**Guaranteed! Whiten Your Yellow Teeth In Less Than 2 Minutes!**

**  July 1, 2016 | **  [Beauty](http://www.healthyfoodhouse.com/category/beauty/), [Video](http://www.healthyfoodhouse.com/category/video/) | **  0 | **  admin

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Yellow teeth are quite an embarrassing issue, so numerous people, especially smokers, avoid to smile and laugh in front of others, just to hide them.

Yet, white teeth are not an impossible goal to reach. What’s more, it can be achieved without spending a lot of money or using commercial products which are loaded with chemicals!

Yellow teeth are a common issue, and even non-smokers can have them, especially if they consume excessive amounts of sugar.

If you are one of those who are unconfident due to their yellow teeth, you should definitely try this natural way to whiten your teeth!

You no longer need to wait for days, nights, months, to see the results Coconut oil can help you whiten your teeth in only 2 minutes!

To make your own teeth whitening paste you will need only these 2 ingredients:

* 8 tsp baking soda
* 8 tsp virgin coconut oil

Mix well, place the mixture on your toothbrush and brush your teeth very nice and slowly. That’s it!­­­

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