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SEPT/2010

## Tips For A Whiter Brighter Smile

News  
letter

As a Guest Judge for Miss Universe 2010 we met a lot of amazingly talented and well educated and focused young Australian ladies.

We spoke to many of the girls about Health, Self Esteem and Beauty. Here is a synopsis of what we heard:

### 1. Health

The girls felt that exercise made them feel better and look better. Both physiologically and physically. "You just smile more and look prettier after some exercise, people comment".

### 2. Smile

A smile is free. It shows off your pearly white teeth. Makes you feel more attractive/happy/friendly. Only a handful of the girls could master the happy cheeky glowing smile for any length of time but those that did won judges favour. The prettiest girl is not always guaranteed to win the competition.

### 3. Mouth Hygiene

All saw value in good tooth brushing routines. Interestingly, some flossed, some used the woodsticks, some used the soft bottlebrushes and some used nothing. Some worried that they needed to use a mouthwash just in case. All aimed for clean mouth/teeth. (no question, having a home mouth routine that works for you and is overseen by a dentist 6 monthly is the key)

### 4. Gums

The girls were fascinated to learn a little beauty tip from us ... if the gums are super 100% healthy, then your gums will be pinker (not red, not



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inclined to bleed) which will intern make your teeth appear whiter and brighter!

## 5. Self Esteem

Yes, the girls were attractive but their level of self esteem all varied. All commented that the more they worked on health (which included teeth/ smile) the more their self esteem and confidence increased.

## 6. Lipstick/Gloss

The girls knew that the smile and face looks brighter with a touch of lipstick/gloss.

## 7. Tooth Whitening

hat any whitening product from the chemist was quite useless (and expensive). Teeth whitened at the dentist looked amazing!

## 8. Bad Breath

Not really an issue because the girls were so focused on healthy white smiles that as a by product there was no bacteria in the mouth to cause bad breath.

## 9. Chewing Gum

So the girls wanted to be slim and trim. Some chewed gum. What they did not know is that chewing gum for 20 minutes after eating is good for you. It helps stimulate saliva, which neutralizes the acids that attack teeth and cause decay.

## 10. Well Being

The contest was an amazing living example of how all of the above are interrelated i.e. physical health + inner self esteem + perceived beauty + smile and dental wellness.

Some interesting things to consider,

Big Smiles,

Dr Mark Levi



the  
smileshop



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