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If you're like most of us here at Greatist, braces and retainers still plague your middle school memories. The uncomfortable metal contraptions were the first step in a lifelong pursuit of the perfect smile, followed by making those pearly whites, well, white.Not all oral-care options are created equal though. This video from Reactions explains how teeth-whitening actually works. Our teeth are naturally white, but over time they become stained with food remnants and other foreign particles. Most whitening products use hydrogen peroxide to remove color from these pigments, the same way we bleach stains out of clothes. Other products will give the teeth a blue tint, temporarily counteracting their usual yellow appearance. They're all safe, but only some whitening products actually work.Our takeaways: Mouthwash doesn't work well, while whitening toothpaste is only a temporary fix. Your best bet for long-lasting white teeth is brushing and flossing regularly, as well as whitening strips or a trip to the dentist. ADA Council on Scientific Affairs. "Tooth Whitening/Bleaching: Treatment Considerations for Dentists and Their Patients." Sept. 2009. Academy of Cosmetic Dentistry. "Teeth Whitening." (Nov. 4, 2011) Dental Association. "Statement on the Safety and Effectiveness of Tooth Whitening Products." Feb. 2008. (Nov. 4, 2011) Dental Association. "Tooth Whitening." (Nov. 4, 2011) Dental Hygienists' Association. "Tooth Whitening Systems." (Nov. 4, 2011) Alan. "Whitening toothpaste: Does it whiten teeth?" Mayo Clinic. Apr. 30, 2010. (Nov. 4, 2011) Morton, Carol. "Teeth Whitening: What Works, What Doesn't." The Boston Globe. Feb. 4, 2003. (Nov. 4, 2011) Linda. "Teeth Whitening: How it Works and What it Costs." Consumer Guide to Dentistry. Sept. 12, 2011. (Nov. 4, 2011) Housekeeping. "Whiten Your Teeth at Home." (Nov. 4, 2011) Thea. "Teeth so bright, they dazzle." 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The most common complaint is tooth sensitivity, especially to cold foods and drinks, and some people find the bleaches in these products also irritate their gums.Enter natural tooth whitening options. These won't whiten teeth the same way an OTC whitening kit or a dental procedure will, because they don't contain bleaching ingredients. There are some tricks, however, that will help to remove surface stains caused by some of the most common tooth-staining culprits: foods and drinks we consume every day, like tomato sauce, wine and sports drinks. And don't discount that morning cup of coffee or your nicotine habit. Basically, the common wisdom is that if it can stain your shirt, it can stain your teeth.Whether you're trying to avoid the side effects of or the bleaching ingredients in OTC tooth whitening kits, or you're just looking for easy ways to keep your teeth bright between whitening appointments (newly whitened pearly whites will begin to lose their sparkle after about a month), we have five natural smile-brightening tips for you. First, let's talk about why crunching on celery is good for your oral health.Eat your vegetables! It's not just a dinner time directive from mom -- it's also a fantastic way to maintain a healthy smile.Crunchy vegetables such as raw celery and carrots, and crispy fruits like raw apples and pears are naturally abrasive, which means they'll polish your teeth and remove stains from your tooth enamel -- and they'll do it without harming or eroding enamel, the outermost layer of a tooth.Crunchy fruits and veggies also encourage your mouth to produce saliva, which is important because saliva helps protect teeth from cavity-causing bacteria. Saliva also contains compounds called surfactants as well as enzymes that give it detergent properties, which means the more saliva in your mouth, the fewer stains on your teeth.Whether you're new to the world of tooth whitening, or it's becoming an old habit, you probably already know this one: Baking soda will help brighten your smile.This trick is an easy at-home stain remover. Mix baking soda and lemon juice into a paste. Brush the paste onto your teeth with a toothbrush, wait a minute, then brush thoroughly to remove. The baking soda, or sodium bicarbonate, will help remove surface stains from your tooth enamel while the citric acid in the lemon juice has a bleaching effect.If you have sensitive teeth and gums, baking soda can be used alone to remove stains, or it can be mixed with salt to do its stain-removing trick.Take note. This whitening method can be abrasive, which means it may damage your tooth's enamel if you aren't careful. Buff no more than once per week, and don't let the mixture sit on your teeth for more than one minute at a time.Eating cheese after a meal may help prevent cavities and may promote enamel remineralization. It's the casein, a milk protein, that's in cheese (and milk and yogurt) along with calcium and phosphate that are at work here, making enamel stronger.Why is strong enamel important to a white smile? Enamel is the outermost layer of a tooth, and it protects the layer called dentin. While enamel can become stained, it's the dentin that determines the color of your tooth. Eating things or using products that replenish calcium and phosphate is important to keeping enamel strong and healthy. While there are at-home remedies for removing stains from enamel, only your dentist can help with dentin discoloration. Keep enamel strong and keep your smile bright.These little berries will help lower your risk of high blood pressure, cardiovascular disease and cancer, and as it turns out, are also helpful in whitening your teeth. Which berries? Strawberries. The vitamin C in strawberries will help whisk away plaque build-up, while the malic acid, a natural astringent in the berries, will help to remove surface stains on teeth.Here's how to do it: Crush strawberries into a pulp and apply that to your teeth with a toothbrush. Let it sit for five minutes and then rinse your mouth well with water. You can get similar results swapping the strawberries with a paste made with lemon juice and salt. Be sure to rinse well after applying that, too.The best thing you can do for your oral health is to brush and floss your teeth after every meal if possible, or at least twice a day. Not only does regular brushing and flossing reduce your risk of developing tooth decay and gum disease, the combination also helps to remove plaque before it can give your teeth a yellow hue.Not much of a flosser? About half of American adults don't floss [source: Freeman]. Don't overlook flossing. Regular, proper flossing helps to remove stains from between teeth making your smile appear brighter.And in addition to the toothy benefits, good oral hygiene habits may help lower your risk of other health problems, such as coronary heart disease and stroke.Oral Hygiene 101Healthy Gums!Teeth Whitening QuizDentists Kennewick "10 Best Natural Teeth Whitening Tips." 2011. (Aug. 26, 2011) David. "Flossing Teeth for Dummies: No More Excuses!" WebMD. 2009. (Aug. 26, 2011) David. "Foods and Habits That Stain Your Teeth." WebMD. 2009. (Aug. 26, 2011) Andrea. "Nutritional Benefits of the Strawberry." WebMD. 2008. (Aug. 26, 2011) Alexander. "7 Tips for Natural Tooth Whitening."The American Chronicle. 2008. (Aug. 26, 2011) Lori. "Can Teeth Whitening Become an Addiction?" WebMD. 2008. (Aug. 26, 2011) Diane. "Blindly white: Teeth bleaching gone too far." MSNBC.com. 2007. (Aug. 26, 2011) Kathleen. "The Biology of ...Saliva." Discover Magazine. 2005. (Aug. 26, 2011) . "Teeth Whitening." 2005. (Aug. 26, 2011) Eric C. "Casein Phosphopeptide-Amorphous Calcium Phosphate and the Remineralization of Enamel." U.S. Dentistry. Pages 51 - 54. 2006. (Aug. 26, 2011) Laura. "7 Natural Tips for Whiter Teeth." The Huffington Post. 2011. (Aug. 26, 2011) title=Try it CheeseSparks, Lisa Vernon. "A history of tooth-whitening." Seattle Times. 2010. (Aug 26, 2011) Daily Mail Online. "Can strawberries really whiten teeth?!" (Aug. 26, 2011) Dr. Oz Show. "Natural Teeth Whitening Solutions" 2010. (Aug. 26, 2011) Amanda. "Teeth Whiteners." Chemical and Engineering News. Vol. 81 no. 6. Page 29. 2003. (Aug. 26, 2011) Between cups of coffee by day and a glass of red wine at night, your teeth might be having a tough go of it. A lot of our favorite foods and drinks can permanently stain enamel, which can leave us with a less-than-lustrous smile. Luckily, the best teeth whitening pens can reverse staining and restore your teeth's natural color.The great thing about whitening pens is they tend to be very easy to use. Pens with flexible, silicone bristles are always a good choice, as well as ones that have some way to apply pressure to push out the gel. Squeezeable bases and twistable applicators are key since, over time, leftover whitening gel can congeal around the pen's bristles.Other than that, you also want to consider your unique teeth. Can your mouth handle the intensity of pens that promise to make your teeth bright in a few days? While they aren't bad for your teeth, some pens are more prone to causing sensitivity over time. If you already have sensitive teeth, an all-natural teeth whitening pen may be your best bet. If you aren't sure how to pick out the best teeth whitening pen for you, I've got you covered. Here's a roundup of some of the top teeth whitening pens out there to help you narrow it down.1AsaVea Teeth Whitening PensAsaVea Teeth Whitening Pens (2-Pack)AmazonWith over 2,000 rave Amazon reviews, this whitening pen pack is definitely a fan-favorite. Each compact pen features soft bristles and a twistable bottom to help coax the gel from the tube so you don't waste a drop. The gel itself is made from a powerful carbamide peroxide formula that whitens teeth without causing sensitivity to the nerves. For less than a minute of use per day, teeth can whiten up to eight shades brighter, and each pen has about 20 uses. A Value Pack With A Cult FollowingWhat fans say: "I loved how my teeth were white immediately! I had absolutely no sensitivity after using these pens ! They are amazing!"2ECCO PURE Teeth Whitening PenECCO PURE Teeth Whitening PenAmazonNot only does this gel whitening pen work wonders on your teeth, but it's really affordable, too. For less than \$8, you can crank up the wattage on your smile, and this pen even has the same high-powered ingredients as some other options out there. The gel inside is made with super-effective carbamide peroxide, and the pen itself features soft bristles that make it easy to cover every inch of your teeth. A Gel Pen That's Super AffordableWhat fans say: "I noticed a little bit of whitening happening after the first couple of uses. I've only used natural ways to whiten my teeth before, so this product seemed to work way better than those. The application tip is very easy to use and is mess free! The price is very reasonable for the effectiveness and usability."3Active Wow 24K White Charcoal Teeth Whitening PenActive Wow 24K White Charcoal Teeth Whitening PenAmazonIf your teeth are already sensitive to start with, this charcoal pen is an absolute must. Instead of harsher ingredients, this gel is formulated from a blend of sodium bicarbonate and activated charcoal, so it actually looks black when you first spread it on your teeth. Not to worry, though! As soon as you wipe it off, your teeth will be lighter. Plus, the soft, flexible bristles and twistable bottom make it really easy to apply. Reviewers can't believe how well this pen works since it looks dark when you first apply it. A Charcoal Pen That's Great For Sensitive TeethWhat fans say: "The taste was minty, it didn't taste terrible like charcoal. It didn't irritate my gums or lips which is a huge plus and NO SENSITIVITY ISSUES after!! At first I didn't notice any difference in my teeth but after about an hour or so after rinsing my mouth, I noticed a difference!"4Fairlywill Teeth Whitening PensFairlywill Teeth Whitening Pen (3-Pack)AmazonThese teeth whitening pens promise to instantly upgrade your smile, and they're super easy to use. Just twist the bottom and watch as the powerful carbamide peroxide gel seeps through the tube opening. And the best part? The bristles on these pens are made from soft, flexible silicone that actually inhibits bacteria growth so your mouth stays fresh and clean. This pack also comes with a unique sponge tool that helps to evenly spread the whitening gel over your teeth for a uniform smile.These Powerful Pens That Come With Their Own SpongeWhat fans say: "This set is super easy to use and will brighten your teeth to Hollywood perfect! No unpleasant taste. No unwanted side effects like irritated gums. I see a difference already! Good purchase. Five stars!"5Dr. Brite Get Brite Teeth Whitening PenDr. Brite Get Brite Teeth Whitening PenAmazonThis organic whitening pen does the heavy lifting of other pens while using vegan, natural ingredients. The whitening formula is made from food-grade hydrogen peroxide as well as other all-natural ingredients like coconut and mint oils. The twistable bottom and sterile bristles make application mess-free, and this stuff works fast -- your teeth will be multiple shades whiter within a couple of days. This Organic Option That's Made From Coconut Oil!What fans say: "Very easy to use and convenient to travel with as well! Bristles are nice and soft, the taste is refreshing and not yucky at all. Instructions were clear and easy to follow. I've definitely noticed some whitening so it works too!"6You May Also Want: AuraGlow Teeth Whitening KitAuraGlow Teeth Whitening KitAmazonIf you're ready to truly kick your smile up a notch, this whitening kit with LED light is the perfect solution. Instead of a standard whitening "pen," this kit includes two syringes filled with high-powered carbamide peroxide gel, a tray for your teeth, and an LED light. To use, just squeeze the gel directly into the tray, press over your teeth, and apply the light. The included LED light features five bulbs that directly activate the gel for an even whiter, brighter smile.This Whitening Kit That Has Its Own LED LightWhat fans say: "I was hesitant to try a lightening treatment since my teeth are very very sensitive. I have to say I am impressed with the results. I'm thrilled there's something out there that helped without causing discomfort. I've only used a portion of the first of two gel syringes so I'll have plenty more uses ahead. I found it much easier to apply the gel directly to my dry teeth and then insert the tray, it just felt like the gel was distributed more evenly."Bustle may receive a portion of sales from products purchased from this article, which was created independently of Bustle's editorial and sales departments.







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