



# The bright smile diet

WANT TO YOU EAT YOURSELF TO A DAZZLING SMILE? HERE ARE SOME FOODS TO STEER CLEAR OF – AND SOME YOU CAN SAFELY INDULGE IN. NOW, SAY: "CHEESE..."

- ✓ **Celery:** if you can't avoid snacking, munch on vegetable sticks: they help clean teeth naturally and stimulate the flow of saliva.
- ✓ **H<sup>2</sup>O:** forget sweetened, flavoured, acidified water. Natural still water is the best possible drink for your smile. It's neutral and gives your teeth a good rinse.
- ✓ **Cheddar:** 'Alkaline foods such as cheese and milk help balance the pH in your mouth and neutralise the effect of acidic foods', advises Professor Eder. They also provide calcium and minerals to remineralise dental enamel.
- ✗ **Curry:** spices such as turmeric are highly pigmented. If a food can stain your carpet, it can stain your teeth. Cutting out richly coloured sauces, drinking white wine and green tea will brighten your smile.
- ✗ **Toffee** and other sticky sweet foods (even healthy raisins!): avoid regular snacking as the sugar sticks to the teeth, attracting bacteria that form plaque. These bacteria produce acids and promote tooth decay.
- ✗ **Orange juice:** acidic foods such as citrus fruits and juices, alcoholic and sparkling drinks all promote tooth erosion. 'Dilute juices with water or drink them with a wide-bore straw – ideally, only at meal times', recommends Professor Eder. 'Don't brush your teeth straight after acidic fruit and drinks as the tooth surfaces will still be soft and weakened: instead, rinse your mouth with water or a fluoridated mouthwash.'

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## SMILE QUICK FIXES



### THE WHITENING PEN

#### Transformulas Professional White

Apply daily on your teeth. 'Some of my teeth were yellower than the others. It evened out the colour of those and I definitely noticed a difference', says our tester.

£ HOW MUCH? £24.95

🔍 FROM [transformulas.com](http://transformulas.com) or 0845 1133 888 for stockists.

### THE TOOTHPASTE

#### Janina Ultra White Extra Strength Whitening Toothpaste

Gentle on enamel, its papaya and pineapple enzymes remove stubborn stains from teeth. 'The taste is a bit medicinal but I will keep using it as my teeth are becoming whiter.'

£ HOW MUCH? £10.95

🔍 FROM Boots and independent chemists nationwide.

### THE STICK

#### Boots Expert Teeth Whitening Stick

This gentle, non-peroxide formula lets you target individual stains. According to our tester, 'It is very easy to brush on and I noticed a significant whitening.'

£ HOW MUCH? £9.99

🔍 FROM Boots nationwide.

### THE LIPSTICK

#### Clinique's Lip Collection for a Brighter Smile

During testing, teeth appeared at least one shade brighter: these violet, pink, tawny or nude tones create a brightening contrast.

£ HOW MUCH? £14.50

🔍 FROM Clinique counters nationwide and [clinique.co.uk](http://clinique.co.uk).

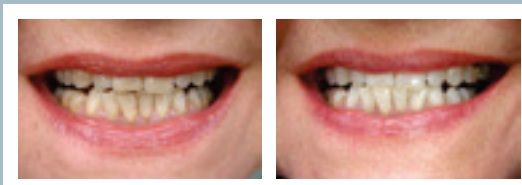
### WHAT CAUSES TOOTH STAINS?

You may be born with them: 'Tooth stains can be congenital or developmental, sometimes due to problems with the enamel and the dentin as they form', says Professor Andrew Eder, Professor of Restorative Dentistry and Dental Education at the UCL Eastman Dental Institute and Clinical Director of The London Tooth Wear Centre. 'For example, tetracycline antibiotics, taken during the most critical stages of tooth development, can cause deep stains' (including in utero, when the mother is pregnant and takes the medication). As for acquired stains, 'The commonest causes are nicotine if you smoke, as well as various foods and drinks such as black tea, coffee and red wine. Mouthwash containing higher concentrations of chlorhexidine may cause rather more superficial brown stains.' In any case, beware of erosion: 'If the teeth are exposed to very regular acid attack, the roughened surfaces pick up stains more easily.' **EB**

## BEFORE & AFTER

### CASE STUDY 1

LASER TEETH WHITENING: EXPERT BEAUTY TESTER SAMPLED A ZOOM! SESSION



### CASE STUDY 2

BLEACHING TRAYS: A PATIENT AT ULTRASMILE\* LONDON, BEFORE AND AFTER EXPERIENCING THE KÖR DEEP BLEACHING SYSTEM

