

# HOW TO FIX A BROKEN NAIL | REPAIR YOUR SPLIT NAILS EASY STEP BY STEP TECHNIQUE FOR BEGINNERS

Sursa: [youtube.com](https://www.youtube.com)

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## 9 Ways to transform a tie into a stunning knot!

James Bond famously distrusted any man with a Windsor knot. For him, it was too symmetrical, showing vanity and selfishness. Well, today, we're going to make Bond go nuts because there are some beautiful and intricate tie knots out there that require a little hand dexterity and patience before they can be executed. If Bond didn't like Windsors, imagine what he would say about an Eldredge! Never fear, though, because there are incredibly simple and functional knots here as well such as the Pratt.

### 1. The Eldredge Knot

### 2. The Trinity Knot

3. The Cape Knot

4. The Four in a Hand Knot

5. The Merovingian or Ediety Knot

6. The Onassis Knot

7. The (ENORMOUS) Balthus Knot

8. The Cross Knot

9. The Pratt Knot

Sursa: <http://stunning-knot.diply.com>

Sursa video: [www.youtube.com](http://www.youtube.com)

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**How To Repair and Increase  
Your iPhone USB Cable  
Lifespan. Easy & Cheap!**

# 21 Life Hacks Every Woman Needs To Know

In this fast-paced, busy world, it's easy to get stressed over the smallest of things. All you really need to do is breathe and try to find a better way. These 21 life hacks will help simplify your life from your beauty routine, packing for vacation, to the smallest day-to-day things. Now you can free up some time to focus on the more important things in life. Win-win.

Here are 21 life hacks every woman needs to know:

## 1. Use your flat iron as an... iron



**via Lifehacker**

Your flat iron is perfect for quick jobs or when you're in a pinch.

## 2. Upgrade your old heels with fabric



**via Delia Creates**

There's no reason to throw out last season's pair when you can give them a quick and easy upgrade.

### 3. Avoid runs in your tights by spraying hair spray on them



via Let's Wear That

### 4. Clear-coat your rings



via Bit Square

Is your skin sensitive to cheap rings? Avoid turning your fingers green by applying a clear coat of polish to the inside of your rings.

### 5. Smart packing



via Real Simple / Thayer Allyson Gowdy

Pack your shoes in a shower cap to keep the clothes in your suitcase clean while you travel.

### 6. Nail polish bottles stuck?



via Lovelyish

Wrap a rubber band around the lid for extra grip.

### 7. Stinky jeans? Try this:



via Rawr Denim

Leave your jeans in the freezer overnight. It'll „shock” the bacteria and make your jeans smell much better, without any washing.

## 8. Curl your hair with a flat iron



**via Ramshackle Glam**

Twist the iron rather than running it straight through your hair. The result? Fabulous, natural-looking curls!

## 9. Keep your buttons from falling off



**via Bulldog Clothing Company**

Apply a coat of clear nail polish to keep your buttons from popping off.

## 10. Give your bobby pins an upgrade with nail polish



**via Hopeful Honey**

Say goodbye to boring brown.

## 11. De-fuzz your sweater with a pumice stone



**via Lark About**

A disposable razor also works to remove fuzzies and pills. Just remember to use a lint roller afterwards!

## 12. Dry your hair with a t-shirt instead of a towel



**via Michelle Phan**

Rubbing hair with a towel can rough up the cuticle, causing frizz and breakage. Instead, opt for a super-soft tee.

## 13. Transport your bobby pins in a DIY case



**via Lovely Indeed**

This way, you won't have to go digging to the bottom of your purse.

## 14. Stop your bra from showing



**via Muy Ingenioso**

Sew in a bra strap clasp to your favorite shirt to avoid visible bra straps.

## 15. Tuck non-skinny jeans into boots



**via The Todd & Erin Favorite 5**

Master the art of folding and using boot socks to fit even the widest flares into boots.

## 16. Tame fly-aways with dryer sheets



**via Fashion Lady**

Dryer sheets are a fantastic way to combat static hair, and they don't leave your hair greasy either.

## 17. Easily add keys to your key ring



**via Motoring About**

Don't wreck your manicure, just use a staple remover to slide your new keys on your ring.

## 18. Ran out of shaving cream?



via **about style / Stockbyte / Getty Images**

Hair conditioner works just as well, and maybe even better!  
Baby oil also works.

## 19. Get rid of deodorant marks on clothes with dryer sheets



via **Taste Style**

If you're on-the-go, rubbing water on the stain also works too.

## 20. Keep your headphones from unraveling with DIY clips



via **Life Love Liz**

Your purse will thank you.

## 21. Get the perfect French manicure with a rubber band



via **paper raindrops**

So easy to do, and turns out amazing!

Sursa: <http://diply.com>

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# 19 Surprising Kitchen Tips And Tricks

When you're getting crafty in the kitchen, there are some potentially tasty results waiting for you. With these tricks, your kitchen will be the yummiest place in town!

## 1. Substitute Applesauce for Sugar



**via I Adore Food**

If you're out of sugar, substitute unsweetened applesauce in your baked goods.

## 2. Zucchini Noodles



**via Bed, Bath and Beyond**

Instead of making pasta every night, use this spiral cutter to make zucchini noodles (zoodles). Zoodles are healthier and pasta and very trendy right now.

## 3. How to Scoop Egg Shells



**via HealthyRootsHappySoul**

If you're cooking and you drop a little bit of egg shell into the bowl, use the bigger portion of the egg shell to fish out the dropped piece.

## 4. Keep Greens Fresh



**via Popsugar**

Wash and dry your lettuce, then portion it into plastic bags.

Blow up the bags with air, and seal them. They'll last longer and are already portioned for you. Just make sure the lettuce is dry when you put it into the bags.

## 5. Yogurt Popsicles



**via One Good Thing By Jillee**

Buy a pack of yogurt, insert popsicle sticks into the closed yogurt packs, and freeze. Now you have the easiest, healthiest popsicles ever!

## 6. Preserve Herbs



**via the kitchen**

Don't let your fresh herbs go bad! Chop them up and place them into an ice cube tray with olive oil. When you're cooking and you need herbs, no need to buy more and let them go bad – grab your frozen herbs and throw them in the pot!

## 7. How To Tell If An Egg Is Fresh



**via Root Simple**

If you aren't sure if your eggs are still good, use this easy trick! Put the egg in water. If the egg sinks, it is very fresh. If one end of the egg rises slightly, then the eggs are still good, but not as fresh. If the egg floats, it is bad and should not be consumed.

## 8. Cut Soft Foods with Floss



**via Learni.st / Michele Ochoa**

Use unscented floss to cut soft foods like cakes and cheeses.

## 9. Pancake Batter



**via Crafterholics**

Remake your pancake batter and put it in a clean Ketchup bottle. This way, you have ready to cook pancakes whenever you want. Bonus: easier to pour into the pan and clean up.

## 10. Frozen Grapes



**info via thekitchn | image via reddit/u/Tericakes**

To keep your wine chilled without watering it down, freeze grapes and put them in. Freeze white grapes for white wine, and red grapes for red wine.

## 11. Peeling Ginger



**via Martha Stewart**

Use a spoon to peel the skin off ginger in your recipes. The spoon easily removes all the skin, even from the bumpy parts of the ginger. This trick can also be used for kiwis.

## 12. Prevent Water from Boiling Over



**via reddit/u/slokotov**

When you're boiling water, place a wooden spoon across the top of the pot. This keeps the water from boiling over and making a mess.

## 13. Easy Taco Shells



**via eatingwell**

If you're making tacos for dinner, but don't have any crunchy shells, don't worry! Take the soft shells, and cook them upside down on your oven rack. Crunchy shells in no time!

## 14. Get More Juice from Lemons and Limes



**via RebootwithJoe**

Before you cut lemons and limes, roll them on the counter with your palm, applying light pressure. This will make the lemons and limes juicier.

## 15. Grate Butter



**via perfect wife magazine**

If you need melted butter in a flash, don't risk microwaving it (if you're baking, you could cook the eggs prematurely – ew!). Grate the butter and it will melt more quickly.

## 16. Clear Ice



**via Instructables / isr\_Raviv.**

If you make ice cubes with boiling water, they'll be clear. If you make your ice cubes with room temperature or clear water, they'll be foggy.

## 17. Keep Brown Sugar Soft



**via 7thhouseontheleft / greg**

To keep your brown sugar soft, put some marshmallows into the container. Make sure the container is also airtight! A damp piece of terra cotta also works to keep brown sugar soft.

## 18. Hull Strawberries



**via barefeetinthekitchen**

An easy way to hull strawberries for baking or recipes is to use a straw. Push the straw up through the bottom of the

strawberry, and the leaves should come off too.

## 19. Cut Corn off the Cob



**via Life in Random Bits**

An easier way to cut corn off the cob is to put the corn into the center hole of a bundt pan and then cut it. This way, the corn won't slip around, and all of the corn will fall into the pan.

Sursa: [diply.com](https://diply.com)

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# Top 6 Ways to Get Rid of Stretch Marks

Both men and women can suffer from stretch marks on their skin. It can be caused from urgent losing or gaining weight, during pregnancy (for women) and after child birth, from wearing too tight clothes and so on.

It is not dangerous, not even a disease, but most people find it extremely unattractive and want to get rid of their stretch marks in every possible way. Doing a surgery maybe successful but it usually costs a whole lot of money, so this article suggests you natural ways on how to get rid of stretch marks.

## #1. Cocoa Butter

This is a very beneficial ingredient when comes to treating stretch marks. Apply cocoa butter over the affected area at least twice a day. After one to two months, the marks will be

less visible, but you should be patient. Another option is to make a mixture using half a cup of cocoa butter, one tablespoon of wheat germ oil, two teaspoons of grated beeswax and one teaspoon of apricot kernel oil and one teaspoon of vitamin E oil. Heat this mixture until the beeswax melts and then you can store the mixture in an airtight box in the refrigerator . Keep applying it to your stretch marks two to three times a day.



## **#2. Egg Whites**

Eggs are a rich source of protein. You can use it for stretch marks, but only the egg whites, which contain amino acids and proteins. Whip the whites of two eggs with a fork. Clean the affected skin area with water before you apply a thick layer of egg whites with a makeup brush or with a cotton ball. Let the egg whites dry completely and then rinse the area with cold water. In the end add some olive oil on the skin to keep it moisturized. Continue use it for two weeks or till you see some results.



## **#3. Apricot Mask to Remove Stretch Marks**

You may want to use apricot scrub for rapid removal of stretch marks from your skin. This easy recipe for a mask is made from apricot and you can apply it on your stretch marks daily for at least a month or more. Take 2-3 apricots and crush them with a fork till you get a paste. Apply the paste on the wanted spots where you have stretch marks and let the paste stay for 15 minutes. Afterwards wash it with water and continue doing this treatment twice a day for a month.



## #4. Aloe Vera Anti Stretch Marks Gel

Aloe Vera gel is very useful in the fight against the stretch marks. This herb contains collagen which helps a lot in the regeneration of the human skin. Use the fresh aloe gel taken from the leaves instead of using store bought gel. You can buy yourself the plant and use its leaves for many different skin problems, including skin cleaning.



## #5. Potato Juice

This is probably the cheapest and one of the most used home remedies for stretch marks. Potato is a wonderful food due to its many components like essential fatty acids and a variety of phytochemicals, like carotenoids and polyphenols. It also contains a lot of vitamins and minerals including Vitamin-C, B-complex, potassium, magnesium, calcium, phosphorus and zinc. The potato is capable of stimulating collagen and elastin synthesis. That is why it can actually restore skin cells and help you get rid your stretch marks.



## #6. Lemon juice

These fruits are recognized as a fine natural bleaching agents. The alpha hydroxy acids (AHA) and the vitamin C in lemons can efficiently remove the dead skin and make your stretch marks disappear fast. Here's the fast recipe to make: Cut a lemon in half and rub each piece of the fruit on your stretch marks. Let the lemon juice soak into your skin. Do this for at least 10 minutes. Then wash off your body with

warm water. To turn the lemon juice into a superfast remedy for your stretch marks, you can mix the lemon juice with other ingredients in equal quantities (for example 1tbsp lemon juice with 1 tbsp other juice like a cucumber juice or a potato or a tomato juice).



Sursa: trendingpost.net

Sursa foto principal: <http://www.rafskinna.com>

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## Top 10 Ways to Wear a Scarf

If you happen to love accessories in the shape of scarves or stoles, this is going to be a great read for you. Long, super long o medium length scarves that can be easily wrapped around your neck and shoulders would give you an elegant and sophisticated look. If you either decide to wear it in a casual combination of jeans with a shirt or simple blouse and wrap the stole around your neck or if you wear it with a dress, you know you can never make a mistake. The sizes of the stoles are usually slightly different from the scarves because stoles are not square shaped and most of them are visually slender and therefore more elegant. That means that you can wear the stole in a single wrap around your neck and you know that it would be enough accessorizing for your outfit. But if you are a girl who simply loves pieces of jewelry or you cannot give up on your favorite broche, then you can always add it on your stole. You can pin it on your stole and have a

brand new, more glamorous look. Also you can always go and be more edgy and wrap the stole around your head, whether like turban or like a simple head band, you know that it would complement your look. When comes to edgy ways of wearing a stole, you can also use it like a belt for a dress, jeans or pants, wear it on your hips when you go to the beach as well. The following fashion tips will help you tie your favorite scarf

## Top 10 Ways to Wear a Scarf

### #1. Classic drape

For this you would need to have a bit longer scarf. Simply put it over your neck and let the ends fall over your chest. This is a very popular look for men and women of all ages. You can never make a mistake by wearing your scarf (no matter what color, size or model it is) like this.



Image Source: <http://4.bp.blogspot.com>

### #2. The Bunny Ear

Wrap your scarf twice around your neck. Then put one end under neat the loop of the wrapped scarf. This way you will have both ends on the same level. Simply tie a knot with the ends and you are ready to go.



Image Source: <http://4.bp.blogspot.com>

### #3. Double Rainbow

Take two scarves for instance one pink and the other in blue color Put them together by their length and wrap them over your neck. Adjust the ends of the scarf that is below so they can be visible. This way you will get a nice mix of colors.



Image Source: <http://stylemyscarf.com>

## #4. The Turtleneck

Wrap your scarf around your neck until there is nothing to be wrapped. Hide the ends of the scarf behind the fabric. You will look as if you are wearing a turtleneck.



Image Source: <http://stylemyscarf.com>

## #5. Infinity

Place your scarf on your neck and then tie the ends in a small knot so you will get a full circle. Simply wrap that scarf circle around your neck, letting the scarf fall down your chest in a cascade.



Image Source: <http://www.shopglobalthreads.com>

## #6. The Toss

Take a long scarf and simply toss one end over your shoulder. This is a very sophisticated look.



Image Source: <http://wp-ag.s3.amazonaws.com>

## #7. The European Knot

Take your scarf for the middle, creating a loop in which you will put the ends of it. This is a popular way of wearing a scarf for both men and women around the world.



Image Source: <http://static.shopify.com>

## #8. Classic Wrap

Just cover your back and shoulder with your scarf, basically as if you wear a poncho. It is elegant and classy way to wear a scarf, yet a practical way to keep your back and shoulders warm.



Image Source: <http://www.bigboxsave.com>

## #9. Twist

Put your scarf over your neck and start twisting one end. Then, once the scarf is completely twist, simply wrap it around your neck. Tie the ends aside.



Image Source: <http://www.alreadypretty.com>

## #10. Decorate it

Put the scarf over your neck. Tie a loose knot on one of the ends and then insert the other end in it. Decorate the knot with your favorite brooch or badge. Also, if you feel like creating a special look, you can add a bracelet or simply a statement necklace, wrapped around the knot. It would make the scarf unique and noticeable.



Image Source: <http://4.bp.blogspot.com>

Sursa: [trendingpost.net](http://trendingpost.net)

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# Top 6 Tips to Act on a Job Interview

Seeking for a new job isn't easy and sometimes it can take a lot of time. The stressful moments before being called on an actual interview can make you nervous and restless. But if you are among those few people who got that call and if you get your invitation for your first interview, don't panic. Yes, there are some set rules on what you should speak in order to introduce yourself and give the company a better picture about yourself, but also, some body language and phrases are welcome. These Tips to Act on a Job Interview might help you become that one candidate that the company is looking for.

## #1. Don't be late

Give yourself enough time to reach your destination, especially if you're unfamiliar with the area. Seriously, instead to go there relaxed, you'd be even more stressed out because you won't be able to get on time. If you can, go and look for the location a few days before, just in case. Don't get there too early, either. It can make you look as if you have no other job, and they may get the wrong picture (that you panic or that you are impatient). The best time to arrive is between 10 to 20 minutes before your time.



Image Source: <http://www.inc.com>

## #2. Research the company

Don't worry if people call you a creeper or a stalker because you're researching the company, in fact everybody does this. Take time to find out about challenges and problems that company is facing. The simplest method is simply to do a Google search. Actually, most companies would even ask you certain questions like "what do you know about our company/stuff we sell/produce" etc. in order to see if you were interested enough to do a research on them. If you stand there without any info about the company you applied your CV for, they would think that you are not well informed and that you were just sending your resumes to random job seeking ads.



Image Source: <http://www.samarberry.com>

## #3. Dress code

Nobody says that you should dress in a suit, but even if you do it won't be a mistake. After all it is an official interview and with your dress code you are showing respect towards the company, towards the whole process and towards yourself. If you aren't fan of formal clothing, at least try to wear calm colors and decent clothing. Some people say that jeans aren't good for interviews, but if you combine them with a shirt and a coat, it would be a simple causal yet formal combination.



Image Source: <http://healthcarepursuits.com>

## #4. Don't speak badly about ex bosses or places you worked for

Speaking poorly of a former employer, no matter how bad your

relationship, could come back terrible to you. If you get the job they would know that you will trash them, if you don't get the job maybe it is because of this mistake you did on the interview. Even if the interviewer asks you what you disliked about your former boss, refuse to take the bait. You can speak about things you learned, even if the context is different from what the interviewer might be thinking. The best answer is that you and your former boss were not on the same wave length or that you simply don't wish to speak about it.



Image Source: <http://i.huffpost.com>

## **#5. Don't over or underestimate yourself**

This is not time to play modest. You are selling your knowledge and work experience. Don't say that you don't know how much money you wish to earn. Some employers would ask you directly about the salary part – You can say a sum “from-to” and that is okay. Some of them would ask you what you expect from the job – among the rest of the things (like personal growth, promotions and good correlations with your co-workers) you can mention that you of course expect suitable salary.



Image Source: <http://everydaylife.globalpost.com>

## **#6. Your education is important**

Yes, companies would value your education, but they would value more your experience. If you are on your first job hunt, don't hesitate to mention your college internships, activities that you took after classes or hobbies that you do. You'd be surprised that those things matter too. So if you happened to help your mother organize and plan a weekend trip for your

extended family, mention that. If you help your father in his business, mention that too. Also, show that your education turned you into a reliable person with lots of knowledge in the area you prefer to work.



Image Source: <http://liberalarts.udmercy.edu>

Sursa: [trendingpost.net](http://trendingpost.net)

Sursa foto principală: <http://beforeitsnews.com>

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## **World's best makeup tutorial for women – You must give it a try**

You ever wondered how your favorite actress always seems to look her best no matter what role she plays or her age. Well today we are going to reveal some of the top tips that only till today Hollywood's elite had access to. With the warmer months right around the corner many women will be looking to change their wardrobe around why not give your make up and overall facial features a lift too? Start looking as good as your favorite star. Today we are going to reveal secrets from the top Hollywood Makeup artists, skin care experts and gurus. Check it out and start looking your best today.

# **1. Always keep your summer make up minimal**

Ladies less is best especially with those warm dog days of summer just down the road. Why have your face smearing and looking like you painted your face? Just a little dab will do you does wonders on those god awful blazing days. Another thing you might want to try is not rushing right out the door once you put your make up on. Give it a chance to dry and do it up with a little bit of powder and start shining like a star.



# **2. Make your Make Up Smudge Proof**

If you would like to make your make up smudge proof take a little piece of tissue to remove any oil or extra make up that may be surrounding the eye area. Also another tip some of our experts say works really well is applying a lit bit of concealer to hold everything in its spot. Go about your business and enjoy your day.



# **3. Purchase Eyeliners that Have Stay Proof Wear ability**

Every woman has had that dreaded experience of her eyeliner running and smearing down her face. How embarrassing right? Our experts say purchase eyeliner that offers proof of stay proof wear ability and never have an embarrassing streak again. Do like the pros do and you will look like a million bucks.



## 4. Blush

To get the right amount of blush on your face it is suggested you measure two fingers from your nose so you don't overdo it.



## 5. Hydrate Your Skin

Makeup artist Jessie Powers suggests that you always hydrate your skin and put on primer to keep your skin looking its best. This will prevent your skin from getting dried out or looking tired. Have that special date you have been thinking about all week. Hydrate and prime your skin and knock the socks off them.



## 6. Balance Your Shimmer

If you are trying to give yourself a shimmery eye look Raychel Wade founder of Cheek to Chic recommends to try using a matte lipstick. Want to look extra classy and professional for that job interview try Raychel Wade's tips and slam dunk that interview. Remember first impressions are very important.



## 7. Use White Eyeliner

You hate that red eye look? Our experts suggest using white eyeliner to reduce that red look around your eyes. Now you have the secret to how some of these stars can go back to back and perform for so long and still look they have slept a full night. Try it out and see how gorgeous you will look.



## 8. Add Shimmery Gloss

Are you looking for that extra sparkle on your lips? Our makeup experts suggest adding a little shimmery gloss to your lips both the top and bottom and you will definitely start looking like a rock star.



## 9. Use Bronzer to add life to your Cheekbones

Ladies are you looking to make your cheek bones look higher try adding bronzer underneath your cheekbones and highlighter on your actual cheekbone and you will look just stunning.



## 10. Keep your Mascara from becoming Flaky

One of the top reasons most women find they have flaky mascara is that it is either too old or dry. To avoid this our experts suggest closing your mascara each time after you use it to keep it nice and fresh. Another tip our beauty experts say works is adding 2 to 3 drops of saline solution into the mascara tube and swirl it around.



Sursa: [trendingpost.net](http://trendingpost.net)

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# 10 Tips to whiten your teeth naturally – Home remedies

There is nothing worse than the horrifying looks of yellow teeth. While this happens for many reasons ranging from too much caffeine and tea to taking a ton of antibiotics to your diet it can often be treated. However the cost for the treatment can be quite costly and cost hundreds of dollars. Often times many dental plans won't even cover this as it's considered cosmetic and that leaves you with a huge bill. Why pay all that money when you have a host of ingredients that are right in your kitchen or can be purchased at your local grocery store for just a few dollars. Today we are going to show you the top ten home remedies for whitening your teeth.

## 1. Baking Soda

Baking soda is one of the best ways to whiten your teeth when used carefully. Please keep in mind these suggestions should be used in moderation. Excessive use of baking soda can erode your teeth's natural enamel which can leave you prone to other issues. Here are some simple easy ways to use baking soda to whiten your teeth. Try mixing a quarter teaspoon of baking soda with a little bit of toothpaste. Brush your teeth with the gritty mix and do this at least twice a week. Instead of warm water you can make the mixture with hydrogen peroxide, lemon juice, or even white vinegar. The picture below has some suggestions you can try that we will also mention in this post.



## 2. Orange Peels

Orange peels are very effective at removing those dreaded yellow colors from your once pearly white teeth. You can instantly restore your teeth's gorgeous looks by rubbing a fresh orange peel every night before going to sleep. The vitamin C and calcium will go to work right away and fight the chemicals that cause yellow discoloration. Try doing this for a few weeks and notice how much better your teeth look.



## 3. Strawberries

Another big supplier of vitamin C strawberries also will help your yellow teeth vanish if done properly. Try this concoction to get those pearly whites back. In your blender grind a few strawberries to make into a thick paste. Gently rub the paste onto your teeth. If you do this every day twice a day you will notice in just a few short weeks that your yellow teeth are gone. Just like magic. How is it that for money saving. It is much cheaper to buy a box of strawberries for a few dollars then spend hundreds on expensive whitening treatments. Try the other method below in the picture for more positive results.



## 4. Hydrogen Peroxide

Hydrogen Peroxide contains a mild bleaching ingredient which has the same results as those expensive whitening treatments. However pay extra attention when using Hydrogen Peroxide as overuse can irritate your gums and make your teeth extra sensitive. Try this method to make a hydrogen peroxide paste. Mix a paste of baking soda with some Hydrogen Peroxide. Then gently brush your teeth with it. Later on do a regular

brushing of your teeth with your favorite regular toothpaste.



## 5. Lemons

One of the best ways you can rid your teeth of yellow discoloration is using lemon peels. In fact it is suggested that gargling with lemon juice and scrubbing your teeth with a lemon peel is one of the most efficient ways to remove yellow marks on your teeth.



## 6. Salt

Salt has been used for hundreds of years and has been proven to be effective with removing yellow plaque marks from teeth. Simply mix regular table salt with some baking soda and very gently rub it on your teeth. Pay extra attention with salt as it can do some damage to your gums and teeth enamel if you brush harshly.



## 7. Holy Basil

Not only is Holy Basil very good at removing yellow plaque marks from your teeth but it also helps prevent advanced periodontal diseases such as pyorrhea. Leave a few holy basil leaves in the sun for several hours. Go out and check them periodically when they are dry this is when they are ready to be used. You then want to take the dried Holy Basil leaves and grind them in your blender until they are in powder form. Mix the Holy Basil powder with your regular toothpaste and start brushing away.



## 8. Apples

Apples are very powerful fruits and benefit our bodies in many ways. But did you know just chewing a crunchy apple once or twice a day is just as potent as brushing your teeth. The acidic juices from apples works diligently to remove yellow stain marks from your teeth. Still brush your teeth but try doing this with eating one or two apples a day and see how gorgeous those teeth will look.



## 9. Charcoal

Another well-known teeth brightener Charcoal has potent crystal chemicals that does a great job at whitening teeth. Just mix a little bit of charcoal powder with your regular toothpaste and gently brush. Try doing this twice a day. If you don't have Charcoal you can also use burnt bread and rosemary as substitutes.



## 10. Margosa

Margosa or neem leaves are both effective against yellow teeth. In addition to these excellent features margosa due to its tough antiseptic properties is very effective in fighting other dental health issues such as bad breath and cavities. You can use margosa twigs instead of your regular tooth brush and start putting those powerful properties to work right away. In addition to this you can also chew margosa branches to help fight yellow discoloration and prevent other dental health issues.



Sursa: [trendingpost.net](https://trendingpost.net)