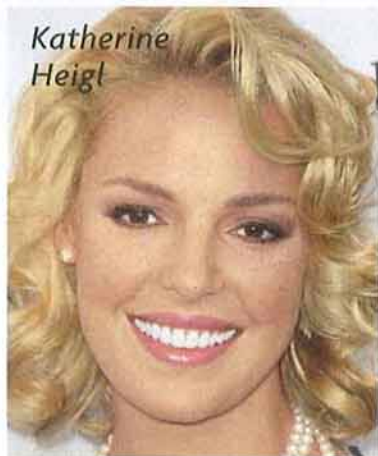


4 Moves For A Superstar Smile



Katherine Heigl

1. Flossing

Floss daily before you brush. For the most part, Dr. Lowenberg says that people do not do it right. Many snap floss between teeth — this is a no-no: Snapping can cut gums and eventually make them recede. The correct way is to gently slide floss backward and forward (like shining a shoe) between teeth so that it glides down sides. Next, wrap it around the neck of each tooth, moving it up and down. Do every single tooth. If you have trouble hitting back molars, Dr. Lowenberg recommends using a flosser.



A floss with whitening agents: Supersmile whitening floss, \$7, shop.supersmile.com. To reach back molars, Dr. Lowenberg suggests: Reach Access flosser, \$3.30, drugstores.

2. Brushing

Dr. Lowenberg says to brush teeth every morning and night for two full minutes. Being that most of us brush for much less than that, it's a good idea to invest in a toothbrush with a timer. Use a brush with soft bristles, and replace it three times a year. Look in the mirror when brushing — don't walk around the house. This is the best way to ensure you're really cleaning your teeth, especially the area where the tooth meets the gum. Don't forget about your tongue! Brush the top of it with a scraper or your toothbrush.



A tongue scraper to try: Dr. Tung's stainless steel tongue cleaner, \$7, drtungs.com. A power toothbrush with timer: Oral-B Triumph with SmartGuide, \$140, bedbathandbeyond.com.

3. Rinsing

Using mouthwash regularly is important for overall oral hygiene, but is particularly key when it comes to combating bad breath. It's generally caused by plaque buildup. The toxins emitted by the bacteria that sticks to plaque smells like rotten eggs! Eww! Foods like garlic, curry and onion can also contribute. Rinses make a difference. Dr. Lowenberg cautions that alcohol-based rinses can actually intensify bad breath by drying out the mouth, so try one without. The one exception, Dr. Lowenberg notes, is Listerine: Though it contains alcohol, it works!



Alcohol-free and recommended by Dr. Lowenberg: The Natural Dentist Healthy Teeth & Gums anticavity fluoride rinse, \$10, drugstores. Tried and true: Listerine antiseptic mouthwash, \$5.29, drugstore.com.

4. Whitening

Though there are fabulous treatments at your dentist's office for whitening, they can be expensive. Thankfully, there are great, affordable ways to get bright whites like Katherine Heigl's at home. Many options exist, though kits containing trays or strips are most popular. Dr. Lowenberg is a big fan of Crest Whitestrips — the latest are formulated to whiten teeth in just three days! A new system on the market, Luster 1 Hour White, simulates in-office light whitening treatments for a fraction of the price!



Dr. Lowenberg likes: Crest Whitestrips Premium, \$35, drugstores. An at-home light-activated whitening system to try: Luster 1 Hour White, \$40, Walgreens stores.