

Centers for Healing Reveals how You Can Whiten Your Teeth with Strawberries

Written by Australian Business

Newbury Park, California June 09, 2014 [Health News](#) ([PRLEAP.COM](#)) June 9, 2014 - Newbury Park, CA – Dr. Grube and Dr. Villarreal are holistic dentists at Newbury Park dentistry center, Centers for Healing. Their mission is to help patients achieve their best physical, dental and emotional health as safely as possible and in a short time period. The number one procedure requested today by dental patients under 20 and those between 30 and 50 years of age is tooth whitening. The products most dentists use and those available over-the-counter contain hydrogen peroxide in various quantities which can lead to tooth sensitivity. Regardless, more people are following the trend to have their teeth chemically whitened as extremely white teeth are quickly becoming the norm. Instead of risking your teeth to sensitivity caused by hydrogen peroxide, the holistic dentists at Centers for Healing recommend a safe alternative for brightening teeth.

The malic acid content in strawberries will work as an astringent which removes stains caused by smoking cigarettes, drinking wine or tea, or eating blueberries and other foods with dark pigments which commonly cause stains. To use the strawberries as a bleach, simply crush one ripe strawberry and mash together with ½ tsp of baking soda. Apply the mixture to teeth and let it set for five minutes. Use toothpaste to brush the mixture off and teeth will be noticeably whiter. In addition to this safe, at-home procedure for whitening teeth, the Newbury Park Dentists also offer all-natural whitening products from Estrella which use HerbalBrite to keep teeth naturally clean and fresh.

Centers for Healing offers a wide range of dentistry products and services to meet the needs of patients who require organic or biological dentistry in the area. Their holistic dentistry services focus on the use of nontoxic restoration materials due to an unrecognized impact they believe dental toxins can have on the individual's overall health. Their IV therapy includes the administering of high doses of Vitamin C so that patients can have dangerous mercury amalgam fillings removed. Massage therapy is also available.

To learn more about Centers for Healing, visit their website at www.centersforhealing.net . Sign up for their newsletter to keep up with new offerings and to learn more about their dental treatments. You can reach the center by phone at 805-375-2233. Call to schedule your consultation to learn what type of impact you can expect from a holistic dentist.

About Centers for Healing The holistic dentists at the Center for Healing believe their mission is to help you achieve your best physical, dental and emotional health through their safe practices and the use of organic products. Dr. Grube and Dr. Villarreal use conscious sedation and auxiliary treatments as a part of their protocol to help patients achieve their optimal health. They are based in Newbury Park, California and serve the Simi Valley, Thousand Oaks and entire Ventura County region.

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