



## The Bachelorette's Blinding Smile

by Colleen Moody

I have a love/hate relationship with The Bachelorette's newest leading lady, Ali Fedotowsky. She was my prime gal during her run on The Bachelor until she went from super-cool to super-whiny when she had to choose between her job and Jake (I'm still miffed he didn't choose my Tenly!).

But now she's calling the shots and is slowly starting to redeem herself in my eyes. Yes, her Barbie-like extensions are a tad too much — we know your hair has not tripled length in the time frame you've been off TV; the jig is up. Her teeth, though, are definitely something to write home about. Her smile is gorgeous and is making everyone one around her drool.

To keep our smiles bright this summer, we snagged some tips from Dr. Ramin Tabib, dentist at **NYC Smile Design**, on how we can get a smile that will make the men line up for us as they do for Ali. Now if we could only get our hands on some roses...



**Check out these tips from Dr. Tabib to keep your smile bright all summer long.**

**If you have a choice, take a dip in the ocean versus the pool.** Chlorine can erode and weaken teeth,

but the salt water in the ocean actually decreases bacteria in the mouth. If you see a lot of pool time in your future this summer, get a fluoride treatment to protect and strengthen your enamel at your next visit to the dentist.

### **Soak up the sun...moderately.**

You know that baking in the sun is bad for your skin, but being outside this summer will actually help your smile. Moderate sun exposure increases vitamin D, a crucial component to healthy teeth. Just don't forget your SPF!

### **Munch on fruit.**

Summer snacks like watermelon help clean your teeth and gums because of the high water content in them. Eat citrus fruits like grapefruit in moderation, as the citrus can work away at your enamel.

### **Stay hydrated.**

It's good for your skin, it's good for your teeth, and it's good for your waistline! Dehydration leads to dry mouth,

which can cause tooth decay. Drink lots of water and chew sugar-free gum for healthy teeth and a healthier smile.