining. One type of teeth whitening offered by the dentists Colorado Springs trusts is bleaching. The process starts with the application of the chemical hydrogen peroxide, which dismantles plaque and tartar surrounding teeth. Not only would teeth look white, they would also feel thoroughly clean.

If you are not keen on having treatment done, then the best option for you is to prevent the intake of foods that can stain your teeth. Eating starchy foods, dairy products, and sweets must be minimized. You can also consult the dentists Colorado Springs CO has to offer to identify which foods you should avoid to maintain your teeth's radiance.

Making Smile a Habit

There is no use in keeping a good set of teeth if you don't flaunt them through your smile. In fact, make it a habit to smile since this is shown to increase a person's likeability and approachability. Moreover, smiling is a form of facial exercise that can keep you looking young. The dentists Colorado Springs Colorado residents count on can help you improve your look by giving you a smile that you deserve.

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