

healthy looks

the natural way to whiten teeth

No patience for bleaching? There may be another way to get white teeth, and it's as simple as munching on an apple.

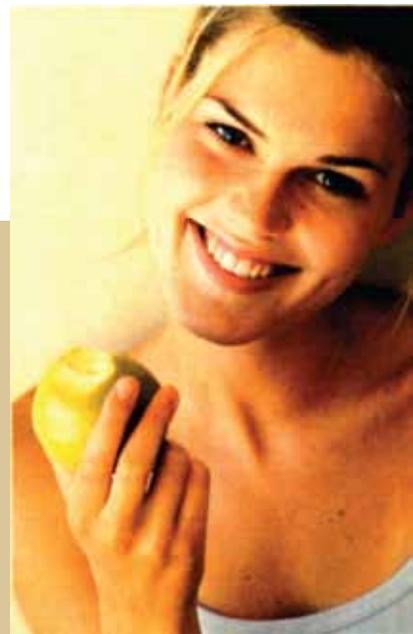
"To keep teeth bright and prevent yellowing, you need to remove the staining bacteria," says Lana Rozenberg, D.D.S., a cosmetic dentist in New York. "This is exactly what happens when you chew certain foods that produce a high salivary flow." So, in addition to apples, take

a bite out of pears, kiwis, celery, carrots, broccoli, cauliflower, and cucumbers. Another benefit: "The fiber in some of these foods physically works to clean teeth and remove bacteria," says Richard H. Price, D.M.D., adjunct clinical instructor at Boston University Dental

School and adviser to the American Dental Association. Two more tips to keep teeth bright:

Watch out for dark foods and beverages. "Anything that can stain a white T-shirt can stain your teeth," Rozenberg says. That means most varieties of berries, as well as soy sauce, red wine, many fruit juices, coffee, tea, and cola. You don't have to avoid them altogether, but immediately after indulging, rinse out your mouth with water, chew gum, or brush your teeth.

Keep in mind that citrus fruits contain acid that can cause enamel to deteriorate over time.



A Tube of Lipstick, a Ton of Good

This season, many cosmetic companies are passing on profits from certain products and services to charity. Here's a sample of what you can buy to help out:

Sephora **What you get:** Lip Baume (\$5), with SPF 15, vitamin E, and shea butter. **Who benefits:** Operation Smile, a not-for-profit medical organization that provides reconstructive facial surgery. **How much:** 100 percent of net proceeds. **Details:** www.sephora.com.

Olay **What you get:** Holiday Gift Set (\$15.99), which includes such treats as Complete UV Protective Moisturize Lotion, Nail Lacquer, Complete Body Wash, and ColorMoist Lipcolor. **Who benefits:** Dress for Success, a nonprofit organization that provides clothing and career assistance to low-income women. **How much:** \$100,000 of net proceeds. **Details:** available at supermarkets and drugstores nationwide.

Bliss Spa, New York City **What you get:** any one of a variety of facials or massages (starting at \$80). **Who benefits:** Twin Towers Fund, which assists the families of New York rescue workers involved in the September 11 attack. **How much:** \$10 from every sale through December 31. **Details:** www.blissout.com.

Clarins **What you get:** any of 36 shades of Le Rouge lipsticks (\$18.50 each). **Who benefits:** Make-A-Wish Foundation, a charity that makes dreams come true for terminally ill children. **How much:** a portion of total sales, but a minimum of \$50,000. **Details:** www.clarins.com.

Hope Aesthetics **What you get:** anything from the skin-care line, such as the Antioxidant Protective Eye Gel (\$40). **Who benefits:** Hope for Others Foundation, a nonprofit organization that provides cancer patients with financial help. **How much:** 10 percent of net proceeds. **Details:** 800-266-4799 or www.hopeskinicare.com.

Bobbi Brown **What you get:** Brown Lip Gloss (\$18). **Who benefits:** Fresh Air Fund, a not-for-profit organization that sends disadvantaged New York City children on free summer vacations in the country. **How much:** 100 percent of net proceeds. **Details:** www.bobbibrown.com.

Therapy Systems **What you get:** Healed With a Kiss gift pack (\$38), which includes a lip tint and Rx for Lips balm. **Who benefits:** American Red Cross to help the families of the victims of the September 11 attacks. **How much:** 10 percent of net proceeds until January 1. **Details:** 800-733-8606.

