1.1 Radical expressions: Rationalizing denominators

Simplify expressions by rationalizing denominators

a)

$$\frac{14}{3\sqrt{7}} \times \frac{\sqrt{7}}{\sqrt{7}}$$

b)

$$\frac{3}{1+\sqrt{2}} \times \frac{1-\sqrt{2}}{1-\sqrt{2}}$$

also know how to rationalize the numerators