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RDs' own eat-clean tricks.

Inspiring influencers to

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How one woman transformed her body.



Emily is wearing New The 24K Nudes Palette. ©2017 Maybelline LLC.







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Runny nose. Constant sneezing. Itchy eyes. You know what that means: spring allergy season. Fight symptoms with science-backed tips at **health.com/stop-allergies.**



We want to see your foodie masterpieces! Follow us on Instagram (@healthmagazine) and tag your best homemade meals with #EatingWithHealth. We'll regram our favorites and share our own nutritious eats.





Power Days Start Here

Isn't it funny how the morning so often sets the tone for the whole day? You make it to that before-work yoga class or you slowly enjoy a balanced breakfast instead of gulping down coffee, and you feel truly ready for anything that comes your way.

This month, we asked some of our favorite wellness pros and thought leaders how they make their mornings count. Reading all about their wise rituals (see page 69), I wondered how our own Health staffers begin their days, so I asked them.

Let me know your secret to better mornings!

Clare McHugh editor clare@health.com



"I start every day with a killer workout. It releases residual stress from the day before, makes me happy, and sets me on the path to making healthy choices for the rest of the day. Lately I've been doing CPXperience—a super-tough boot camp class-four times a week."

-Rozalynn S. Frazier, senior fitness editor

"First thing, I down a glass of water to rehydrate." -Catherine DiBenedetto, features director

"Most days, I eat this nutritious bowl for breakfast: A half cup of rolled oats, topped with a handful of walnuts and another handful of frozen wild blueberries. Pour in three-quarters cup milk (I usually use 1 percent), then microwave for three minutes. Let it cool, then drizzle on a little maple syrup or honey."

-Michael Gollust, research editor

"On the subway, I jump-start my creative juices by reading a book or current events magazine. This way, I feel alert right when I get to work."

–Julia Naftulin, editorial assistant Health com

"I try not to send work e-mail until I am on the train in." -George Kimmerling, executive managing editor

"Meditate for 20 minutes. Drink a big glass of water (and take vitamins). Brew Bulletproof Coffee (coffee plus grass-fed butter plus MCT oil plus collagen peptides). And, of course, get lots of hugs from my 7-year-old. That's the best part."

-Beth Lipton, food director

Get More from Health!

Watch videos, shop for your fave products, save recipes, and access other cool features with these clever apps.



Find our delicious braising recipes (page 110) in Cozi, a free Time Inc. app that lets you save meal ideas, then design menus and build grocery lists. Bonus: Your whole family can access and update the lists (as well as activity schedules and to-dos) across multiple devices, so everyone stays on the same page. Download Cozi on iTunes and Google Play.



Use Digimarc Discover (free: iTunes and

Google Play) to scan selected images in our stories. The app will load workout videos (like the one from Tracy Anderson on page 52) or an online shopping page, where you can buy the best mask for your skin (page 38), spring fitness wear (page 54), and other great merchandise in this issue.

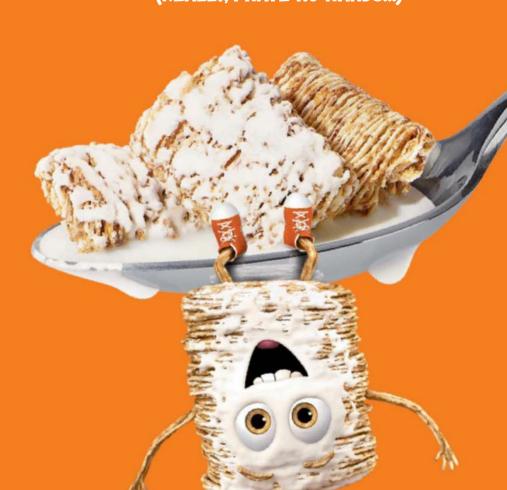
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→ Work out in person with Tracy Anderson—and get her exclusive advice on achieving your fitness goals—during our Total Wellness Weekend, May 5–7 at the Canyon Ranch Wellness Resort in Lenox, Massachusetts. You'll also learn the latest expert tips on how to sleep better, up your energy, boost brain power, and more. And you'll enjoy delicious meals, custom yoga classes, outdoor events, andthanks to a generous spa allowance—luxe beauty and body treatments. Call 800-742-9000 today and book your springtime health reboot; mention group code Health Total Wellness for an exclusive discount. For more, visit health.com/totalwellness and see the ad on page 124.

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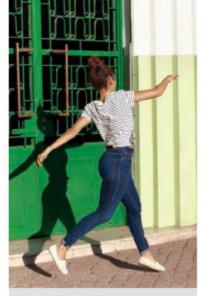
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with midrange levels—in other words, focusing on raising your HDL might not benefit your health. You don't have to abandon coconut oil entirely, says David Katz, MD, director of the Yale Prevention Research Center: "It beats the heck out of trans fat, and it's better than animal-derived oils high in saturated fat." Just use it sparingly.



EASIEST MOOD BOOST EVER

Surprise: It's taking a quick walk, per a new study from lowa State University. Researchers found that a 12-minute walk improved people's moods and helped eliminate feelings of boredom and dread—even when the walkers weren't expecting any benefit. "When people walk, this indirectly activates body and brain mechanisms associated with active reward seeking, including feelings of vigor, energy, and enthusiasm," explains study author Zlatan Krizan, PhD.



The average American consumed 15½ pounds of seafood in 2015, nearly a pound more than in 2014, according to a new National Oceanic and Atmospheric Administration report.

SEAFOOD INTAKE

CHOLESTEROL LEVELS

The average total cholesterol among American adults 20 and older dropped from 204 mg/dL in 1999 and 2000 to 189 mg/dL in 2013 and 2014, per a new JAMA Cardiology study.



TAP. TAP

EMOJIS FOR BEAUTY LOVERS

We're still holding out for a white wine emoji, but in the meantime, check out these cute keyboards (all free on iTunes and Google Play) that help you communicate your latest beauty haul or hair feat without typing a single word.



BEAUMOJI

With product pics like an Urban Decay Naked Palette or a Viktor & Rolf Flowerbomb perfume, this set from L'Oréal is ideal for dropping hints to friends around birthday time.



DOVE LOVE YOUR CURLS

Ever get stuck in the rain and ruin a blowout?
Let someone know with an umbrella over curly hair. The best part: All the emojis are smiling because they love their curls!



SEPHOJIS

Time for a spa night?
Text your bestie a facemask invite from Sephora's
sticker pack. She can
respond with the emoji
that says "Be ready in 5."
Happy masking, ladies!





GET FIT WITH A FRENEMY

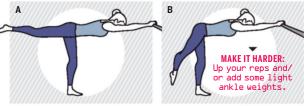
Love getting sweaty solo? That's cool, but you might be better off hitting that Tabata class with someone you feel competitive with instead. Here's why: Groups and individuals who engaged in sweat sessions for competition worked out more-90 percent more, in factthan those who relied on selfmotivation, found a study published in Preventive Medicine Reports. The research also revealed that those who got encouragement from online social networks exercised less. "Competition works because we naturally compare ourselves with people like us and use them to evaluate whether we're doing better or worse than we would expect," explains study author Damon Centola, PhD, an associate professor at the University of Pennsylvania. "Without it, people used any inactivity among their online peers as an excuse to lower their own levels of activity.' In other words, by giving you a goal to reach for, a friendly battle is the best

motivator.



LEA MICHELE'S BETTER-BUTT SECRET

The bottom line: Lea Michele's booty is banging, and she's not afraid to show it off. But how does she keep that posterior round and lifted? The **Booty Crossover.** "This move is great because it doesn't add bulk," says Erin Romney, owner of Romney Studios in New Orleans, who has trained the *Scream Queens* star. "It actually slims down and tones, thanks to the high reps and using gravity as your weight." Do it three days a week, making sure to include rest days in between, and you'll notice a boost in those buns within the first two weeks.



Stand with hands on a barre or sturdy object (like a chair back) at about hip height. Walk backward until you bend at the hips, coming into about a 90-degree angle. Hold abs tight and squeeze butt as you raise right leg parallel to the floor (A). Lower right leg, crossing it behind left; tap right toes on the floor (B). Lift leg to return to "A." Continue for 2½ to 3 minutes or until fatigued. Finish by pulsing right leg while it's extended for 30 seconds. Repeat with left leg.

KNOT OK

Roll Out

Repeat after us: Foam rolling is your friend! It can relieve tension, increase range of motion, and reduce pain. Check out these clever new twists on the trusty tool.

L. GOROLL VERSA
(\$50; amazon.com) With a detachable strap and

interior locker, it can double as your gym bag.

2- SKLZ HYDRO-ROLLER (\$40; sklz.com) Stay limber and hydrated with this water bottle-roller hybrid.

3. ROVE ROLLER O1 (\$129; rovegoods.com) Cramped plane? Workouts on the go? This opens flat for easy transport.

DEEP THOUGHTS

When Your Difference Is Your Superpower

Many famous thinkers—Albert
Einstein, Isaac Newton—were at times
labeled "slow" or "difficult." Yet they
earned the title "Genius with a capital
G." That's the connection that Health's
resident mental health pro, Gail Saltz,
MD, explores in her new book,
The Power of Different: The Link

He Power of Different: The Link Between Disorder and Genius. Here, she gets into the gifts of atypical brains and why none of us have a "normal" mind.

Do you think everyone has an atypical brain to some extent?

The Power of

DIFFERENT

The Link Between Disceder and Geniu

GAIL SALTZ, M.D.

I think many people have this idea that either your brain looks like everybody's brain exactly or you have a mental illness and then your brain looks different. That is not the case. Everyone struggles with sadness, stress, anxiety. It's when something is going on that interferes with your ability to function day to day that we start calling it a disorder.

Can you have a specific strength that's a direct result of a brain

difference? Absolutely. High achievement is often a direct result of the differences that produce a disorder. For example, people who experience cycling moods might go from a depressive state to an exhilarated one. In those energized states, many have amazing charisma or experience incredible creativity. Obviously, it's key to get treatment if your cycling mood is severe, but if you harness it, there is a lot of power to be found.

You want readers to walk away understanding... Our brain's wiring and complexity can result in potential weaknesses—but also potential strengths. We need to cultivate those strengths, as opposed to marginalizing anyone who has a brain difference.



MARCH 2017 HEALTH.COM 15



Buzzworthy: Honey

The sweet stuff has been used in beauty routines since ancient times, and for good reason. "Anyone will benefit from implementing honey into their routine because of its antibacterial and moisturizing properties," explains Whitney Bowe, MD, a celebrity dermatologist in New York City. Stock up on these indulgent items:

Honey is packed with enzymes that help clarify skin and keep pores clean of dirt and oil.

SCAN TO SHOP! SCAN THE HONEY TO BUY THE ITEMS ON THIS PAGE (SEE PAGE 8), OR VISIT HEALTH.COM/ SHOP-NOW.

Suave Professionals Honey Infusion 10in1 Leave-In Conditioning Cream (\$5; walmart.com) Manuka Doctor Replenishing Facial Oil (\$43; amazon.com)

Le Petit Marseillais Extra Gentle Shower Creme Lavender Honey (\$5; at drugstores)

ONE WORD

SEXPECTATIONS

It's important to have realistic ones. Researchers from the University of Toronto found that the couples in long-term relationships who had the happiest sex lives were the ones who believed that it takes hard work, rather than those who expected sexual satisfaction to come naturally based on the fact that they were true sexual soulmates.

3,000

Having trouble reaching 10,000 daily steps? As long as you bang out 3,000 at a brisk pace (3 mph or faster), you can still reap plenty of benefits, including improvements in blood pressure, cholesterol, and fasting glucose and insulin.

SOURCE: Medicine & Science in Sports & Exercise



SLEEP MORE, EAT LESS

Experts have long known that skimping on z's may lead to overeating, and a new review published in European Journal of Clinical Nutrition has pinpointed how much. Folks who slept for 3½ to 5½ hours per night ate an average of 385 more calories the next day than those who slept for at least seven hours. It could be because lack of sleep can disrupt hunger hormones, or perhaps tired folks simply have more of an urge to munch, says study author Gerda Pot, PhD. Food for thought the next time you're tempted to stay up with your latest Hulu obsession.

HONEY, LAUREN BURKE/GETTY IMAGES; PIZZA PARTY, FILADENDRON/GETTY IMAGES; PRODUCT IMAGES COURTESY OF MANUFACTURERS



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Eucerin Advanced Repair, formerly Smoothing Repair, is a breakthrough to repair dry, itchy, rough, flaky skin.



BEFORE





Flavorful new blends incorporate savory spices, antioxidant-rich fruit, probiotics, and more—without tons of added sugar. (All nutritional info is per 2-Tbsp. serving.)



Wild Friends Vanilla Espresso Almond Butter (\$14; lucky vitamin.com) 190 calories, 16g fat, 6g protein, 2g sugar



Chai Spice Nut Butter (\$14; bigspoonroasters.com) 170 calories, 14g fat, 7g protein, 2g sugar



Peanut Butter & Co. The Heat Is On Peanut Butter (\$6; ilovepeanutbutter.com) 190 calories, 16g fat, 8g protein, 1g sugar



Kalot Superfood Fruit & Sunflower Seed Butter with Chocolate and Cherries (\$8; kalotsuperfood.com) 160 calories, 13g fat, 3g

protein, 5g sugar



Yumbutter Plant Protein + Probiotic Almond Butter (\$7; yumbutter.com) 180 calories, 14g fat, 10g protein, 1g sugar



Easiest Resolution Ever

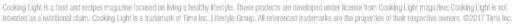
Make it simple to snack guilt-free this year with popcorn from the kitchen of Cooking Light.













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KELLY ROWLAND

"You Have to Treat Yourself"

The music phenom is starring in a new Lifetime movie and launching a makeup line—yet never misses a good sweat session to find her calm and turn a lousy mood around.

By JACQUELINE ANDRIAKOS

My food philosophy is...
Someone taught me the 80/20 rule, and I truly believe in it. Eighty percent of the time, you eat the food that your body needs—to nourish it, for you to have energy. Twenty percent of the time, you treat yourself and eat for pleasure. My 20 percent is stuffed with wine and cheese and bread.

The truth about "body after baby" is... It does not happen overnight. I am

It does not happen overnight. I am sick of people saying. "Oh yeah, I've bounced back." That bounce back is BS. It took me 10 months to a year to get back to where I felt comfortable—like my old jeans fit. You have to work really hard to get there. I would much rather eat a doughnut, but I know I need to have myself on a treadmill or bike or doing yoga. And celebrities have money for trainers!

My bad-mood cure is...

Exercising, because it makes me happy. I'm mad while I'm thinking about having to do it, but then I get happy afterward.

I wish I had known at age 20...
To really get into a sport so my body could be built like an athlete. If I had thought about it at 20, I would have been running around like the track stars from the Olympics. Their bodies are so sculptured and beautiful.

I hope my son inherits my... Trustworthiness. And I want him to have a great work ethic. I think I've been taught that. I just want him to be a great person.

PHOTOGRAPHY BY SASHA SAMSONOVA



WOMAN, JONATHAN STOREY/GETTY IMAGES

Stop the Fat Talk

It's time to take real action toward loving the skin you're in.

By JACQUELINE ANDRIAKOS

BODY POSITIVITY STARTS HERE!

I hate my cellulite. That cookie is going straight to my hips. You might think it's no biggie to go low on your looks now and then, but words like these eat away at your confidence and self-worth. "Fat-talk comments are like Velcro; they stick to you, and they can start to become your identity," says Cynthia Bulik, PhD, professor of eating disorders and nutrition at the University of North Carolina School of Medicine. Put a sock in it: The first step is to identify your body-bashing habits. Then replace them with more forgiving and actually accurate thoughts.

WEEK 1

GET UP CLOSE AND PERSONAL

"Body bashing can be obvious," says Bulik (think: I look fat). "But it also manifests in subtler ways." This week is about being cognizant of fat talk in all its forms.

► FACE THE MIRROR

Look at your reflection and note any negative thoughts about your appearance that pop into your head, says Bulik: "The mirror is where fat talk is usually automatic; we tend to focus on flaws."

► SPOT SILENT FAT TALK

Next, keep tabs on nonverbal body-bashing habits you do day to day (sucking in your belly, pinching a bat wing). "The term for this is 'body checking,'" says Bulik.

► WATCH FOR SMALL CRITICAL MOMENTS

Maybe when you skim menus, you tell yourself, "I really shouldn't have the burger." Or other times you think, "I wish I could pull off skinny jeans like that girl." "Fat talk isn't just 'I feel fat," says Rebecca Scritchfield, RDN, author of Body Kindness. "It's all the

ways we measure our bodies," from policing our calories to comparing our looks with someone else's.

WEEK 2

OK, NOW ACT!

This week, replace the negative thoughts with healthier ones—compliments included. Sound cheesy? You'll get used to it, assures Bulik: "Giving yourself bodypositive comments is like getting new glasses. They feel awkward at first, but you get used to them and they start to feel more like a part of you."

► PLAY "NEVER WOULD

I EVER" Go over that list of fat-talk remarks you made last week and ask whether you would say them to your friend or daughter. "Surprise—the answer is 'never' every time," says Scritchfield. "It's a wake-up call to show how badly you're treating yourself and how unhelpful negative self-talk is."

▶ BE BODY NEUTRAL "It's not realistic for everyone to go from being body negative to positive right away," says Scritchfield. "You're allowed to have vulnerable moments, but you have to shift the criticism." Instead of "I look gross in this dress," try, "I'm not gross; I'm just not feeling my most confident right now, and that's OK."

► BUILD A LIBRARY

Think up a whole list of kind thoughts about yourself. Then, when a self-critical one surfaces this week, chase it with something from the list. (The compliments don't have to be body-related, says Scritchfield: "I give great advice" can be just as effective as "I have awesome boobs.")

WEEK 3

PASS ALONG THE KINDNESS

Fat talk is contagious, warns Scritchfield: "It spreads like a virus of negative energy." Cultivate more body positivity toward others with these tips.

► HAVE "NO FAT TALK"

ZONES Social circles use body bashing as a bonding mechanism, says Bulik. Address the issue head-on when someone initiates it by saying, "Guys, no fat talk. None of that tonight."

▶ DON'T RUSH TO

JUDGE Catch yourself whenever you open a magazine and think a critical thought, or whenever vou're on the street and silently condemn a stranger's shape or appearance. "We're oddly compelled to judge," says Bulik, who encourages you to call vourself out after each cruel thought. Remind yourself, "This is the kind of thinking that perpetuates fat talk. Not cool."

▶ DISH OUT PROPS Give at least one genuine compliment every day. "The goal of this is to really work the muscle of thinking with compassion, about yourself and other people, all the time," says Scritchfield. It just may change the tone of your days.

Handle with care: Your body does a lot for you, so treat it with respect.







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FACE PRIMER FOUNDATION ADD HIGHLIGHTER



The real secret to minimalist makeup ls well-prepped skin. 'Great moisturizer is key," says Wendy Rowe, an international makeup artist and the author of Eat Beautiful. We like (1) L'Oréal Paris Age Perfect Cell Renewal Rosy Tone Moisturizer (\$25; lorealparisusa.com) because it gently exfoliates and enhances skin's natural pink tone. Next comes primer. (2) Lorac Light Source Illuminating 3-in-1 Primer (\$35; ulta.com) adds luminosity and helps makeup stay put.

If you want a chiseled look, use a cream or stick bronzer right below your cheekbones and on your temples. "Doing so before foundation lets you define features in a softer way," says Rowe. Pro tip: Stay away from powder bronzers. Creams melt



SCAN TO SHOP! SCAN THE L'ORÉAL MOISTURIZER TO BUY THE ITEMS ON THIS PAGE (SEE PAGE 8), OR VISIT HEALTH .COM/SHOP-NOW. more seamlessly into skin; as Chicago-based celebrity makeup artist Jenny Patinkin jokes, "Nobody has naturally powdery skin."

Follow with a tinted moisturizer or lightweight foundation, like (3) IT Cosmetics Confidence in a Compact SPF 50 (\$38; ulta.com), which has buildable coverage and protects you from the sun. If needed, spot-treat with (4) Onomie Bright Concealing Elixir (\$30; onomie.com). It covers up dark circles in the short term and helps fade them over time. "It's pretty concentrated, so you need only a little bit," says Patinkin, who is also the creator of Lazy Perfection makeup brushes.

A cream blush with coral undertones, like (5) Julep Skip The Brush Crèmeto-Powder Blush Stick in Golden Guava (\$24; ulta .com), works with a range of skin tones and gives a fresh, slightly flushed look. "Apply it onto the apples of your cheeks, then blend up toward the high point of your cheekbones so it's not too intense," says Patinkin.



Want a flattering neutral mani-pedi? It comes down to skin tone, says Tracylee, a celebrity manicurist and nail expert in New York City. If you have fair skin, look for a polish with cool undertones that skews more milky than pink, like (1) Essie Gel Couture Ballet Nudes in Lace Me Up (\$12; essie .com). Does your skin have more of an olive cast? A true beige is best. Try (2) Deborah Lippmann x Miraval Brand New Day (\$20% deborahlippmann .com). If your skin is dark, opt for a creamy tan mixture with yellow undertones; (3) Smith & Cult Nailed Lacquer in Honey Hush (自品: neimanmarcus.com) is a good pick. And if you can't figure out which category you fit into, try (4) Sally Hansen Color Therapy in Blushed Petal (句 at drugstores). It's a universally flattering combo of pink and beige, plus it has argan oil to treat nails.





(\$17; maccosmetics.com)



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LOVE YOUR LOOKS | Brilliant Buys

Burt's Bees Hair Repair Shea & Grapefruit Deep Conditioner (\$8: burtsbees.com) "Ever wish you could stop split ends before they happen? Here's your in-shower solution."

—Benjamin Mohapi, hairstylist and owner of Benjamin Salon in Los Angeles

Dove DermaCare Scalp Invigorating Mint Shampoo

(\$5: at mass retailers)
"Hove Dove products! I find that they help keep strands shiny and healthy. This new dandruff line is an all-star because the pH-balanced spearmint formula is refreshing on the scalp and helps nix pesky flakes. It's best for anyone with natural and unprocessed hair."

—Nunzio Saviano, celebrity hairstylist and owner of Nunzio Saviano Salon in New York City



SCAN TO SHOP! SCAN THE BURT'S BEES CONDITIONER TO BUY THE ITEMS ON THIS PAGE (SEE PAGE 8), OR VISIT HEALTH COM/ SHOP-NOW.



A great
hairstyle starts
in the shower—
especially with
these picks.

Pantene Pro-V Daily Moisture Renewal Shampoo & Conditioner

(\$5 each; at mass retailers)

"This line allows you to wash your hair daily without stripping it of moisture, natural oils, or color. I've also noticed that hair looks shinier and smoother. When hair is untangled during the shampoo process, it becomes easier to manage."

—Siobhan Benson, hairstylist in New York City

SheaMoisture Raw Shea Butter Deep

Treatment Masque (\$13; walgreens.com)
"I love that it's loaded with super-effective natural moisturizers that actually treat your hair. It's rich enough for very dehydrated and coarse hair but not too heavy for finer, weaker textures."

-David Lopez, celebrity hairstylist in New York City



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Nexxus Color Assure Shampoo

"This is a silicone-free option that locks in color's vibrancy. It leaves a sort of sheen that automatically boosts color—from the palest blonds to the richest browns. The result: hair that's undeniably glossy."

—Marc Mena, celebrity hairstylist in Los Angeles and New York City and creative director of Warren Tricomi Salon

Shiny, Healthy Hair for Less

Pros reveal the drugstore shampoos, conditioners, and stylers they're loving right now.

By LISA DESANTIS

LOVE YOUR LOOKS | Brilliant Buys







JOANNA VARGAS is a celebrity facialist with two eponymous salons, in L.A. and New York City. Her clients include Sofia Coppola, Maggie Gyllenhaal, and Debra Messing.



Joanna Vargas Daily Serum (\$85; joannavargas .com) "This serum was inspired by green juice. It's rich in chlorophyll, fatty acids, and vitamins A, C, and E. It's meant to be a daily dose for your face."

11110

ÉMINENCE



DIY AMAZING-SKIN SCRUB

"This gentle combo of physical (cornmeal) and chemical (yogurt) exfoliators deflakes without irritating. Grapefruit juice is great for deep-cleaning pores, as well as for anti-aging.

1/2 cup plain yogurt ½ cup cornmeal 1/4 cup grapefruit juice

Mix, let cool in fridge to thicken, and gently massage onto face. Rinse off after 2 minutes

A Celeb Glow at Home

How do A-listers prep for big events? Joanna Vargas, facialist to the stars, spills the secrets to their luminous complexions. (Hint: It's not makeup!)

YOUR SKIN IS A WINDOW INTO YOUR HABITS AND LIFESTYLE, and doing facials at home can help you get that "just back from the spa" glow. Every facial begins with a nice, clean palette, so start with proper cleansing. I find that foaming washes do a good job of getting every last bit of dirt, makeup, and residue off the skin. Next comes exfoliation. There are many benefitsimproved texture and tone, better product absorption, and so on—but make sure the formula is gentle. I'm a fan of scrubs with lactic or fruit acids since they're less irritating.

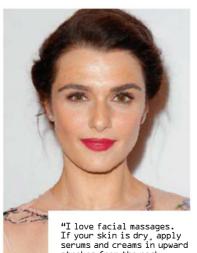
Afterward, do a quick analysis of your skin, and go with a mask that addresses what's happening at that moment. Let's say it's right before your period and you're breaking out. Use a calming antibacterial mask. Feeling really dry? Pick one with stem cells to hydrate and plump. If you have a combo of issues, try multimasking-applying different formulas to target different zones of your face at the same time.

After 10 minutes or so, rinse off, then follow with your regular skin-care products—serum, eye cream, moisturizer—and you're done! Stick with this regimen on a weekly basis and you'll see a noticeable difference in your skin in as little as two weeks.



Juice Generation Supa Dupa Greens (\$10; juicegeneration .com) "Don't forget: What you eat affects your skin. This juice is my favorite—it has spinach, kale, collards, and more. I drink it every single morning."

"Phone acne is a real thing! I notice that my clients break out where their cell phone touches their skin. My advice: Use headphones when making a call."



strokes from the neck. Breaking out? Start at the top, moving down in circular motions to rev up lymphatic drainage."



Hello. antioxidants.

Goodbye free radicals.

The power of pomegranates and the polyphenol antioxidants that fight free radicals.

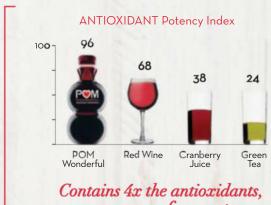
SUPER FRUIT WITH SUPER POWER. We've all heard about antioxidants and how important they are to include in our diet through whole, natural foods. Here we take a deeper look at what makes antioxidants in pomegranates so unique.

Pomegranates, and of course POM Wonderful 100% Pomegranate Juice, contain antioxidants called polyphenols. Polyphenols are a type of antioxidant known to combat unstable molecules that can cause damage to your cells and DNA over time. These harmful molecules are called free radicals. And they're POM's nemesis.

Though the human body does a good job of handling normal levels of unstable molecules, things like smoking, stress and other environmental pollutants can contribute to the generation of even more free radicals. Which means, unless you live in a bubble, everyone can benefit from the antioxidant power of POM Wonderful 100% Pomegranate Juice.

POM & POLYPHENOLS: THE INSIDE SCOOP. Every pomegranate has a variety of polyphenol antioxidants. The deep red arils have anthocyanins, while the rind and white pith surrounding the arils have ellagitannins. POM Juice is the perfect way to get the fighting power of both. To maximize the polyphenol level, POM Wonderful 100% Pomegranate Juice is made by pressing the entire pomegranate, so that each 16oz bottle contains the juice from 4 whole-pressed pomegranates. That means there's antioxidant goodness in every bottle.

An in vitro study at UCLA found that pomegranate juice has, on average, more antioxidant capacity than red wine, grape juice, or green tea. In fact, each serving of POM has 4x the antioxidants, on average, of green tea.



on average, of green tea.

DRINK TO YOUR HEALTH. It's easy to drink in the amazing health benefits of pomegranates every day. Enjoy POM Wonderful 100% Pomegranate Juice with breakfast or simply add it to your favorite smoothie. Or mix POM with seltzer for an afternoon pick-me-up or for an evening mock-tail. So drink up! Your body and mind will thank you.

POM Wonderful 100% Pomegranate Juice, the Antioxidant Superpower, can be found in the produce section of your supermarket. It's also available through Amazon.







Got skin issues? There's now a deeptreatment mask for all your complaints, from breakouts to cracked heels. Happy pampering!

By LISA DESANTIS



Neutrogena Light Therapy Acne Mask

(\$40; at mass retailers)
Breakouts have met their
match: This high-tech
at-home device—which
you wear for 10 minutes
a day—combines red
and blue light to kill
bacteria and decrease
inflammation.

FULL-BODY FIXES >>



Peach & Lily Chubby Cheeks Lift + Plump (\$6; peachandlily.com) This face mask gets its brightening and plumping action from snails (yes, really!), which are common in coveted Korean skin products.



Nannette de Gaspé Eye Masque (\$90; nannettedegaspe.com) The waterless, patterned mask looks like an accessory but works like skin care: Activate anti-aging ingredients by massaging. It's pricey, but it can be used three times.



Yes to Coconut 2-Step Pucker Up! Lip Kit (\$4:ulta.com) Matte lipsticks can wreak havoc on your lips; repair them with this one-two rejuvenating punch. Start with the exfoliating scrub and follow with the hydrating gel mask.



Talika Bio Enzymes Mask Décolleté (\$12: talika.com) If you've forgotten to apply products and SPF to your chest, you can undo some of the damage with this hard worker, which helps smooth, firm, and even out discoloration.



Karuna Age-Defying+ Hand Mask (\$10; sephora.com) Heard that your hands are the first place to show your age? Not if you take care of them. Enter these conditioning gloves, packed with fruit extracts to lighten spots.



Patchology
PoshPeel Pedi Cure
(\$35 for 2; ulta.com)
Trapped in boots all
winter, your feet might be
looking a bit beat up. This
peel taps the powers of
glycolic and lactic acids to
slough off dead skin and
get you sandal-ready.

Brow Growth Serums

Bold arches are the definition of #BrowGoals. For women who need a boost, brow serums promise new fullness. Do they deliver? Here's the bottom line.

By LISA DESANTIS



Nonprescription brow serums are supposed to enhance the thickness of the brow hairs you do have and help stimulate growth in areas that are sparse. You don't need to see a doctor to get a serum (as you do with the lash-and-brow enhancer Latisse). Apply once or twice a day (following package directions) and, the companies claim, you'll see results in as little as two weeks.

WHAT THE PROS SAY

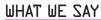
There are dozens of over-the-counter brow serums, but they're not all created equal, stresses Francesca Fusco, MD, a dermatologist in New York City. The best of these OTC formulas pack peptides, adds Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. (Some other serums rely only on essential oils, which simply strengthen the hair you already have.) Peptides are "messengers designed to do a specific job—in this case, encourage hair growth and healthy hair follicle activity," explains

Dr. Zeichner. Products with peptides include (1) VegaBrow Volumizing Serum (\$80; vegalash .com), (2) RapidBrow Eyebrow Enhancing Serum (\$50; rapidlash Advanced Eyebrow Conditioner (\$110; revitalash.com). (The makers of RevitaBrow stop short of promising actual hair growth, however.) "RapidBrow has proved to be the goto among my patients,' says Dr. Fusco. Most people tolerate peptide serums well, the experts say, but they can cause irritation; discontinue use if you notice redness, itching, or swelling.

.com), and (3) RevitaBrow

Overplucked? Reach your full brow potential with

help from these tested formulas.



Although brow regrowth doesn't happen overnight, these peptide-rich picks add fullness. For those with sensitive skin, we like VegaBrow; in addition to peptides, it contains antiinflammatory botanical ingredients, such as red clover and mung bean, which are gentle on your skin. However, if it's serious brow rehab you're after, you may want to go straight to RapidBrow. No matter which serum you try, if you use it regularly you should see a boost in the condition of your arches.







WHY IT WORKS

Lara Eurdolian is the expert insider who works with top beauty and fashion brands from around the world. As the creator of PrettyConnected.com, her followers trust her to share the most effective and innovative products for glowing, gorgeous skin.

THE PRODUCT

Lara took part in Olay's 28-Day Study where she was tasked with using Total Effects Anti-Aging Moisturizer on just half her face for 28 straight days. After completing the study, Olay's scientists measured the change in her skin and confirmed what she could already see—her skin transformed. "I was surprised that my skin could feel so great and have noticeable and proven improvement in less than a month!" The formula works to keep skin looking young and healthy with antioxidants like green tea extract, an ingredient Lara loves. "I'm a big fan because it helps fight free-radical damage that could otherwise lead to wrinkles."

THE PROMISE

Formulated with twice the green tea extract as before and vitamins C, E, B3, and B5, this product hydrates, evens skin tone, and enhances brightness while reducing the appearance of dark spots and the look of pores and fine lines. "It's made to absorb fast so the nutrients sink in quickly," says Lara, "and it also helps your skin's natural process for renewing skin surface cells."

"I love that this product is powerful enough to give noticeable and proven improvement to my skin in less than a month!"



THE VERDICT

"The skin is our largest organ, and how it looks is a reflection of how we take care of ourselves," says Lara. "Total Effects Anti-Aging Moisturizer has everything you need for beautiful, younger-looking skin, and it actually fights visible signs of aging. There's a reason this is consistently a top-ranking moisturizer."









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BEST SHAPE | Downtime Do-Over



Fri-yay hits, and that means you finally have time for dinner out, a Netflix binge, happy hour with pals. The problem? Well, to state the obvious. we eat more and move less. If your pants feel snug on Monday morning, it's not just your imagination. Most people have a weight cycle that involves losing a bit on weekdays only to gain it back over the weekend, according to recent research out of the Cornell University Food and Brand Lab. A separate study found that adults ages 19 to 50 consume an extra 115 calories on each weekend day, as well as more fat and alcohol, compared with Monday through Thursday. Now for the reassuring news: All it takes to stay on track through Sunday is a little advance planning. Use our guide to figure out the day-off traps you're falling into (hitting snooze on that Saturday alarm, going overboard on celebratory drinks). Then take the pros' advice so you stay on track and start every week strong.



You recharge on the sofa

Being a couch potato could be worse for you than sitting at a desk all day, new research suggests. Scientists at the University of South Carolina found that reducing sedentary time by just 20 minutes on Saturdays and Sundays helped overweight people lose 1.6 percent of their body fat over a year; they didn't find the same connection with sitting less on weekdays.

FIX IT: Don't allow the weekend to turn into one drawnout television-and-snack session, says Samantha Rigoli, RD, a nutritionist and corporate wellness consultant in Brooklyn, New York. Instead, pick three little treats: "If you want to watch a show and you want to order dessert and you want a glass of wine, fine," says Rigoli, "Just spread out those rewards over the whole weekend." Also, create mini interruptions during a TV marathon, says Bonnie Taub-Dix, RD, founder of the blog Better Than Dieting. After one or two episodes, "get up and go for a walk, take the dog for a stroll, or just do something in between binge-watching."

TRAP #2

You play catch-up with sleep

Sleeping late on weekends may sound like a good idea, but it can disrupt your circadian rhythm, explains Phyllis Zee, MD, director of the Center for Circadian and Sleep Medicine at Northwestern University Feinberg School of

Medicine in Chicago. Your circadian rhythm plays a role in regulating the hunger hormones leptin and ghrelin. An imbalance in these hormones may crank up your appetite or cravings for fatty food, studies have shown. What's more, constantly feeling the need to sleep in on the weekend is a

clear sign that your body is sleep-deprived, adds Theresa Piotrowski, MD, medical director of the Adult and Pediatric Weight Loss Center in Aver, Massachusetts. Sleep deprivation can lead to elevated levels of cortisol, which is linked to increased visceral fat. she says.

FIX IT: Do your best not to let your bedtime and wake-up time stray more than two hours from your normal sleep setup. And don't hit the bagels and scones at breakfast, even though your sleepdeprived body is likely to be craving carbohydrates as an energy source. Instead, wake up and get your blood sugar under control with a balanced breakfast, suggests Dr. Piotrowski. Try a vegetable omelet or a bowl of oatmeal and berries, as opposed to sleeping more and giving

Chef Ryan Scott's shortcut solutions to master simple, crowd-pleasing dishes.



"Ryan's recipes are always accessible, affordable, and most importantly, super tasty. His 'One to Five' concept is so good, I give it a 10!"

-RACHAEL RAY

"For any busy or novice cook, Ryan takes away all the excuses for why you can't make a delicious meal."

-CARLA HALL

"Ryan is one of the most creative, knowledgeable and humorous chefs I know."

-SUNNY ANDERSON

"Ryan is a riot and a darn good chef! His amazing book *One to Five* is so fun, so simple, and so Ryan."

—KATHIE LEE GIFFORD & HODA KOTB

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START WITH A ROTISSERIE CHICKEN

There's no shame in purchasing a rotisserie chicken instead of roasting your own. Once you see how fast you can make a wide variety of recipes without sacrificing flavor, you may never roast a chicken yourself again!





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2 COOL RANCH CHICKEN SALAD SANDWICHES



3 CALIFORNIA CHINESE CHICKEN SALAD



4 CHICKEN-AND-CORNBREAD TAMALE PIE



5 CHICKEN AND BUTTERNUT SQUASH ENCHILADAS WITH RED SAUCE



in to pancake cravings, which only perpetuates the vicious cycle. The caveat: If you're feeling burned out for weeks on end, speak to your doctor about your fatigue to see whether you should consult a sleep specialist, adds Dr. Piotrowski.

TRAP #3

Weekends are spent in supermom mode

Let us guess: Saturdays mean playing chauffeur as you schlep your kids from one sporting event to another. Of course you want the kiddos to have something nutritious to fuel them, but what about you? "Moms are often so focused on making sure their kids eat a healthy meal, and that can be at the expense of taking care of themselves," says Jessica Fishman Levinson, RDN, founder of the consulting practice Nutritioulicious.

FIX IT: Stash nutritious onthe-go snacks everywhere. When you're not armed with portable bites, you succumb to the birthday party slice of pizza or snack-bar eats that pack more calories than the munchies you'd bring from home, says Levinson. Taub-Dix likes to keep Kind bars in her backseat. "Or I'll put almond butter packets and a piece of fruit in my purse or on the counter at night so I don't forget them," she says. Another idea: Pack your kids' snack bags with stuff you like, too. "I'll find myself sneaking bites from my kids, so I'll throw in half a PB&J on wholewheat bread and I'm set," says Levinson.

TRAP #4

Friday through Sunday is one long, fattening party

Beware of those margarita goggles. "Alcohol impairs your ability to make wise food choices, like when you stay out drinking and end up at the pizza place," says Levinson, Several studies have suggested that drinking alcohol before a meal can increase food intake later on. Also, research shows that "social jet lag" ups your risk of being overweight. "Social jet lag is the term for the change in your sleep schedule between workdays and weekends," says Dr. Zee, "and it often results from pushing back bedtime so you can go out with friends." FIX IT: Always remember to eat when you drink, recommends Dr. Piotrowski. "Foods high in protein in particular will help stabilize blood sugar," she says. Nibbling while you imbibe doesn't have to be boring or a recipe for weight gain, adds Levinson: "Find a cute tapas bar and pick a few veggie plates to share, or go to a place where you can order something healthy and special, like a tuna tartare." And don't forget to turn in within two hours of your normal bedtime. You'll be helping your body help itself stay slim.

TRAP #5 You take weekends off from exercising

"I see this habit all the time with clients," says Holly Perkins, a certified strength specialist in Los Angeles. "But say you have a crazy week where you have to skip days, then you have the attitude that you don't work out on the weekend-you're all off." **FIX IT:** Any movement is better than none, says Perkins, so start by changing the habit. "Wake up and put on workout clothes immediately for motivation, then start Saturday with 10 minutes of stretching, or do ab exercises on your floor," she says. "Gradually adding tidbits of exercise behavior will help you break the mind-set that weekends are for bending all your rules." ■



SIGNS YOU'RE SLACKING TOO MUCH

Any of these sound familiar? If so, you may be undoing all your good (weekday) work.

YOUR FOOD LOG IS INCONSISTENT

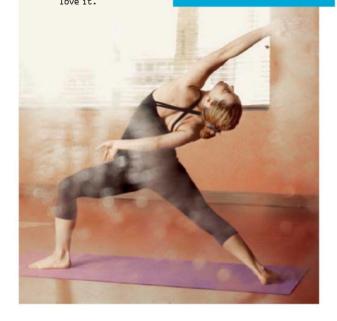
→ For three weeks, document your meals and snacks, water intake, and energy levels every day. Then compare your weekday stats with your weekend ones. Any evidence that you relax your food rules during days off? Try writing yourself a menu in advance for the full week to take out the weekend guesswork.

YOU DON'T MARK UP YOUR CALENDAR

→ If you don't keep track, you may not realize how much you dine out and drink on the weekends. Insert your full weekend schedule into your smartphone calendar so you know where you'll be for each meal, plus when you'll need snacks. "Sometimes we actually have to write these things down to get them done," says Taub-Dix.

YOU FEEL LIKE CRAP ON MONDAY

→ Using your food and energy log, assess your state on Mondays. Do you start the week groggy? Bloated? Headachy? "Coming off a bender will not have you entering Monday at 100 percent," says Perkins. Then suss out whether you're partying too much, skipping vital nutrients, or in need of a yoga class.





BEST SHAPE | Tracy Tones You



2. Knee Pull and Arabesque

Start on all fours, holding a towel taut. Raise left thigh out to the side, coming into a fire hydrant position. Lower down to right forearm and extend left elbow up until towel is taut (A). Pull left knee in toward shoulder, then extend left leg diagonally back and out with toes pointed (B). Pull knee back in and repeat.



3. Coupé to Attitude Lift

► Kneel, holding a towel taut behind head. Lower right hand down to the floor and tuck left ankle behind right knee (**A**). Lift left thigh up and back (**B**). Return to "A" and repeat.



4. Straight Leg Swing

Lie on right side with legs slightly bent; prop upper body up on right forearm, place left palm on the floor, and extend left leg straight up (A). Rotate torso so it faces down as you come onto right knee while swinging left leg back and up, toes pointed (B). Return to "A"; repeat.

Forget the Word "Cheat"

There is nothing positive about it. Cheating on anything is negative. So why say you're going to have something you love but tell yourself you're cheating? Remember: It's fine to enjoy your favorites in moderation. But if you indulge every day at every single meal, that's a problem, and you need to work to get back to balance.



5. Knee Hike and Hip Lift

Lie on right side with right leg bent at 90 degrees; prop upper body up on right forearm, place left palm on the floor, and lift left leg (**A**). As you lift right hip up, pull left knee in toward shoulder so left leg forms a 90-degree angle (**B**). Return to "A" and repeat.

 ${\it TRACY ANDERSON} is a {\it fitness expert with more than 17 years of experience, the creator of the Tracy Anderson Method, and the star of more than 170 DVDs.} \\ {\it Her clients include Gwyneth Paltrow, Jennifer Lopez, Victoria Beckham, Nicole Richie, and Maggie Gyllenhaal.} \\$

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After failing on starvation diets, Meghan Gilbert took a healthier approach and ditched the weight for good.

As told to **LINDSEY MURRAY**

GROWING UP, I NEVER KNEW the importance of exercise (the most activity I would get was at band practice). That, combined with my love of sweet tea and fast food, was a recipe for weight gain. In fact, by my senior year of high school, my petite five-four frame was weighing in at 190 pounds. I thought the only way to lose was to severely restrict my calories, so I started limiting my meals to just a few crackers here and there. Sure, I shed a few pounds, but I was constantly famished and exhausted. It was clear that if I

wanted to drop weight, I needed to fuel my body the right way.

FALLING FOR FIT

I revamped my eating habits, adding protein-packed meals, like chicken or eggs with a side of good carbs and veggies, to my diet. I also started jogging-slashwalking for an hour and a half three times a week. Within two weeks I had more endurance, and my energy levels were up, too. The real change came, though, when I began dating a personal trainer. With his help, I started

hitting the gym twice a day, five times a week, doing cardio in the morning and strength training at night. I loved the feeling I got after putting my all into a workout—and the soreness the next day was confirmation that I was steadily working toward my goal. My can-do attitude paid off: Four months later, I was down about 65 pounds.

SHARING THE HEALTH

Today I no longer pay attention to the scale. I'm also more lenient with my diet—I eat healthy most of the time but treat myself when I want. I love that I found a balance that keeps me happy, healthy, and loving my body. I try to project this message on my Instagram account, @megsmotivationn, to inspire others to reach their goals, too.

SHARE YOUR TRANSFORMATION

➤ Did you reshape your body? Tell us all about your healthy makeover at health.com/i-did-it and let us know what eating and fitness strategies worked best for you.

STEAL MEGHAN'S MOVES

MEGHAN GILBERT 20, 5'4"

200 lb.

128 lb.

Dress size: 16

Dress size: O

TOTAL LOST
72 lb.
Sizes lost: 8

Need some motivation? Meghan's got you covered. Check out her get-fit success tips.

1

FOLLOW YOUR INSPIRATION

My Instagram feed is filled with accounts that encourage me to love and take care of myself. One favorite is @tk_line09; every day, she posts a motivational quote or an empowering gym selfie. These help keep me on track.

2

AMP UP EXERCISE

On days I'm feeling sluggish, I'll have a cup of coffee 30 minutes before I go to the gym. The caffeine keeps me working hard. Plus, research shows it can help you burn more calories post-exercise.

3 INDULGE WITH FRIENDS

I typically have one or two meals each week where I eat whatever I want. To make them more rewarding, I use them as a time to socialize with pals.

4

COUNTER CARDIO

The treadmill is great, but I believe my weight loss came more from strength training. Exercises like deadlifts and squats helped me shed pounds fast.

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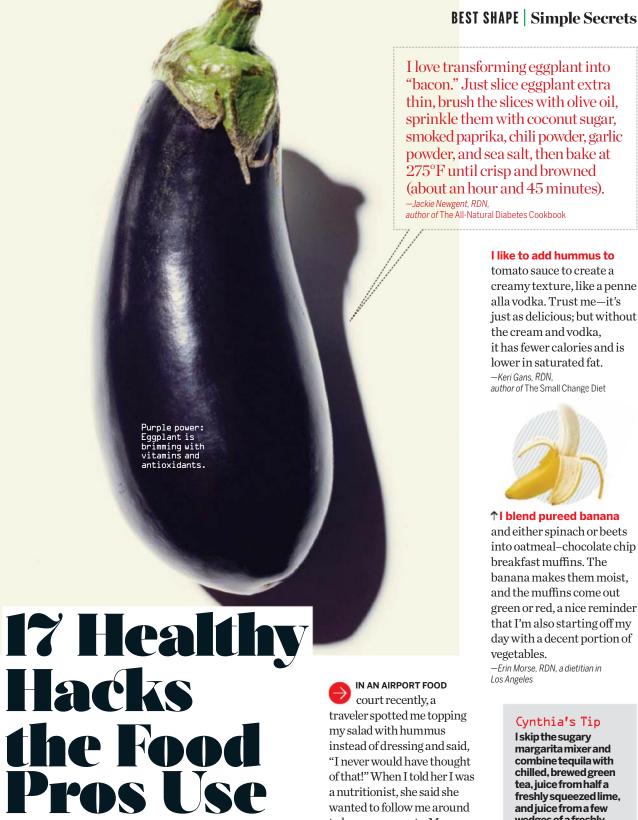
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Revealed: how registered dietitians sneak in more vegetables, satisfy sweet cravings, lighten up happy hour drinks, and even DIY their takeout.

By CYNTHIA SASS, RD

traveler spotted me topping my salad with hummus instead of dressing and said, "I never would have thought of that!" When I told her I was a nutritionist, she said she wanted to follow me around to learn my secrets. My nutritionist friends all have their own go-to strategies for eating clean. That's why I polled a bunch for their never-would've-thought-of-

that tricks of the trade.

I like to add hummus to

tomato sauce to create a creamy texture, like a penne alla vodka. Trust me-it's just as delicious; but without the cream and vodka. it has fewer calories and is lower in saturated fat. -Keri Gans, RDN. author of The Small Change Diet



↑I blend pureed banana

and either spinach or beets into oatmeal-chocolate chip breakfast muffins. The banana makes them moist. and the muffins come out green or red. a nice reminder that I'm also starting off my day with a decent portion of vegetables.

-Erin Morse, RDN, a dietitian in Los Angeles

Cynthia's Tip

Iskip the sugary margarita mixer and combine tequila with chilled, brewed green tea, juice from half a freshly squeezed lime, and juice from a few wedges of a freshly squeezed tangerine, plus fresh herbs, like sliced ginger and basil leaves. It's refreshing, flavorful, and just sweet enough-no agave needed.

I replace the margarine or

oil in denser baked goods with nut or seed butter. The swap boosts healthy fats, fiber, protein, and antioxidants (for about the same number of calories) and creates a treat you can feel better about indulging

Cynthia's Tip

If I'm really in the mood for Chinese takeout, I order steamed vegetables and shrimp. After it arrives, I drizzle both with my own homemade sauce, a combination of brown rice vinegar, sesame oil, fresh orange juice, freshly grated ginger, minced garlic, and crushed red pepper. It takes just a few minutes, is super flavorful, and allows me to nix the sugarand-sodium-laden restaurant sauce.

You can buy packaged raw, shelled watermelon seeds. Or you can bake them (15 minutes in a 325°F oven) and spit out the black outer shells.

in. You may need to add a little water for moisture in some recipes, but it works well for goodies like banana bread and cookie bars.

—Sharon Palmer, RDN, author of Plant-Powered for Life



↑I drizzle fruit with a

little balsamic vinegar. It's a fab combo of sweet and pungent, and it provides a mouthful of intense flavors—especially when the fruit is ripe. It also looks pretty on your plate, which can help with satiety. I love it on strawberries, watermelon, and cantaloupe.

—Bonnie Taub-Dix, RDN, author of Read It Before You Eat It

Cynthia's Tip

ladd mulling spices to coffee grounds to infuse flavor into brewed coffee. This way, I can forgo adding sugar to my java.

I make whipped cream

out of coconut cream for a dairy-free topping. Using a whisk or electric mixer, simply whip well-chilled coconut cream in a bowl until it's fluffy. You can add cocoa powder or vanilla extract for more flavor. Try it over fresh fruit.

—Marisa Moore, RDN, a nutritionist in Atlanta

When I make pesto,

I use pistachios instead of pine nuts. They pack more protein and fiber, and their hue gives the pesto a more vibrant color.

—Patricia Bannan, RDN, author of Eat Right When Time Is Tight

MAKE OVER MY TAKEOUT!

DON'T BE MISTAKEN:

Nutritionists do grab and go from time to time. But to save calories (and some cash), here are a few better-for-you DIY alternatives to classic orders that taste just as good as when you phone them in—promise.

INSTEAD OF MARGHERITA

Brush a gluten-free English muffin, pita, or flatbread with extra-virgin olive oil and top with thinly sliced tomatoes, a few basil leaves, and a thin layer of shredded mozzarella or vegan cheese. Bake until the crust is golden.

INSTEAD OF CHICKEN WINGS...

Cut a 3-ounce boneless chicken breast into 4 wingsize pieces. Pour ¼ cup egg whites into a bowl, dip each chicken slice in the bowl, then roll the slices in a mixture of ¼ cup each chickpea flour and cornmeal, 1 teaspoon Italian seasoning, and pinches of garlic powder, sea salt, and black pepper. Bake at 375°F until chicken is cooked through, about 20 minutes. Drizzle with wing sauce and serve with celery stalks sprinkled with blue cheese.

INSTEAD OF PEANUT NOODLES...

Thin a few tablespoons of all-natural almond or peanut butter with warm water in a bowl; stir in ½ teaspoon each freshly grated ginger, minced garlic, and crushed red pepper. Add a few handfuls of steamed veggies, some diced chicken breast, and a small scoop of buckwheat soba noodles.

INSTEAD OF TACOS...

Brown 3 ounces of extra-lean ground turkey over low heat in low-sodium organic vegetable broth, along with a few tablespoons of minced onion. Add ¼ cup each frozen corn (thawed) and canned black beans. Spoon the mixture into 3 romaine leaves, then top each "taco" with salsa and avocado.

I am newly obsessed with raw, sprouted watermelon seeds! Many people don't know they're edible, but they are. They're mild in flavor, so they go with almost anything. I like them sprinkled on kale salads and avocado toast for extra crunch. They have about 10 grams of protein per ounce.

—Rachel Meltzer Warren, RDN, author of The Smart

—каспелментгеr warren, кым, аитпог от Girl's Guide to Going Vegetarian

Cynthia's Tip

l add nutrients
(fiber, plant protein,
vitamins, antioxidants)
to fruit smoothies
by blending in white
beans. Believe me:
You won't even know
they're there. Plus, they
add a thickness and
creaminess that ups
the satisfaction and
keeps you fuller longer.



Who to Follow on Snapchat Now

Catch real-time peeks into these influencers' healthy lives.
Motivation, found.

By JORDAN SMITH

DEMILOVATO

@theddlovato
When the bodyconfident singer
isn't killing it
onstage, she can
be found throwing
punches at
Unbreakable
Performance
Center in Los
Angeles. Take that,
Internet trolls!

HANNAH BRONFMAN

Fallis.

@HannahBGood Exercise fiend by day and DJ by night, the HBFIT founder is always on the go. See her daily workouts, recovery rituals, beauty tips, and healthy eats. Also cool viewing: her romance with fiancé Brendan

KATRINA SCOTT AND KARENA DAWN

@KarenaKatrina
The Tone It Up
founders—whose
exercise and nutrition
plans inspire you to
get fit with friends—
share slices of their
SoCal lives. Think:
working out, hanging
at the beach, and
eating clean bites.

DEVON WINDSOR

@devwindsor Ever wonder how

a Victoria's Secret Angel trains? Get a backstage pass to this leggy blonde's toning sessions. Plus, her meal prep is #goalsAF.

MASSY ARIAS @massyfit

@massyfit
This star trainer's
shape-up advice (doled

out in English and Spanish) and overall positivity will have you looking and feeling great. Wash down strength sets with her "hulk juice" (parsley, lemon, kale, ginger,

spinach, and turmeric)

@lindseyvonnski

ALLY LOVE@allylovelove

This influencer is a Jane-of-all-trades—

Peloton instructor, model, and arena host of the Brooklyn Nets. Join her courtside, at shoots, and in the gym. You'll also discover her guilty pleasure: doughnuts!

See the world through the lens of this Olympic skier and follow along as she hits the slopes, crushes circuit training, and goofs around with her dogs Lucy, Leo, and Bear.



Don't Forget the Guys

Check out these men for dreamy abs, creative fuel, and proof that guys love Snapchat filters just as much as anyone.



MIKE DONAVANIK @mikedfitness This fit pro, who has worked with

has worked with Katie Holmes, believes in balance; don't be shocked when you spot body-weight moves as well as In-N-Out Burger.



For a mix of workouts, motivation, rants, and comic relief, follow this funnyman. There's never a dull moment.

KEVIN HART

@lilswag79





WOMAN, RYAN CREARY/GETTY IMAGES

LIVE HEALTHY | Wake Strong



Your morning routine can make—or break your day. After all, consider how you feel on a day that began with a few stretches and a leisurely breakfast versus one that kicked off with hitting snooze six times and spilling coffee on your blouse as you dashed out the door. So how can you get off to a great start? We went to the folks who make living well look easy-fitness pros, clean-eating gurus, and more-and found out how they set the tone for happy hours to come. Let their a.m. moves inspire you.

Simply Pause

"I begin every day with at least 10 minutes of stillness—ideally 20 minutes. This silent time in the morning helps me clear away worry, release stress, and gear up to win for the day."

—Gabrielle Bernstein, motivational speaker and New York Times best-selling author of The Universe Has Your Back

Find the Light

"Immediately after waking, I open my blinds and let the light come in. Even if there's no direct sunlight, it's enough to help stimulate my master clock



and help me differentiate between being awake and being asleep."

—Daniel Jin Blum, PhD, sleep psychologist in San Francisco

Dress for Success

"I put on my yoga clothes and blend up a 'preworkout' green smoothie. I may have no intention of working out, but this routine still gives me the mind-set to get things done."

-Chloe Coscarelli, vegan chef and author of Chloe's Kitchen

Send a Happy Word

"After opening up my e-mail but before looking at new messages, I take two minutes to write one positive e-mail to someone I know, praising or thanking them for something they've done recently. The act of writing these notes to friends, family, or colleagues changes my day and helps me focus on the best in others."

-Michelle Gielan, former CBS news anchor and best-selling author of Broadcasting Happiness

Rise and Bond

"I'm recently married, and my husband and I make it a point to chat every morning—especially when I'm traveling. It grounds me and ensures that I start my day on a positive note."

—Payal Kadakia, founder and CEO of ClassPass

Slip in Citrus

"The first thing I do in the morning is drink

The Best Time of Day To...

EXERCISE? IN THE EARLY A.M.

→ Belgian researchers found that working out before breakfast helps the body burn fat more efficiently.

BUCKLE DOWN AT WORK? BEFORE 10 A.M.

→ Use that quiet time at the beginning of the day to finish up your big project, and schedule those chatty meetings midday: According to research from Penn State, most people are more easily distracted later, between 12 p.m. and 4 p.m.

TAKE A NAP? BETWEEN 1 P.M. AND 3 P.M.

→ During this time, most people's core temperature drops and melatonin levels rise, signaling it's time for a temporary recharge, explains Michael Breus, PhD, a sleep specialist and the author of *The Power of When*.

HAVE A DRINK? AFTER WORK

→ The enzyme alcohol dehydrogenase is most active in the evening, so you'll process the alcohol in your cocktail more efficiently.

GET IT ON? BEFORE BED

Researchers at the University of Warsaw in Poland surveyed women and found that their libidos were generally highest between 6 p.m. and midnight, regardless of whether they were a morning or evening person.





The choice is yours, and it's simple.

Why enjoy just a slice of an apple when you can have the whole thing?

The same goes for car insurance. Why go with a company that offers just a low price when GEICO could save you hundreds and give you so much more? You could enjoy satisfying professional service, 24/7, from a company that's made it their business to help people since 1936. This winning combination has helped GEICO to become the 2nd-largest private passenger auto insurer in the nation.

Make the smart choice. Get your free quote from GEICO today.



16 ounces of water with sliced lemon. I love how the refreshing taste really wakes me up, and the vitamin C aids immune system function."

—Leah Kaufman, RD, dietitian in New York City

Step to It

"I walk my daughter to school across Central Park and then walk back while listening to dance music. The two-mile brisk walk clears my mind and gets me psyched for the day ahead."

-Gail Saltz, MD, Health's contributing psychology editor

Cuddle Up

"Snuggling with my 3-yearold in his bed is my favorite morning ritual. I treasure this sweet time together plus, getting close to someone you love is a great way to release oxytocin and feel-good endorphins."

-Kristin McGee, Health's contributing yoga and wellness editor

Feed Your Mind

"I like to listen to podcasts in my car on the way to the studio. It helps stimulate my brain. I listen to Fresh Air, Alec Baldwin's Here's the Thing, and *Intelligence Squared*, to name a few."

—Jillian Davis, SoulCycle instructor in Los Angeles

Tackle One To-Do

"I try to write about a topic important to me, usually for my blog. Getting that done early in the day sets me up for productivity and satisfaction."

—David Katz, MD, director of the Yale-Griffin Prevention Research Center

Sweat Smart

"I like to do 10 to 15 minutes of HIIT strength training each morning. My favorite moves are squats and pushups. It revs my metabolism and gives me a nice mental boost to start my day."

—Melissa Piliang, MD, dermatologist at the Cleveland Clinic

Enjoy Your Awesomeness

"I begin every morning with a positive affirmation. Whether I pick a motivational quote or simply tell myself that I like my smile, it puts me in a wonderful frame of mind as soon as I get out of bed."

—Simone De La Rue, creator of Body by Simone



The breakfasts and sips that get our experts fueled up for the day.

"A lean green shake is my favorite way to kick off a productive day and stay energized. Since my mornings can be quite unpredictable, as a precaution I prepare the smoothie the night before, putting all the essential fruits, proteins, and leafy greens in a smoothie jar, minus any liquid. When I wake up the next day, all I have to do is add coconut water and blend."

-Anowa Adjah, health coach and Instagram fitness star "Every morning, I eat a bowl of Greek yogurt, mixed berries, and granola. It's a great mix of probiotics, fiber, antioxidants, and protein, and the granola is a bit of a sweet treat—it feels like I'm having dessert for breakfast!"

-Roshini Rajapaksa, MD, *Health'*s contributing medical editor





Promotes healthy blood flow from head to toe[†].



Available at **Walgreens**

 $CocoaVia^{\circledast}$ is a daily cocoa extract supplement that promotes healthy blood flow from head to toe[†]. Derived from fresh, natural cocoa beans, the cocoa flavanols in $CocoaVia^{\circledast}$ supplement help your cardiovascular system by promoting healthy blood flow[†], enabling your system to smoothly deliver oxygen and nutrients throughout your body. And when your blood is circulating properly, vital organs from your head to your toes get the oxygen and nutrients they need to help you maintain who you are for years to come. **Stay You**[™]

Save \$10 at CocoaVia.com* with code H17

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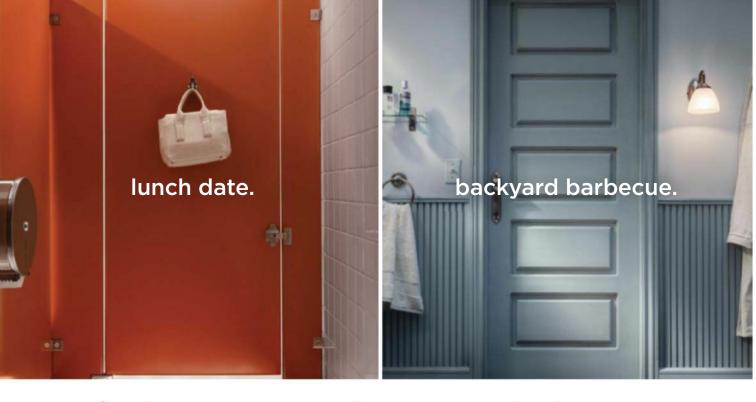
Questions? Please call 1-877-842-0802.

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 † These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



^{*}Expires 10/31/2017. Limit one use per customer, excludes cases.



If other treatments haven t worked well enough, ask your gastroenterologist about ENTYVIO.

Uses of ENTYVIO (vedolizumab):

ENTYVIO is a prescription medicine used in adults:

With moderate to severe ulcerative colitis (UC) when certain other UC medicines have not worked well enough or cannot be tolerated. ENTYVIO may help to: begin reducing some symptoms, induce and maintain remission, reduce or stop the use of corticosteroids, and improve the way the lining of your large intestine looks to your healthcare provider.

With moderate to severe Crohn's disease (CD) when certain other CD medicines have not worked well enough or cannot be tolerated. ENTYVIO may help to: begin reducing some symptoms, achieve remission, and reduce or stop the use of corticosteroids.

Important Safety Information about ENTYVIO

Do not receive ENTYVIO if you have had an allergic reaction to ENTYVIO or any of its ingredients.

ENTYVIO may cause serious side effects, including:

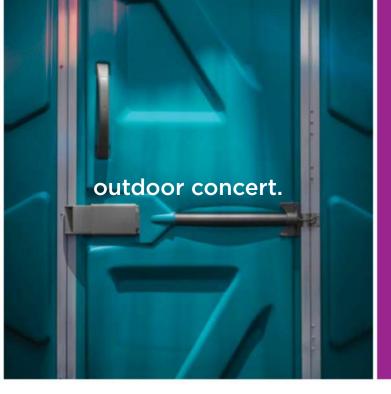
Infusion and serious allergic reactions can happen while you are receiving ENTYVIO or several hours after treatment. You may need treatment if you have an allergic reaction. Tell your healthcare provider or get immediate medical help if you get any of these symptoms during or after an infusion of ENTYVIO: rash; itching; swelling of your lips, tongue, throat or face; shortness of breath or trouble breathing; wheezing; dizziness; feeling hot; or palpitations (feel like your heart is racing).

ENTYVIO may increase your risk of getting a serious infection. Before receiving and during treatment with ENTYVIO, tell your healthcare provider if you think you have an infection or symptoms of an infection, such as fever, chills, muscle aches, cough, shortness of breath, runny nose, sore throat, red or painful skin or sores on your body, tiredness, or pain during urination.

Although it has not been reported with ENTYVIO, it may be possible for a person to get progressive multifocal leukoencephalopathy (PML) (a rare, serious brain infection caused by a virus). People with weakened immune systems can get PML, which can result in death or severe disability. There is no known treatment, prevention, or cure for PML. Tell your healthcare provider right away if you have any of the following symptoms:



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MODERATE TO SEVERE ULCERATIVE COLITIS
OR CROHN S SYMPTOMS
LEAVING YOU WITH THE SAME VIEW?

It may be time for a different perspective.

DEVELOPED ONLY FOR UC AND CROHN S GI-FOCUSED

PROVEN TO PROVIDE RELIEF AND REMISSION

Individual results may vary.

confusion or problems thinking, loss of balance, change in the way you walk or talk, decreased strength or weakness on one side of the body, blurred vision, or loss of vision.

Liver problems can happen in people who receive ENTYVIO. Tell your healthcare provider right away if you have any of the following symptoms: tiredness, loss of appetite, pain on the right side of your abdomen, dark urine, or yellowing of the skin and eyes (jaundice).

The most common side effects of ENTYVIO include common cold, headache, joint pain, nausea, fever, infections of the nose and throat, tiredness, cough, bronchitis, flu, back pain, rash, itching, sinus infection, throat pain, and pain in extremities. These are not all the possible side effects of ENTYVIO. Call your healthcare provider for medical advice about side effects.

Before receiving ENTYVIO, tell your healthcare provider about all of your medical conditions, including if you: have or think you may have an infection or have infections that keep coming back; have liver problems; have tuberculosis (TB) or have been in close contact with someone

with TB; have recently received or are scheduled to receive a vaccine; or if you are pregnant, breastfeeding, plan to become pregnant, or plan to breastfeed.

Please see the Medication Guide for ENTYVIO on the adjacent page and talk with your healthcare provider.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.



Relief and Remission within reach.

Learn more at **ENTYVIO.com**

Medication Guide ENTYVIO (en ti' vee oh) (vedolizumab)

What is the most important information I should know about ENTYVIO?

ENTYVIO may cause serious side effects, including:

- Infusion and serious allergic reactions. These reactions can happen while you are receiving ENTYVIO or several hours after treatment. You may need treatment if you have an allergic reaction.
 Tell your healthcare provider or get medical help right away if you get any of these symptoms during or after an infusion of ENTYVIO: rash, itching, swelling of your lips, tongue throat or face, shortness of breath or trouble breathing, wheezing, dizziness, feeling hot, or palpitations (feel like your heart is racing).
- Infections. ENTYVIO may increase your risk of getting a serious infection. Before receiving ENTYVIO and during treatment with ENTYVIO, tell your healthcare provider if you think you have an infection or have symptoms of an infection such as fever, chills, muscle aches, cough, shortness of breath, runny nose, sore throat, red or painful skin or sores on your body, tiredness, or pain during urination.
- Progressive Multifocal Leukoencephalopathy (PML). Although it has not been reported with ENTYVIO, it may be possible for a person to get progressive multifocal leukoencephalopathy (PML) (a rare, serious brain infection caused by a virus). People with weakened immune systems can get PML. PML can result in death or severe disability. There is no known treatment, prevention, or cure for PML. Tell your healthcare provider right away if you have any of the following symptoms: confusion or problems thinking, loss of balance, change in the way you walk or talk, decreased strength or weakness on one side of the body, blurred vision, or loss of vision.
- Liver Problems. Liver problems can happen in people who
 receive ENTYVIO. Tell your healthcare provider right away if you
 have any of the following symptoms: tiredness, loss of appetite,
 pain on the right side of your stomach (abdomen), dark urine, or
 yellowing of the skin and eyes (jaundice).

See "What are the possible side effects of ENTYVIO?" for more information about side effects.

What is ENTYVIO?

ENTYVIO is a prescription medicine used in adults:

- with moderate to severe active ulcerative colitis (UC) when certain other UC medicines have not worked well enough or cannot be tolerated:
 - to begin helping some of your symptoms
 - in people who respond to ENTYVIO, to help get UC under control (induce remission) and keep UC under control (maintain remission)
 - for people who respond to ENTYVIO, you may be able to reduce or stop the use of corticosteroid medicines
 - to improve the way the lining of your large intestine looks to your healthcare provider during colonoscopy
- with moderate to severe active Crohn's disease when certain other Crohn's disease medicines have not worked well enough or cannot be tolerated:
 - to begin helping some of your symptoms
 - in people who respond to ENTYVIO, to help get Crohn's disease under control (achieve remission)
 - for people who respond to ENTYVIO, you may be able to reduce or stop the use of corticosteroid medicines

It is not known if ENTYVIO is safe and effective in children under 18 years of age.

Who should not receive ENTYVIO?

Do not receive ENTYVIO if you have had an allergic reaction to ENTYVIO or any of the ingredients in ENTYVIO. See the end of this Medication Guide for a complete list of ingredients in ENTYVIO.

Before receiving ENTYVIO, tell your healthcare provider about all of your medical conditions, including if you:

- have an infection, think you may have an infection or have infections that keep coming back (see "What is the most important information I should know about ENTYVIO?").
- · have liver problems
- have tuberculosis (TB) or have been in close contact with someone with TB.
- have recently received or are scheduled to receive a vaccine.
 Talk to your healthcare provider about bringing your vaccines up-to-date before starting treatment with ENTYVIO.
- are pregnant or plan to become pregnant. It is not known if ENTYVIO will harm your unborn baby. Tell your healthcare provider right away if you become pregnant while receiving ENTYVIO.
- are breastfeeding or plan to breastfeed. It is not known if ENTYVIO passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. Especially tell your healthcare provider if you take or have recently taken Tysabri (natalizumab), a Tumor Necrosis Factor (TNF) blocker medicine, a medicine that weakens your immune system (immunosuppressant), or corticosteroid medicine.

How will I receive ENTYVIO?

- ENTYVIO is given through a needle placed in a vein (intravenous infusion) in your arm.
- ENTYVIO is given to you over a period of about 30 minutes.
- Your healthcare provider will monitor you during and after the ENTYVIO infusion for side effects to see if you have a reaction to the treatment.

What are the possible side effects of ENTYVIO?

ENTYVIO may cause serious side effects, See "What is the most important information I should know about ENTYVIO?"

The most common side effects of ENTYVIO include: common cold, headache, joint pain, nausea, fever, infections of the nose and throat, tiredness, cough, bronchitis, flu, back pain, rash, itching, sinus infection, throat pain, and pain in extremities.

These are not all of the possible side effects of ENTYVIO.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about ENTYVIO

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. You can ask your pharmacist or healthcare provider for information about ENTYVIO that is written for health professionals. Do not use ENTYVIO for a condition for which it was not prescribed.

What are the ingredients in ENTYVIO?

Active ingredient: vedolizumab

Inactive ingredients: L-histidine, L-histidine monohydrochloride, L-arginine hydrochloride, sucrose and polysorbate 80

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For more information, go to www.ENTYVIO.com or call 1-877-825-3327 This Medication Guide has been approved by the U.S. Food and Drug Administration.

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L-BZV-0514-4



These days, you can check everything from your cholesterol levels to whether you have a UTI right at home. But just how reliable are the results? Read on to see which tests to pick and which to skip.

Tests Are

Worth It?

By SUNNY SEA GOLD

WITH BREAKTHROUGHS IN at-home medical testing, taking your wellness into your own hands is now cheaper and easier than ever. And it's more popular: The global market for at-home health tests is estimated to grow to \$18.9 billion in 2017 (up from \$14.7 billion in 2012). We're drawn to the convenience factor-58 percent of consumers said they'd

likely choose a DIY strep test over a traditional office-visit swab, and 42 percent would prefer to do simple urinalysis testing in their home rather than visit a clinic. according to a report from PricewaterhouseCoopers.

Even doctors are getting on board this DIY train, which has the potential to save time for everyone involved. "Just because we have home testing now

doesn't mean doctors are extinct! It means people can get a ballpark idea of where they are and then follow up with their provider," says cardiologist Nieca Goldberg, MD, medical director of NYU Langone's Joan H. Tisch Center for Women's Health. "At-home testing is a good way for women to feel empowered about their own health." That said, not all tests are equal. We got the expert scoop on when it's smart to play doctor.

Cholesterol

CardioChek Home Cholesterol Analyzer (\$117; amazon.com)

HOW IT WORKS: Insert a test strip into the handheld device, prick your finger, collect a drop of blood, then apply it to the strip—two minutes later, you've got your numbers. (The starter kit includes separate test

"Always follow up on test results with a doctor if you test positive, if something is unclear,

or if symptoms don' go away," says Dr. Goldberg.

strips to check your total

cholesterol, HDL, and

triglycerides.)

ACCURACY: Over 85 percent. **SHOULD YOU TRY IT?** Maybe. Before you plunk down the cash for this reusable thingamajig, remember: Currently, insured women can have their cholesterol tested by their doctors during an annual preventive wellness visit for \$0. What's more, if your cholesterol level on the CardioChek comes in at over 200 (high), you're going to have to see your doc anyway to make a plan for getting it down, says Dr. Goldberg. There is one group of women who could benefit quite a bit

from this test, however:

Those with high cholesterol

who are already working

with health care providers to lower it. "Getting those regular test results can help keep you motivated to make lifestyle changes," says Dr. Goldberg.

Yeast Infection

Monistat Complete Care Vaginal Health Test (\$18 for 2; walgreens.com)

HOW IT WORKS: Insert a small test swab into your vagina (like a tampon), rotate it (to pick up vaginal secretions), then remove it and wait 10 seconds. If the color-changing tip stays the same hue, your vaginal pH is normal, which means you can go ahead and use over-the-counter yeast meds if you recognize that telltale itching or discharge. If the tip has any blue or green spots, that indicates your vaginal pH is acidic, suggesting bacterial vaginosis or another infection that requires an Rx from your doctor. **ACCURACY:** Over 90 percent.

SHOULD YOU TRY IT? Yes. Women are surprisingly bad at self-diagnosing yeast infections. In a study from 2002, only one-third of women who had bought an over-thecounter yeast medicine actually had vulvovaginal candidiasis (the scientific name for a yeast infection). Nineteen percent had bacterial vaginosis (which has the potential to lead to

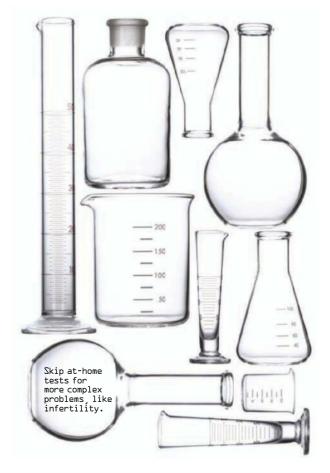
infertility if left untreated), 2 percent had the STD trichomoniasis, and 21 percent had multiple infections. "If my patients aren't going to come in to get checked, I want them to take this test to make

sure their symptoms are yeast," says Michele Curtis, MD, an ob-gyn in Houston. "Then, if the symptoms don't go away, they should come in for formal testing and evaluation. Please don't keep repeatedly treating yourself."

Urinary Tract Infection

AZO Test Strips (\$12 for 3: walgreens.com)

HOW IT WORKS: Pee on a test strip, then wait two minutes and compare the colors with the chart included in the kit. Each strip measures two different things-nitrites and white blood cells, both of which are produced by the body when a bacterial infection is present. If either or both are positive, you may have a UTI and should see your doctor ASAP. If both are negative, you might not have a UTI, but you should visit your doctor if you continue to experience symptoms like burning or discomfort



It's rare to get a false positive on a home pregnancy test says Dr. Curtis. False negatives happen frequently—often because you're testing too early and there isn't enough hCG to register.

INSIDE A PREGNANCY TEST

That humble plastic stick harnesses some pretty cool science. Here's how it works.

1. You pee directly onto the stick's absorbent tip. or you pee into a cup and then dip the tip in. Your urine is slowly soaked up into the center of the stick

2. The urine passes through the reaction zone, which contains antibodies that bind to hCG, a hormone that is found in pee when you're pregnant. These antibodies detach from the reaction zone and travel up the stick with the urine whether or not there's hCG in the urine.

3. Next, the urine passes through the test zone. This area also contains antibodies that bind to hCG, but they're attached to the strip. If you're pregnant, the hCG-reaction antibody complexes will bind with the test antibodies triggering the release of some dye (in the shape of a line or a plus sign). If you're not pregnant, the reaction antibodies will just flow past (and the line won't appear)

4. Finally, the urine (still carrying some reaction antibodies) hits the control zone. This area has general antibodies that will bind to the reaction antibodies whether or not they've got hCG in tow, activating another strip of dye. The appearance of this line tells you that the test is working properly.

Work at Home

Be a Medical Coding & Billing Specialist



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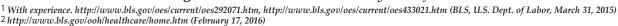
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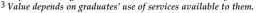
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This test is cheaper than a doctor's office co-pay or an urgent care appointment, so it's worth saving yourself a visit. However, if the test is positive for a UTI or symptoms don't go away, you likely need antibioticsand many doctors will not prescribe them over the phone without doing their own test, so you might end up having to see your doctor anyway. Also, if you have recurring UTIsdefined as happening more than twice in six months or more than three times in a year—see your doctor right away, says Dr. Curtis. Chronic, untreated bladder infections can lead to scarring of the bladder or a kidney infection.

Omega-3

OmegaQuant Omega-3 Index (from \$55; omegaquant.com)

HOW IT WORKS: Prick a finger and put one drop of blood on the test paper. Mail it off, and a lab will test your blood for omega-3 fatty acids, then e-mail you a report telling you whether your levels are in the "desirable," "intermediate," or "undesirable" range. (The company can't process samples from New York due to state regulations.)

ACCURACY: 95 percent.

SHOULD YOU TRY IT? No.

You're better off spending that \$55 on a two-month supply of canned salmon, says Melina Jampolis, MD, immediate past president of the National Board of Physician Nutrition Specialists. As long as you eat two to three servings of seafood a week, your blood levels of omega-3 fats should be just fine. What's more, while researchers have found that getting enough omega-3s-from supplements, fatty fish, and plant-based foods like walnuts and flaxseed-is important for heart health, joint health, and brain function, they do not yet agree on ideal blood levels or the ideal test, so the results of a test like this are difficult to interpret, says Dr. Jampolis: "The science is not there to take this test prime time yet."

Her advice for most of us? Eat more fish, especially fatty fish like salmon, and less fried food. "If you do those two things, you'll increase your omega-3s and decrease the fats that are unhealthy," she says. "And if you don't eat fish twice a week, take a fish oil supplement, 500 to 1,000 milligrams a day."

Vitamin D

In-home vitamin D test kit by the Vitamin D Council (\$58; vitamindcouncil.org)

HOW IT WORKS: Prick your finger, put a drop of blood on the test paper, then mail the kit to the lab and wait two to three weeks for your e-mailed results. (The test is not available in New York or Maryland due to state regulations.)

ACCURACY: Over 95 percent. SHOULD YOU TRY IT? No.

If you have any risk factors for vitamin D deficiency—such as belonging to a nonwhite race, being overweight or obese, or living in northern latitudes—you should ask your doctor for a D test at your next appointment,

says Dr. Jampolis. The copay will likely be cheaper than an at-home test; plus, if you're really low, your doc can advise you on the appropriate dose to keep you in the normal range, which may be higher than what overthe-counter supplements provide. "This should be done under a doctor's supervision, as the dosing will be different depending on the level of deficiency," says Dr. Jampolis. Being low in D has been linked to many different illnesses, including heart disease, diabetes, and cancer, so it's definitely worth knowing

your numbers. "I test all my patients because I work with a lot of overweight patients, and 90 percent of obese or overweight people have low vitamin D levels," says Dr. Jampolis. If you're generally healthy but want to make sure you're getting enough or want to boost your D during less-sunny months (when your body has a harder time making enough on its own), Dr. Jampolis recommends taking 1,000 to 2,000 IU of D3 a day in the winter (or year-round if you're overweight or don't get much sun). No test necessary!

ABOUT THAT HOME DNA TEST...

▶ Just a few years ago, it was possible to go online and buy a gene testing kit aimed at helping you learn about your personal risk for diseases such as Alzheimer's and cancer. But in recent years, the FDA has been cracking down on some direct-to-consumer services, in part because of concerns over the health risks posed by inaccurate results. Some companies have changed their offerings and instead provide information on ancestry and whether you're a genetic carrier for certain inheritable diseases (and could pass those genes to your children).

You can still get genetic testing for disease risk through companies like Counsyl or Color Genomics, but the test must be ordered by a doctor. If you're interested, start by talking to your doctor, who can help you figure out what kind of testing makes sense for you and connect you with a genetic counselor, who can help decipher the meaning of your results.



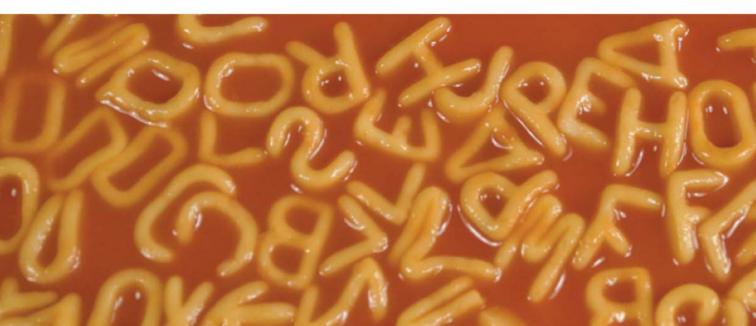


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Health's medical editor, ROSHINI RAJAPAKSA, MD, is associate professor of medicine at the NYU School of Medicine and cofounder of Tula Skincare.

Our Doc Will See You Now

From the best "sexercises" to the health benefits of nature—Dr. Raj has all your body Q's covered.



Is it bad to be inside for an entire day?

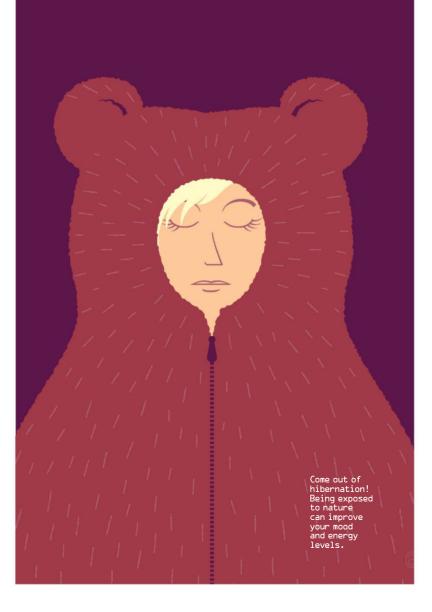
One day inside probably won't hugely affect your health—but it's not great to constantly stay cooped up from morning until dark. The biggest issue is that entering hibernation mode means you don't get any exposure to natural light. Sunlight tends to improve your mood, and it helps your body produce vitamin D, which has been shown to help regulate the immune system, reduce inflammation in the body, and more. Sunlight also helps keep your internal body clock on schedule; your circadian rhythm plays a major part in regulating your appetite, sleep schedule, and energy levels. Research has shown that excessive exposure to electric lighting can throw off those internal rhythms.

Let's not forget the slew of health benefits that spending time in nature provides: Getting some green can help alleviate symptoms of depression, up your energy, and improve your overall well-being. Also, a study out of University of Glasgow in Scotland found that people who walked, ran, or biked in nature had a lower risk of poor mental health than people who exercised at the gym or at home.

I understand that on certain days it can feel impossible to spend substantial time outdoors. Just don't make cocooning a habit. And keep in mind that carving out even 20 minutes per day of "ecotherapy," as some call it, can do your mind and body good.

Will staying tight down there help my sex life?

It can, but there's a lot of confusion about what "staying tight down there" really means. When it comes to sex, it's the pelvic floor muscles surrounding the vagina that are key—more so than the



muscles inside the vagina itself. During orgasm, your pelvic floor muscles contract; so the stronger your pelvic muscles are, and the better you are at engaging them during intercourse, the more intense your orgasm should be. Having strong pelvic floor muscles may also improve blood circulation to the vagina and can increase your sexual arousal.

Childbirth can fatigue or injure the pelvic floor muscles. Straining when you make a bowel movement or doing lower-body exercises with heavy weights and poor form can weaken these muscles, too.

If you care about powering up your O, there are a few ways to "tone" the correct muscles. The easiest is to do Kegel exercises, which involve contracting and releasing the pelvic floor muscles. First you have to make sure you're engaging the right

muscles. When you go to the bathroom, try to stop urinating midstream. If you succeed, you've found the pelvic floor muscles. To do Kegels, tighten these muscles and hold the contraction for 5 to 10 seconds, then relax for an equal amount of time. Aim for three sets of 10 repetitions a day.

Another option: Ask your gynecologist about special pelvic-toning devices that you insert into the vagina; they help you practice Kegels properly. If you feel you're having trouble with the technique and need one-on-one guidance, ask for a referral to a women's health physical therapist.

Some women even undergo vaginal rejuvenation: surgical or laser procedures meant to tighten the vaginal walls and possibly make the opening of the vagina smaller. Proponents claim the procedures can

enhance sensitivity and sexual satisfaction for both the woman and her partner. However, the American College of Obstetricians and Gynecologists doesn't back these surgeries and has challenged claims about their benefits. There isn't enough data yet to determine whether vaginal cosmetic surgeries are safe and effective. Plus, they cost thousands of dollars and put you at risk of scarring and infection. That's why I recommend going the less invasive (and less expensive) routes.

I have small bumps on my nipples. Is that normal?

Yes, it is totally normal to have small bumps on the dark skin around the nipple (the areola). The bumps are called Montgomery tubercles; they secrete oil (produced by glands beneath the skin) that helps lubricate the areola and nipple during pregnancy and lactation. The oil also has antibacterial properties, and research has suggested that infants may even detect the smell of the secretions, helping direct them to the breast to latch onto for feeding. The number of bumps varies from person to person. Some may have just a few, while others may have dozens.

The bumps sometimes become more prominent when the nipple is stimulated or during pregnancy and breast-feeding. (The bumps, as well as the rest of the nipple, may become a darker, more intense shade during pregnancy and breast-feeding, too.) In general, you should leave these bumps alone—they're nothing to worry about. But if a bump looks inflamed or is painful, it's possible that a gland is infected or clogged, and you should get it checked out by your doctor, who can prescribe antibiotics or drain the gland if necessary.

I see stars when I sneeze. Should I be concerned?

Seeing stars or flashes is a common eye-related issue, but it's generally nothing serious. Sneezing generates a lot of

WHO KNEW?

WOMEN WHO FIRST GAVE BIRTH AFTER AGE 25 WERE THIS MUCH MORE LIKELY TO LIVE TO 90 THAN THOSE WHO **GAVE BIRTH BEFORE** AGE 25, A NEW STUDY FOLIND

SOURCE: American Journal of Public Health

pressure in your head, which can in turn put pressure on the retina-the light-sensitive layer of tissue inside your eyeball-or optic nerve. Either one can then send messages to your brain, and signals from the eye to the brain get interpreted as light, whether or not actual light is

entering the eye (the rings or spots of light you see are called phosphenes). A similar effect can happen from standing up too quickly after lying down. In this case, your blood pressure may drop, and the brain can be briefly deprived of oxygen, affecting the environment in the eye or optic nerve (cue the shooting stars).

Visit your doctor or an eye specialist if you see flashes

and sparks much more regularly or randomly. Lights or shimmering spots in your vision can be a migraine symptom. The sudden appearance of flashes, and possibly blurred vision, can also signal a retinal tear or detachment, which is an emergency and requires surgery (it can cause permanent vision loss if left untreated).

What are functional waters. and do they really work?

Functional waters are any brand of H₂O "enhanced" with special ingredients, like herbs or antioxidants, that supposedly bring health benefits. Some types make sense to drink: Water with added electrolytes may be useful if you exercise a lot and sweat heavily and need to replenish sodium and other electrolytes quickly, or if you have a diarrheal illness and are

potentially losing electrolytes that way. And waters with added vitamins can give you a nutritional boost (though you absorb vitamins better when you get them through food).

Be more skeptical of any brands that claim to alter the body's pH, as well as ones that have added hydrogen to purportedly load you up with extra antioxidant power. There's no credible science to back these claims. One 2012 lab study found that alkaline water with a pH of 8.8 neutralized pepsin, a stomach enzyme involved in breaking down food proteins and producing stomach acid, which suggests it might help soothe acid reflux—but it hasn't been studied in people yet. For the most part, your body is designed to maintain its own pH balance naturally, and what you eat or drink doesn't change that.

BEAUTY HABITS THAT CAN HURT YOUR HEALTH

Skip these glam gaffes that could be harming your body and skin.

1. MISUSING EYELINER

► Apply liner outside the lash line only. Coloring inside the lines can bring bacteria into your eye (and, as a result, an infection) or clog the glands that secrete oils to protect the cornea.

2. SHARING NAIL **TOOLS**

► Dirty tools may put you at risk of fungal or bacterial infections. To stay safe, BYOT (bring your own tools) to the salon. Also, consider booking pedicure appointments in the morning, when foot baths are typically the cleanest, says the American Podiatric Medical Association.

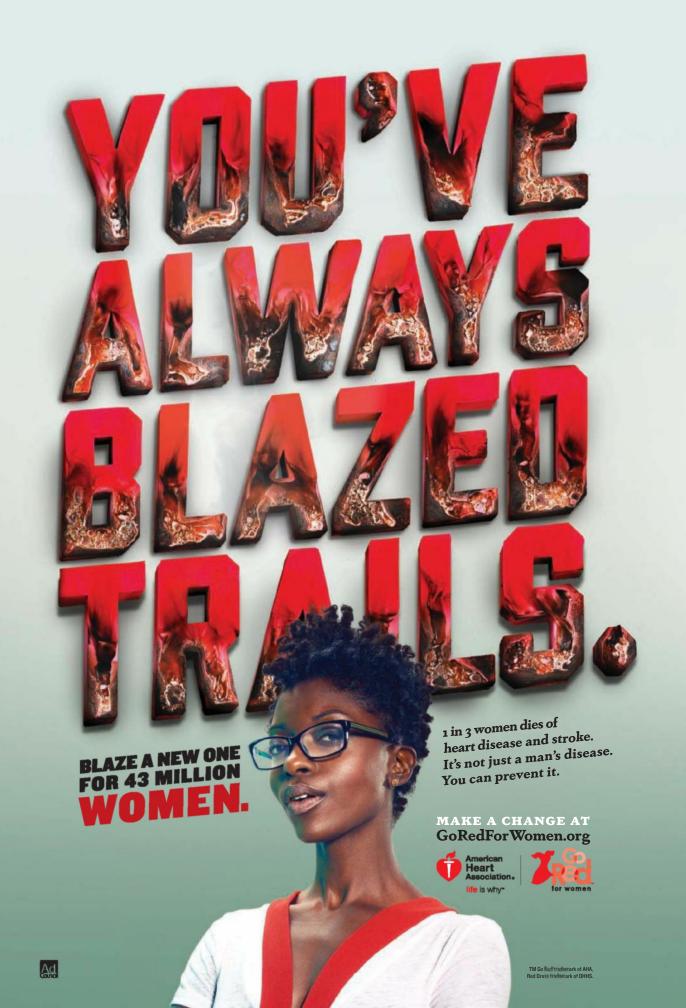
3. PLUCKING **INGROWN HAIRS**

► Attempting to dig out an ingrown hair with tweezers can cause an infection or scarring. Instead, gently wash and exfoliate around the hair daily to encourage it to return to the skin's surface. and apply a topical acne treatment containing salicylic acid.

4. OVERUSING RAZOR **BLADES**

► Toss your blade after 5 to 10 shaves, and don't store it in the shower—the damp environment can be a hotbed of bacteria. An old or dull blade also leads to more nicks or microscopic cuts.







System System Attacked My Hair

Here's how alopecia changed my perspective on my looks.

By MEGHAN KITA

on the worst of your bad hair days, you might be tempted to say you're ready to shave your head—but maybe don't joke about that. The mane that's giving you so many problems today could start falling out tomorrow, and you'll be wishing you still had the frizzy (or flat or brittle) mess you were just cursing.

I know because it happened to me.

In 2010, I was 23 and had always taken my wavy, shoulder-length hair for granted. Then one evening, I was mindlessly scratching the back of my head while watching an episode of *Mad Men*, and I felt skin near my crown where there should not have been so much skin. I paused Don Draper, headed to my bathroom, and

pulled out a pocket mirror. I was horrified by what I saw: a completely bare, half-dollar-size patch of pale white scalp, surrounded by my otherwise healthy hair.

Cue instant, all-consuming panic. In between sobs, I called my mother, who could barely understand me because I was so upset. She told me to calm down and send her a picture and that it probably wasn't as bad as I was making it out to be. The photo I sent her still makes me cringe.

The next day, I searched my scalp for more bald spots and noticed that the hairline behind my right ear felt a little strange. Sure enough, I discovered another spot, about the same size. More panicking. More bawling.

It would be a week or so before a dermatologist could see me, so I spent the next several days looking up hair loss on the Internet. My research suggested I had classic symptoms of alopecia areata, an autoimmune condition in which the immune system attacks the hair follicles. According to the National Alopecia Areata Foundation (NAAF), it affects as many as 6.8 million people in the United States.

Genes play a role in the condition. An estimated 20 percent of people with alopecia areata also have a family member with the disease. For those with a genetic predisposition, an environmental factor, such as a virus or stressful life event, may trigger the attack on the hair follicles.

LIVE HEALTHY | Medical Mystery

I discovered a lot on my own, but honestly, Dr. Google was not comforting. I learned that alopecia areata can progress to alopecia totalis (total loss of hair on the scalp) or alopecia universalis (total loss of all scalp and body hair). The NAAF's website has plenty of photos of completely bald people.

When my appointment finally rolled around, my dermatologist officially diagnosed me—and delivered some good news: I had only the two spots, and the hair was already growing back. (I hadn't been able to see that, as

the first millimeters of regrowth were coming in completely white.) That meant I wouldn't need to try the topical treatments or endure the uncomfortable corticosteroid injections other patients use (with varying degrees of success) to suppress the local immune attack on the hair follicles.

I spent the next few months trying to camouflage the white spot on the top of my head. First, I ordered some dark brown DermMatch, which is basically makeup for your scalp, and applied it after

IS MY HAIR LOSS NORMAL?

- →It's perfectly healthy to shed hair: The average woman loses 100 to 150 strands a day. Some people lose more when the seasons change or after they've had surgery, says Julian Mackay-Wiggan, MD, director of Columbia University's dermatology clinical research unit But if increased hair loss from all over the scalp lasts for weeks to months, it could signal a deeper medical issue, such as thyroid disease. Other signs you should see a doctor: Your hair is thinning
- Your hair is thinning dramatically or you spot a bald patch and there's no obvious explanation.
- Your scalp is red, inflamed, and scaling (which could mean ringworm).

grew in, I used hairspray to tamp down the springy hairs. Eventually, the short patches got long enough that I could straighten them with the rest of my hair. Five years passed, and

every shower. As the spots

Five years passed, and my hair stayed full and lustrous. Then in early 2015, a few months before my wedding day, I spotted the tiniest bare patch—about the size of a pencil eraser—right along my part. Fortunately, it stayed tiny, and the hair grew back on its own.

The worst part about this condition is that it could return at any time and strike any part (or all) of my scalp. I frequently check my scalp (and have my husband and hairdresser double-check it) for new losses. One dermatologist told me that only 2 to 5 percent of people with alopecia areata go on to lose all their hair. But coincidentally, I know three people who have had it, and two of them have gone totally bald.

Another frustrating aspect of coping with alopecia areata is that because it's not lifethreatening, it doesn't get the attention of other better-known diseases.

But the best part about having alopecia (yes, there's a best part): I no longer take my hair for granted. I delight in styling it, in feeling my ponytail bob as I run, in whipping my mane back and forth on the dance floor. Even on days when I can't tame my frizz, I don't complain. Having hair is pretty great, so love what you've got while you've got it.





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It could be allergies. Read on to learn how to put your pet's symptoms to rest.

By LINDSEY MURRAY

ALLERGY SYMPTOMS LIKE sniffling and scratching aren't exclusive to humans. A lot of the sensitivities that cause discomfort for us can also bother cats or dogs. Because pinpointing the source can be tricky, you should always head to the vet if you suspect that your dog or cat has allergies, says Christine Cain, DVM, assistant professor of dermatology at the University of Pennsylvania School of Veterinary Medicine. Here, the most common allergens that may be irritating your furry friend and the best plans of attack.

The Allergy

FOOD

SPOT IT: Itchy skin or gastrointestinal issues are typical symptoms. Since itchy skin can also appear with environmental allergies, your vet may want to adjust your pet's diet (limiting it to specific ingredients for a trial period of a month or more, for example) to help make the diagnosis. "If the animal does have a food allergy, its itching will recur when the old food is reintroduced," says William H. Miller Jr., VMD, professor of dermatology at the Cornell University College of Veterinary Medicine.

TREAT IT: Once an allergy is confirmed, "dietary modifications are the only way to treat the condition," says Miller.

Sneezing and watery eyes can signal an allergy.

The Allergy

ENVIRONMENTAL

(including pollens, mold spores, and dust mites)

SPOT IT: Itchy skin is common, but respiratory issues can also be a red flag, with the occasional runny eyes and sneezing in dogs and asthma in cats. If Fluffy's symptoms are seasonal, that's a sign that it's something in the air. "If not, we need to exclude a food allergy first to arrive at a diagnosis of environmental allergy," says Cain. (A dust mite allergy, say, could cause year-round symptoms.)
TREAT IT: Many vets typically start with simple meds, like antihistamines, to tame the symptoms. But beware: "These drugs may become ineffective as the animal's allergies worsen," which can happen if, for example, the amount of the allergen in the air increases from season to season, explains Miller.
Immunotherapy shots or drops may be an option for long-term relief. You could also try reducing your pet's exposure to the allergen—vacuuming regularly, or wiping down paws or taking baths after walks outside.

The Allergy FLEA BITES

SPOT IT: Having fleas will make any pup itchy, but add an allergy and you're looking at a whole additional layer of misery. "With a flea allergy, there's an accentuated allergic response to even a low number of flea bites, due to exposure to flea saliva, which triggers the allergic reaction," explains Cain. Signs of a flea allergy? "Dogs are usually itchy around their tail base or the back part of their body near the butt, inner thighs, and groin area," says Cain. Other symptoms include excessive licking, chewing, hair loss, and red or crusty skin.

TREAT IT: The solution (no surprise) is to eliminate the infestation. Stick with the strict flea-control treatment recommended by your vet.

EASY DOSE IT

Many over-the-counter meds you might use for your allergies can also be used for mild cases in your pet. "Antihistamine therapy is very safe, as long as you check with your vet about the right dosing," says Cain. Just avoid formulas with decongestants, which can be toxic to pets, she warns.





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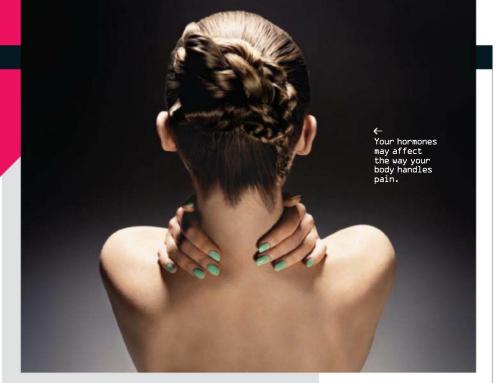


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A throbbing head, a crick in the neck, allover muscle tension-yeow! Chances are vou're no stranger to these kinds of everyday aches and pains. One in four Americans say they've had a bout of pain that has lasted more than a day, according to the Centers for Disease Control and Prevention. But, fortunately, there's plenty you can do besides pop ibuprofen to work out the kinks so a sore back or a bum shoulder doesn't slow you down. There are even lifestyle moves that make a difference. Here's what you need to know to ward off pain—and feel better if you're already hurting.

FACT No.



Women are more prone to pain

Women report feeling more intense physical discomfort from almost every kind of ailment—whether an ankle sprain or diabetes—says a study from Stanford University. (Lucky us.) Experts aren't clear on why, but research suggests that a mix of hormonal, genetic, immune response, and psychological factors are involved.

Research from the University of Michigan, for example, has found that fluctuating estrogen levels during a woman's menstrual cycle may play a role. When the hormone drops, so do paindampening endorphins, making the body less able to handle discomfort.

Another theory points to cultural expectations: "We know that men are often compelled by stereotypes to act tough and manly," says Roger Fillingim, PhD, director of the UF Pain Research and Intervention Center of Excellence at the University of Florida. "So they may be reporting less pain than they really feel. By the same token, women may be encouraged to report pain."

5270/

The percentage of workers surveyed who reported having pain—such as headaches or back pain—in the previous two weeks.

SOURCE: The American Academy of Pain Medicine



Opioid medications, like oxycodone and codeine, attach to opioid receptors in the brain and body to reduce the perception of pain. They can also produce feelings of euphoria and relaxation, and they can be highly addictive, warns addiction specialist Indra Cidambi, MD, medical director of the Center for Network Therapy in Middlesex, New Jersey. So take them only when you really need to, she advises—if you're in crippling agony after an accident, say, or you just had major surgery. In general, limit your use of these drugs as much as possible: "Most of the time, for acute injuries, you don't need it for more than a few days," says Dr. Cidambi. If your doctor wants to give you an opioid for longer than a week, ask whether there are other options.



Could This Be Fibromyalgia?

There's no simple test for fibromyalgia, a common cause of musculoskeletal pain among women between 20 and 55. Doctors make the diagnosis based on a clinical exam: "One of the criteria is widespread pain throughout your body-meaning on both sides and/or above and below your waist-for at least three months," says Houman Danesh, MD, director of integrative pain management at the Mount Sinai Hospital in New York City. First-line treatment is often lifestyle changes, like reducing stress and exercising regularly. Your doctor might also prescribe meds, such as antidepressants, to help ease pain and fatigue: antiseizure drugs, like pregabalin, may also be effective.



Rest is not always best

Back spasming? Shoulder aching? Your instinct may be to move as little as possible. But doctors actually now recommend the opposite for minor muscle aches and joint pain. "We often tell patients to resume normal activities—including exercise—as soon as possible," says Jennifer Solomon, MD, a physiatrist at the Hospital for Special Surgery in New York City. Research supports the advice: One review found that people with lower back pain who were advised to stay active had less pain and better function than people told to take it easy.

You may also want to ask your doc about a strength-training program or course of physical therapy for the part that ails you. A 2015 study found that the sooner people got PT for lower back pain, the less likely they were to receive surgery, spinal injections, or opioids later on.

FACT No.



WHAT A STRAINED MUSCLE LOOKS LIKE

A strain means that muscle fibers have stretched or torn after being taken beyond their natural limit. It can happen when you play sports, lift heavy things—even make a sudden movement. The injury can cause pain, tenderness, and swelling. Try RICE (rest, ice, compression, and elevation) and over-the-counter anti-inflammatories for three days before trying light activity. If it's not any better in two weeks, see your doc.



DOES RAIN EQUAL PAIN? TRUTHS AND LIES

THE WEATHER CAN AFFECT YOUR PAIN

Maybe. People with hip osteoarthritis reported increased pain and stiffness when humidity and barometric pressure rose, according to 2014 Dutch research. But a 2017 Australian study looking at lower back pain and knee osteoarthritis found no weather-related link.

YOUR HEART HEALTH CAN IMPACT YOUR JOINTS

Possibly true. A 2016 Australian animal study found that high cholesterol appears to cause the breakdown of cartilage cells—and may ultimately lead to osteoarthritis. The finding makes sense, since high cholesterol is connected to inflammation, which affects the joints.

CRACKING YOUR KNUCKLES CAUSES ARTHRITIS

False! Several studies on habitual knuckle crackers have found no evidence that the habit leads to a higher risk of osteoarthritis. That "pop" you hear is bubbles bursting in the synovial fluid that keeps joints lubricated. But there is one reason to cut back on cracking: Some research has linked it to swelling in the hands and decreased grip strength.



Natural Painkillers That Work

ACUPUNCTURE

Research shows that this technique, a staple of traditional Chinese medicine, may help reduce the frequency of tension headaches and relieve chronic pain in the lower back, neck, and knees.

CHIROPRACTIC

Chiropractic treatment involving spinal manipulation may work as well as conventional care for lower back pain for up to 18 months, per a study funded by the National Center for Complementary and Integrative Health (NCCIH). And a review of research found that the technique may be helpful for neck pain and migraines as well.

YOGA

Another study funded by the NCCIH revealed that people with chronic lower back pain who took up Iyengar yoga, a practice that focuses on proper alignment, experienced decreased discomfort and less disability after six

♣ MASSAGE

Not only does it feel ahhh-mazing, but research has shown that this manual manipulation of muscles, ligaments, and tendons can help alleviate chronic İower back and neck pain, as well as knee pain from osteoarthritis.



pain in folks taking conventional drugs plus placebo pills. compared with those on regular meds alone. SOURCE: Pain

FACT No.

enough, perimenopause seems to bring on more migraines as well. When researchers looked at 3,664 women with these hellish headaches, they found that the risk of having frequent head pounders rose by 62 percent during perimenopause. "Risk was highest at the later stage, when women have low levels of estrogen," says lead study author Vincent Martin, MD, director of the Headache and Facial Pain Center at the University of Cincinnati Gardner Neuroscience Institute. The good news: Hormonal therapies, such as the birth control pill or an estrogen patch, may help, says Dr. Martin.

THE BEST AND WORST FOODS FOR INFLAMMATION

A few dietary tweaks may help control the type of inflammation that can lead to stiff, sore joints.

BEST



CHERRY JUICE

Folks with knee osteoarthritis who drank eight ounces of tart cherry juice twice a day for six weeks had improvements in pain and function, per a 2013 study.



SARDINES

These fatty fish (and others. like salmon. trout, tuna, and mackerel) are chockfull of omega-3 fatty acids, which help fight inflammation.



OLIVE OIL

A study published in the journal Nature found that a compound in extra-virgin olive oil called oleocanthal has anti-inflammatory effects similar to those of ibuprofen.



SUGARY DRINKS

Women who consume at least one sugary soda a day have a 63 percent greater chance of developing rheumatoid arthritis (RA) than those who don't, according to a Harvard study.



STEAK

Another Harvard study found that diets high in red and processed meat can increase the risk of RA—possibly because they trigger an inflammatory reaction inside the body.

WORST

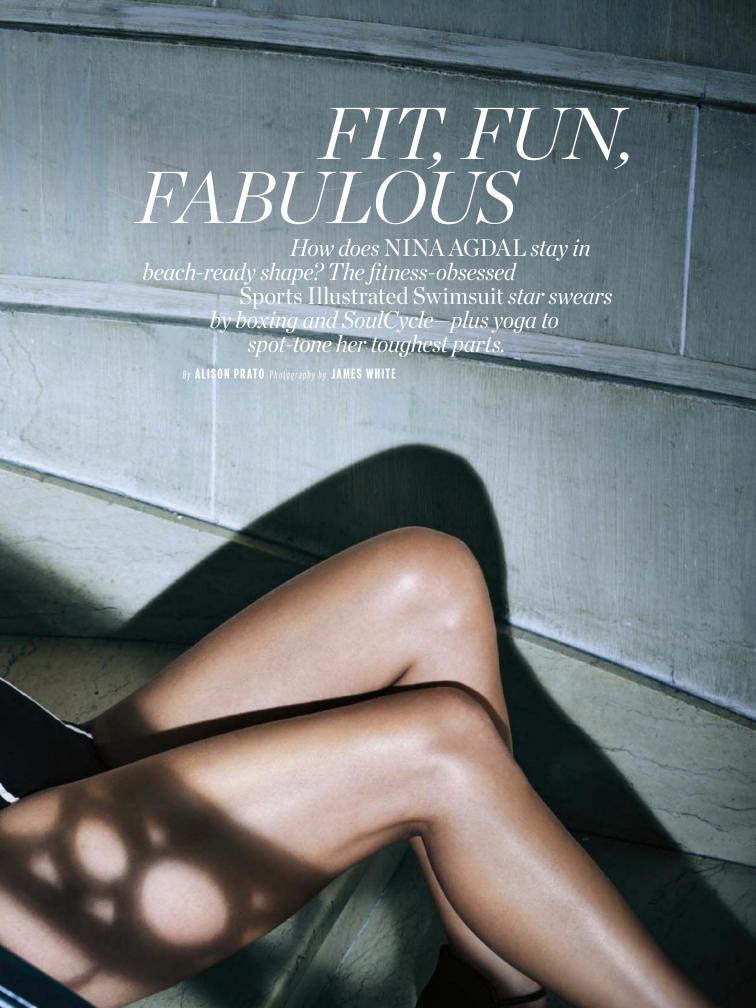


REFINED GRAINS

People who ate the most refined grains had the highest levels of an inflammatory protein in the blood, revealed a study published in The Journal of Nutrition.

MARCH 2017 HEALTH.COM 103









Adventure has always been a driving force for Nina, 24, who was born in Denmark and shot to fame with a 2013 Carl's Jr. Super Bowl commercial (she has also modeled for Victoria's Secret, Billabong, and Bebe). In 2014, she hit household-name status when she appeared on the 50th-anniversary cover of the Sports Illustrated Swimsuit issue alongside Lily Aldridge and Chrissy Teigen—and she has been one of the most fun stars to follow on social media ever since. On her Instagram, she posts everything from behind-thescenes shots in amazing places to photos from nights out with fellow model friends, like Barbara Palvin and Constance Jablonski. We caught up with her in New York City—where she's often seen with boyfriend Leonardo DiCaprio-to pick her brain about mindful living.

Have you always been really into fitness?

I grew up very active, and my parents made me try every single sport there was. I would pick some of them up, but with others, I'd be like, "I hate it." So they'd say, "OK, let's try something else."

What stuck?

Dancing, basketball, soccer, and tennis. Then, as I grew older, with my [modeling] schedule I couldn't be part of a team, which was actually really sad because I love team sports and that getting together every week.

What's your day-to-day workout routine?

I do a bunch of Y7 yoga, which is amazing because it's dark and nobody's judging you. I'm not very good at the meditating part of yoga, so I love that the studio has great music. When I really want to push myself, I also do Tone House. It's athletic conditioning with a lot of bodyweight movements and sprints. It's really hard cardio. I also do boxing, which is great for everything, and I go to Equinox and do the SoulCycle thing. I always switch it up because if not, I don't see a difference.

Is there any kind of workout you can't stand doing?

I hate running. I wish I loved to run, because I'd love to run through Central Park or on vacation on the beach, but I absolutely hate it. I do it for five

NINA in Her Own Words

MY MUST-HAVE WORKOUT LINE IS... The Brazilian brand LVE. Fun patterns, and you don't have to keep pulling up the leggings. And they have a certain amount of extra fabric to kind of cover that little stomach area, which I appreciate! THE LAST THING I DO BEFORE BED IS... Set my alarm. If I don't set an alarm, I literally won't wake up, ever. I can sleep for 18 hours, no problem. MY BIGGEST PET PEEVE IS... When people talk too much about themselves or turn something I say into something about them, instead of just listening. IN THE MOVIE OF MY LIFE, THE STAR I'D WANT TO PLAY ME IS... Kristen Wiig. I've never met her, but I love her. my go-to fashion indulgences are... Purses and jackets. A good purse can make everything look better, and a jacket can cover everything up. I FEEL SEXIEST... After a workout, a massage, a long shower, and some body oil. It's a process.

minutes and I'm like, "Ugh, why am I doing this?"

How do you keep it tight when you're traveling?

I have my trainer send me what I have to do, or I'll just make up my own routine. I'll use the timer on my phone and do 20 seconds of jump squats, and then 10 seconds of rest and 20 seconds of normal squats with a weight or something like that. You just pick three or four exercises and do three rounds of them. And you keep yourself accountable because you have the timer.

That takes discipline. How are you so motivated?

I always tell myself, "There are so many things you regret doing or eating, but you never regret a workout." I always feel better after a workout. I have more energy, and mentally I'm in a better place.

So there's an emotional component that's important to you as well?

Yes, 100 percent. It's the only time when I really can relax and focus on one thing. Everywhere else in the day, my brain is in a thousand different places, but when I'm working out, I can only focus on the pain. [Laughs]

Which workout has changed your body the most?

Yoga. When I do a lot of it, I see a lot of tone in my arms, which can be a tough area for me to get really toned in. So even though it feels like you're not really doing anything, you are.

Any other tips on how to stay in shape on the go?

As much as it's about being active when you're traveling, also try to stay away from the carbs. And then find that half an hour or 45 minutes, whether it's going for a walk or going to the hotel gym and getting it over with.

Have you ever gone on any crazy workout benders?

Yes. I would go on these benders and work out, like, three to four times a day, and be like, "Why is my body not changing?" My friends would say, "You need to rest. You've got to let your muscles relax so they can react again." Sometimes less is more when it comes to workout routines. Also, just because you're working out more doesn't mean you can eat more. You can't be like, "I worked out for two hours today, so I can have that slice of pizza," because that pizza will still just go on your butt or wherever it goes.

Where do things tend to go on your body if you're not being really careful?

God, my butt. My friends always joke around because whenever I turn around, I'll bump into stuff because I forget that it's there. In stores, I'll knock over glasses or candles or whatever. Everything goes there or on my face. But definitely down there.

So when you have a shoot, you don't work out four times a day. But do you ramp it up?

I'd like to think it's a lifestyle, but I'm just as normal as everyone else. I actually was just on vacation in Tahiti and said I should go to the gym. Well, I went to the gym, like, once. But yeah, I cut down on carbs, and I try to not drink as much, since alcohol is a huge calorie booster.

What is a day of eating like for you? Do you have any go-to healthy favorites?

A normal day would be Greek yogurt with honey for breakfast, and a black coffee-no sugar, no milk. I actually try to stay away from fruit in the morning because it's a lot of sugar. I know that it's good for you, but on a regular basis, I don't like to eat too much fruit. As a snack, I'll have a Quest bar, or that's when maybe I'll pick up some fruit, just to get some energy. For lunch, I love a salad. For dinner, sushi. Because in restaurants, you don't know how much butter they're gonna put into cooked food, but if you're eating raw fish and sushi, you kinda know what you're getting.

How do you protect your skin while you're in the sun on swimsuit shoots?

I wear a lot of sunscreen every single day. Also, when I travel, I go without makeup. And then rosewater spray, face masks, and eye masks. I use a 24-karatgold eye mask from Pro-Nu. It sounds very fancy, but it's really not—you get them on Amazon!

You have been attracting a lot of attention from the paparazzi. Is it weird, being snapped by photographers wherever you go?

Every time people take pictures of me like that, I'm like, "I don't really understand why you're doing it, honestly." But I just try to not worry too much about it. But still, it's in the back of your head. You think, "Is someone watching me right now?"

Do you ever take time to power off your phone?

Yes, I'm actually really good at that. On vacation, I would leave it in the hotel room and bring a normal camera with me to take pictures, because that way, you really can't be distracted. It's so great. I highly recommend it!

What is your own secret to feeling great every day?

I surround myself with positive, happy people. And I always try to balance things that I have to do with things that I want to do.





BRAISING IS A SIMPLE TECHNIQUE
THAT BRINGS OUT THE BEST IN HEALTHY
FOODS. HERE ARE SIX COZY AND
DELICIOUS WAYS TO MASTER THE MOVE.

RECIPES DEVELOPED BY BETH LIPTON
PHOTOGRAPHY BY JEN CAUSEY

SAKE-BRAISED FISH WITH VEGETABLES (госира со разде 124)







(pictured on page 112)

SWEET AND SOUR PEARL ONIONS

Active time: 35 minutes
Total time: 35 minutes
Serves: 8

- 21/2 Tbsp. unsalted butter
- 2 Tbsp. extra-virgin olive oil
- 2 16-oz. pkg. frozen pearl onions, thawed
- 1/2 tsp. kosher salt
- 1/4 cup low-sodium chicken broth
- 1/4 cup sherry vinegar
- 1 Tbsp. raw honey
- 1/4 tsp. black pepper Chopped fresh chives, for serving, optional

1 Melt 2 tablespoons of the butter with the oil in a large, deep skillet over medium heat. Add onions and sprinkle with 1/4 teaspoon of the salt. Increase heat to medium-high and cook stirring occasionally, until liquid has cooked off and onions are beginning to caramelize. 10 to 15 minutes. Stir in broth, vinegar, and honey; bring to a boil.

2 Reduce heat to medium-low and simmer, stirring occasionally, for 10 minutes. Add remaining ½ tablespoon butter; cook until liquid has thickened and reduced to about 2 tablespoons and onions are caramelized, about 5 minutes. Sprinkle with pepper and remaining ¼ teaspoon salt. Garnish with chopped chives, if desired.

PER SERVING: 119 Calories, 7g Fat (3g Sat.), 10mg Chol., 2g Fiber, 2g Pro., 13g Carb., 127mg Sod., 0mg Iron, 28mg Calcium

(pictured on page 112)

BRAISED BELGIAN ENDIVE

Active time: 20 minutes Total time: 30 minutes Serves: 4

- 11/2 Tbsp. extra-virgin olive oil
- 11/2 Tbsp. unsalted butter
 - 6 heads Belgian endive (about 5 oz. each), bottoms trimmed, halved lengthwise (or quartered if larger)
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 1/4 cup low-sodium vegetable broth
- 1 Tbsp. raw honey
- 2 tsp. fresh lemon juice Grated fresh nutmeg, optional

1 Place oil and 1 tablespoon of the butter in a large skillet; heat over

medium heat until butter melts. Add endive halves cut side down; sprinkle with salt and pepper. Cook until endive begins to lightly caramelize, about 3 minutes. Turn endive halves and cook until lightly browned, 2 to 3 minutes more.

2 Add broth to skillet and bring to a simmer. Cover and reduce heat to medium-low. Cook until endive is just tender and cores are soft enough to be easily pierced with a paring knife, about 5 minutes, turning once. Uncover and increase heat to medium-high. Add honey and lemon juice; cook until liquid has reduced by half, about 2 minutes. Gently stir in remaining ½ tablespoon butter. Serve sauce over endive halves. Sprinkle with fresh nutmeg, if desired.

PER SERVING: 137 Calories, 10g Fat (4g Sat.), 11mg Chol., 7g Fiber, 2g Pro., 13g Carb., 281mg Sod., 1mg Iron, 43mg Calcium

(pictured on page 113)

SPICY BRAISED CARROTS, FENNEL, AND CHICKPEAS

Active time: 30 minutes
Total time: 45 minutes
Serves: 4

- Tbsp. grapeseed or avocado oil
- 1 large fennel bulb (about 1 lb.), quartered, cored, and thinly sliced (about 3 cups)
- 3 medium carrots (about 3 oz. each), halved lengthwise and cut diagonally into 1/4-in.-thick slices (about 2 cups)
- 2 large shallots (about 3.5 oz. each), thinly sliced (about 1 cup)
- 3/4 tsp. kosher salt
- 1 15-oz. can chickpeas, drained and rinsed
- 2 medium cloves garlic, thinly sliced (about 2 tsp.)
- 1 Tbsp. harissa
- 2 tsp. chopped fresh oregano
- 1/4 cup dry white wine
- 1 cup low-sodium vegetable or chicken broth
- 1 Tbsp. fresh lemon juice
- 1/4 tsp. black pepper
 Cooked couscous, rice, or other grain, optional
 Chopped fresh parsley, for serving

1 Heat oil in a large, deep skillet over medium heat. Add fennel, carrots, and shallots and sprinkle with ½ teaspoon of the salt. Cook, stirring occasionally, until vegetables begin to caramelize, 5 to 8 minutes. Add chickpeas

and garlic; cook, stirring occasionally, for 1 minute. Stir in harissa and oregano; cook, stirring occasionally, for 1 minute.

2 Add wine and stir to loosen any browned bits from bottom of skillet. Cook, stirring constantly, until wine has almost evaporated, 30 seconds to 1 minute. Stir in broth and bring to a boil. Reduce heat to low and simmer until carrots are tender and most of the liquid has evaporated, about 15 minutes. Stir in lemon juice; cook for 1 minute. Sprinkle with pepper and remaining 1/4 teaspoon salt.

3 Divide cooked couscous among 4 shallow bowls, if desired. Top with vegetables and sprinkle with parsley.

PER SERVING: 218 Calories, 8g Fat (1g Sat.), Omg Chol., 9g Fiber, 6g Pro., 31g Carb., 681mg Sod., 2mg Iron, 111mg Calcium

(pictured on page 110)

SAKE-BRAISED FISH WITH VEGETABLES

Active time: 35 minutes Total time: 45 minutes Serves: 4

- 2 Tbsp. grapeseed or avocado oil
- 2 cups (about 8 oz.) sliced fresh button mushrooms
- 3/4 tsp. kosher salt
- 4 scallions, white and light green parts only, sliced diagonally (about ½ cup)
- 3 medium carrots (about 3 oz. each), thinly sliced diagonally (about 11/4 cups)
- 2 baby bok choy (about 7 oz. each), chopped
- 1/4 tsp. black pepper
- 11/2 Tbsp. minced fresh ginger
 - 1 Tbsp. plus 1 tsp. minced garlic (from about 4 cloves)
- 1/2 cup sake or white wine
- 1/2 cup low-sodium vegetable broth or chicken broth
 - Tbsp. low-sodium tamari or soy sauce
- 1 Tbsp. mirin
- 1 lb. 1/2-in.-thick halibut or Chilean sea bass fillets
- 2 Tbsp. toasted sesame oil

1 Heat grapeseed oil in a large skillet over medium-high heat. Add mushrooms and sprinkle with ¼ teaspoon of the salt. Cook, stirring often, until mushrooms release their liquid and begin to brown, about 6 minutes. Stir in scallions, carrots, and bok choy. Sprinkle with pepper and remaining ½ teaspoon salt. Cook, stirring often, until vegetables are tender and begin to turn golden, 3 to 5 minutes. Stir in ginger and garlic; cook, stirring constantly, for 1 minute.

2 Add sake, broth, tamari, and mirin; bring to a boil, stirring to loosen any browned bits from bottom of skillet. Reduce heat to low. Nestle fish in liquid among vegetables. (Fish will not be fully submerged.) Drizzle with sesame oil. Cover and cook until fish is cooked through and flakes easily with a fork, about 10 minutes. Remove fish and vegetables; divide among 4 plates. Increase heat to high and boil cooking liquid until thickened and reduced by half, about 6 minutes; drizzle over fish and vegetables.

PER SERVING: 330 Calories, 16g Fat (2g Sat.), 56mg Chol., 3g Fiber, 26g Pro., 14g Carb., 960mg Sod., 2mg Iron, 145mg Calcium

(pictured on page 111)

BRAISED CHICKEN WITH PEPPERS, TOMATOES, AND OLIVES

Active time: 35 minutes
Total time: 1 hour, 15 minutes
Serves: 4

- 4 chicken leg quarters (about 10 oz. each)
- 11/4 tsp. kosher salt
- 1 tsp. black pepper
- 2 Tbsp. grapeseed or avocado oil
- 1 yellow onion (about 10 oz.), chopped (about 2 cups)
- 2 bell peppers (about 7 oz. each), seeded and sliced
- 2 Tbsp. drained capers
- 1 Tbsp. minced garlic (from about 3 cloves)
- 1 Tbsp. orange zest
- 1/2 cup dry red wine
- 1 28-oz. can diced tomatoes
- 3/4 cup kalamata olives, pitted and halved
- 1 Tbsp. Italian seasoning
- 2 bay leaves Chopped fresh flat-leaf parsley, for serving



Cook with Cozi Get these and other healthy recipes with Cozi, a free meal-planning app from Time Inc. See page 8 for details.







By Tomoko Takeda Canel



they're both warm and cool, just like hazel eyes," explains Surratt. Shades in the purple family intensify the green areas and subtly highlight any gold flecks, too.







I Work Out...

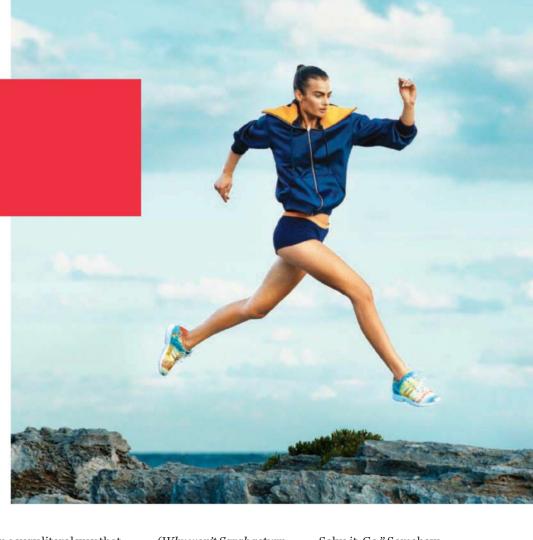
To Remember That I Go the Long Haul

by Nicole Blades

I'll never forget the first day I ran 10 miles, for no other reason than to see if I could. Everything about that morning-the weather (just on the edge of being too warm), the music playing in my earphones (old-school Michael Jackson), even the number of times I scolded myself for not bringing water (come on, Blades!)-stands out in my mind. I wasn't training for a race; I didn't have a coach giving me pointers on cadence or breathing. I was on my own. I didn't even have a mapped-out route. It was just a regular run on a Saturday morning. But once I decided to go for 10, the regular of it all started to fall away, and the day turned into this very definite, sparkling moment when I recognized how strong I was.

As I cleared mile five and then six, the notion of endurance became a real thing I could feel moving through my body. And as mile seven slid into eight, I started not-so-quietly rooting for myself: "I can do this." There was no thought to it, because it was happening, because the finish line was in sight and every fiber of my being knew I would get there.

That 10-miler is one of the main reasons I still run today. It reminds me



in a very literal way that I am strong. I can handle the long haul—whether it's on the road, putting in those miles, or in life, trying to stay the course on the seemingly endless road of writing a novel. All of it comes back to perseverance. I can do it. I can sustain it. And, most important, I can make it to the finish line.

I Work Out...

To Sweat Out the Obsessions

by Jancee Dunn

I tend to obsess over things: big issues, small issues. I can take a minor problem (Why won't Sarah return my texts?) and quickly build it into an elaborate drama with complex subplots. If I become fixated on a news story, an hour can slip away as I compulsively click through website after website.

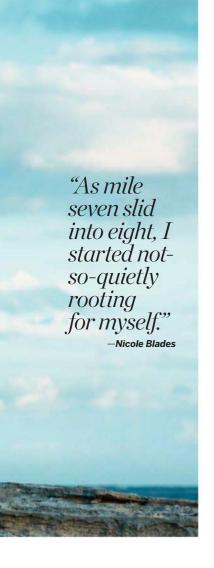
It is then that the stillrational part of my brain will say, "OK, get your trainers. You're going to the gym."

As soon as I put on my gear and change the scenery, I feel a little better. If I'm plagued by a problem, I'll leave my headphones behind so that I'm not tempted to watch *Inside Edition* or *Dr. Phil* on the gym's TV. Instead, I'll jump on the treadmill and tell myself, "You have an hour.

Solve it. Go." Somehow the machine's forward motion shakes loose my thoughts. When the issue is particularly thorny, I'll crank the incline to 10.

If I'm upset by something—say, I find myself having an imaginary argument with Sarah—I'll head to spin class. Then I'll ride like a demon until my mood levels off (although I still haven't had a spontaneous bout of cathartic weeping like some of my fellow spinners, especially when Adele is playing during cooldown).

By the time I'm done with my routine, my mind is wonderfully blank, and I'm as calm as the Dalai Lama. That's my secret: I don't go to the gym to get



chiseled abs. I go so I can run, lift, row, and pedal my way out of Crazytown.

I Work Out...

To Earn the Right to Live in Yoga Wear

by Liz Krieger

The woman I want to be looks something like the woman I saw in a recent Athleta catalog. She's effortlessly jumping across a babbling brook in a verdant forest—while wearing sleek slate-gray workout tights and a quilted jewel-toned hoodie. Or wait: Maybe I'm the lady doing yoga on the beach in

a slouchy pale-pink tank top, who I saw pictured in the window at Lululemon. While I definitely admire both of their strong bodies and what looks like adventurous spirits (as well as their choice of vacation spots)—I also really, really want those clothes.

Confession: I've never met a pair of leggings I didn't love. As far as I'm concerned, if I could spend 90 percent of my life in slimming, strategically seamed workout wear that makes me feel ready to leap and bound, I would.

But it comes with a catch. If I want a piece of new gear, I've got to earn it. I have to be out there logging miles, slogging through spin class, grimacing through the ridiculously hard thigh portion of barre workouts. I need to be using the stuff so much that occasionally the items actually wear out and have to be replaced! It's simple: The more consistent I am with my exercise regimen, the more justified I feel bringing home a new goodie.

Judging from what I wear the majority of the time-note that I work from home-you'd think I was pretty much always coming from or going to the gym. But that's the point. The last person I want to be is the lady who looks like she is suited up for the gym but whose main cardio is gabbing at school drop-off. Oh, and my little sweat-for-spandex bargain also works once the gear has come home with me. On a day when I'm short on motivation, a cute new top is often what gets me out the door.

Look, I'm not aiming to be the best in the class, the fastest in the park, or even a seven-days-a-week exerciser. I'm only trying to keep myself on track when it comes to my spending, my sweating, and my style. Some people need a prize at the finish line. Me? I need something dangling at the starting gate—something just within reach and preferably ankle-length.

I Work Out...

To Escape My Children

by Stephanie Dolgoff

The birth of my twins 13 years ago coincided with the death of any semblance of privacy or personal space.

First there was the nursing, which kept at least one of them dangling off my body for a good part of the day and night. Then, once they could crawl, I was afraid to shut the bathroom door for fear they'd bring a bookshelf down on their heads or eat the refrigerator magnets and get stuck to one another at the belly. I was a nervous mom to begin with, and the two of them, constantly in motion and mischief, made me anxious and hypervigilant. Unfortunately, my open-door policy with my toddlers led to their begging to sit on my lap, even when I was peeing. I said no, but I was too ridden with working-mom guilt (bad mommy, earning money to support your children!) to boot them out and too exhausted

to deal with the ensuing meltdowns if I tried.

I'd gotten myself into a bad pattern in which the kids felt entitled to a 24-hour all-access mommy pass, and I didn't know how to break it. I loved them to the moon, but I was depleted and not exactly a joy to be around.

That's when I started saying, "Mommy has to go to the gym." I'm not sure whether my husband was more thrilled to afford me the free time or to just be rid of me, but it didn't really matter. For a full hour, I'd go downstairs to our building's gym and do... whatever. At first, I'd simply sit in the ladies' room and marvel at what it was like to not have to rush out—pants open, hands unwashed-to avert some impending crisis. I'd noodle around on the bike and then head back upstairs, a saner person for it. Sometimes I made uninterrupted phone calls, and occasionally I cried from the stress of it all.

But eventually I began to use my time efficiently, doing 40 minutes of cardio and either stretching or using the weight machines. I'd been a regular before I had my kids, so getting back in shape wasn't hard. And just going to a place where I could have myself all to myself was amazing.

Now my children are teenagers, and when I text them through the closed door of their bedroom to say, "Mommy's going to the gym," I'm lucky if I get a thumbs-up emoji in reply. But it's all good, and the gym is still my sanctuary, a place I will forever associate with blissful escape.



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Active time: 45 minutes Total time: 45 minutes

- Tbsp. low-sodium soy sauce or tamari
- Tbsp. mirin
- Tbsp. seasoned rice vinegar
- Tbsp. toasted sesame oil
- 1/4 tsp. sriracha, optional
- Tbsp. organic cornstarch, dissolved in 1 Tbsp. water
- Tbsp. grapeseed or coconut
- 10 oz. sliced cremini
- (1 cup)

- total), white and light green parts sliced diagonally (slice and reserve 1 Tbsp. dark green parts)

- about 4 cloves)

Whisk together soy sauce, mirin, vinegar, sesame oil, sriracha, if desired, and cornstarch mixture in a bowl.

Warm a large skillet over medium-high heat. Add grapeseed oil. When it shimmers, add mushrooms. Cook, stirring occasionally, until mushrooms release their liquid and just begin to brown, about 8 minutes. Add bell pepper, carrots, snow peas, and scallions and cook, stirring 1 to 2 minutes. Add 2 to 3 Tbsp. water to skillet and quickly stir to loosen any browned bits from bottom of skillet. Stir-fry, mixing all ingredients, just until water evaporates.

4 Reduce heat to medium. Quickly whisk sauce and pour into skillet. Cook, stirring, just until sauce begins to thicken and coat shrimp-vegetable mixture, 1 to 2 minutes. Divide rice among 4 shallow bowls, if desired. Spoon sir-fry mixture



Active time: 15 minutes
Total time: 1 hour
Makes: About 34 cookies

- 11/2 cups blanched almond flour
- 1/4 cup coconut flour
- 2 tsp. baking soda
- 2 tsp. ground ginger
- 2 tsp. cinnamon
- 1/4 tsp. salt Pinch of black pepper
- 4 Tbsp. unsalted butter, melted and cooled
- 1 cup coconut sugar
- 1/4 cup molasses
- 1 large egg, at room temperature
- 2 tsp. vanilla extract
- 2 tsp. minced fresh ginger
- 1 Combine flours, baking soda, ground ginger, cinnamon, salt, and pepper in a small bowl, crushing any lumps. Whisk together butter, ³/₄ cup of the coconut sugar, molasses, egg, vanilla, and fresh ginger in a large bowl until well combined. Pour in flour mixture; stir until well mixed. Refrigerate for 30 minutes.
- 2 Preheat oven to 350°F. Line 2 baking sheets with parchment. Place remaining ¼ cup coconut sugar in a small bowl. Scoop batter into small balls (a 1-tablespoon cookie scoop is useful for this), roll lightly in coconut sugar, and place on baking sheets, spacing them 1 inch apart. Use the bottom of a glass to flatten cookies slightly.
- 3 Bake until golden, 13 to 15 minutes, switching baking sheets front to back and top to bottom halfway through. Let cool on sheets on cooling racks for 5 minutes, then transfer to racks to cool completely.

PER SERVING (1 cookie):

76 Calories, 4g Fat (1g Sat.), 9mg Chol., 1g Fiber, 1g Pro., 9g Carb., 98mg Sod., 1mg Iron, 21mg Calcium



(pictured on page 125)

WINTER SALAD WITH GINGER-MISO DRESSING

Active time: 30 minutes Total time: 30 minutes Serves: 4

- 1 orange
- 1/4 cup grapeseed oil
- 1 1-in. piece fresh ginger, peeled and sliced
- 1 small clove garlic, chopped
- 2 Tbsp. seasoned rice vinegar

- l Tbsp. white miso
- 1 tsp. toasted sesame oil
- 2 medium carrots (about 3 oz. each), chopped
- 3 heads Belgian endive (about 3 oz. each), chopped
- 1 head radicchio (about 6 oz.), cored and chopped
- 2 ribs celery (about 1.5 oz. each), thinly sliced diagonally
- 2 Tbsp. slivered almonds, toasted, for serving, optional
- 1 Slice top and bottom ends off orange, just enough to expose flesh. Slicing top to bottom, cut away peel and white pith. Hold

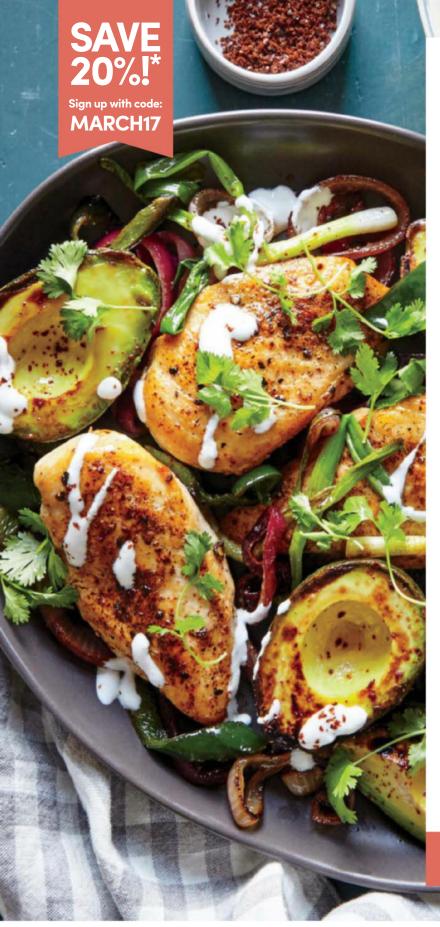
orange over a small bowl; cut along membranes and release segments into bowl, catching the juice in the bowl. When you've finished cutting, squeeze orange to release remaining juice into bowl. Transfer segments to a large bowl; pour juice into a blender (you'll have about 2 tablespoons).

2 Place 1 tablespoon of the grapeseed oil, ginger, and garlic in a small skillet. Turn heat to medium-low. When mixture sizzles, let it cook for 30 seconds; transfer to blender.

Add remaining 3 tablespoons grapeseed oil, vinegar, miso, sesame oil, and carrots to blender. Pulse to chop carrots, then let blender run to puree dressing.

3 Place endive, radicchio, and celery in bowl with orange. Add dressing a few tablespoons at a time and toss (you may not use it all). Divide among 4 plates; sprinkle with almonds, if desired.

PER SERVING: 202 Calories, 15g Fat (2g Sat.), Omg Chol., 5g Fiber, 3g Pro., 16g Carb., 304mg Sod., 1mg Iron, 57mg Calcium



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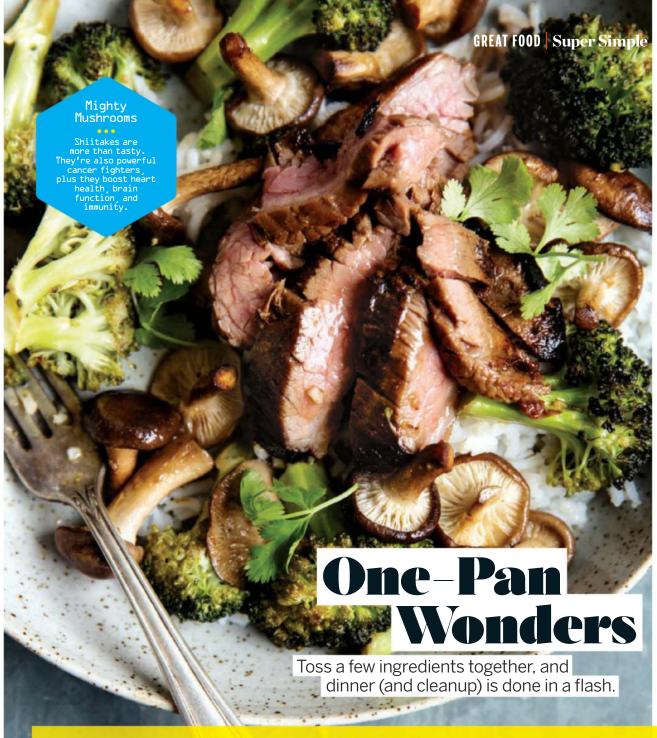


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Broiled Beef and Broccoli

Active time: 15 minutes
Total time: 30 minutes
Serves: 8

- 1/3 cup low-sodium soy sauce
- 1/4 cup toasted sesame oil
- 1 Tbsp. packed light brown
- 3 cloves garlic, minced
- 2-in. piece fresh ginger, grated
- 21/2 lb. flank steak
 - 4 cups broccoli florets
 - 2 cups shiitake mushrooms, halved
 - 2 Tbsp. extra-virgin olive oil

1 Preheat oven to 375°F, with 1 rack in the center position and another 4 inches from broiler. Line a large baking sheet with foil.

2 Whisk together soy sauce, sesame oil, brown sugar, garlic, and ginger in a medium bowl. Measure out ¼ cup of the marinade. Add steak to remainder, turning to coat.

3 Toss broccoli florets and mushrooms on prepared baking sheet with olive oil and reserved marinade. Spread

vegetables out in an even layer, transfer to center rack in oven, and roast until just tender, about 10 minutes. Remove baking sheet from oven and set oven to broil.

4 Push broccoli and mushrooms to edges of baking sheet and place steak in the center, drizzling over any remaining marinade. Slide baking sheet under broiler and broil until steak begins to char on the outside and a thermometer inserted

into thickest part registers 125°F for rare or 135°F for medium-rare, 3 to 5 minutes per side.

5 Remove baking sheet from oven and let steak rest, loosely covered with foil, for 10 minutes before thinly slicing against the grain. Serve warm, with vegetables alongside.

PER SERVING: 327 Calories, 18g Fat (4g Sat.), 88mg Chol., 2g Fiber, 33g Pro., 7g Carb., 475mg Sod., 3mg Iron, 55mg Calcium





Easy Jerk Chicken with Peppers and Pineapple

Active time: 10 minutes
Total time: 22 minutes Serves: 6

- Tbsp. dried thyme
- tsp. sugar
- tsp. ground allspice
- tsp. garlic powder
- tsp. kosher salt
- 1/4 tsp. cayenne pepper
- tsp. ground black pepper
- bell peppers (1 red, 1 orange), seeded and cut into ½-in.-wide strips
- fresh pineapple, cored and cut into 1/2-in.-thick rings
- yellow onion, cut into 1/2-in. chunks
- Tbsp. extra-virgin olive oil
- 4-6 thin-cut boneless, skinless chicken breasts (1 to 11/2 lb. total)

1 Preheat oven to broil, with a rack 4 inches from heat. Line a baking sheet with foil.

- 2 Make jerk seasoning: Whisk together thyme, sugar, allspice, garlic powder, salt, cayenne, and black pepper in a small bowl.
- 3 Toss bell peppers, pineapple, and onion on prepared baking sheet with oil and a generous pinch of the jerk seasoning, spreading everything out evenly.
- 4 Rub chicken pieces with remaining jerk seasoning, coating lightly. Nestle chicken pieces among vegetables on baking sheet. Transfer to oven and broil until chicken is cooked through and peppers and pineapple are well charred, 10 to 12 minutes, flipping chicken halfway through. Keep a close eye on baking sheet to prevent burning. Serve hot.

PER SERVING: 245 Calories, 10g Fat (2g Sat.), 69mg Chol., 3g Fiber, 23g Pro., 17g Carb., 367mg Sod., 2mg Iron, 39mg Calcium



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Cocoa-Coffee

1 large egg white, beaten until very frothy + 1/3 cup coconut sugar + 2 Tbsp. raw cacao powder or unsweetened cocoa +1tsp. instant espresso powder + 1/4 tsp. salt + 1 tsp. vanilla extract



Curry-Honey

11/2 Tbsp. coconut oil, melted + 1 Tbsp. raw honey + 2 tsp. curry powder + 1/2 tsp. turmeric + 1/2 tsp. ground ginger + 1/4 tsp. cayenne + 1/2 tsp. salt + 1/4 tsp. black pepper



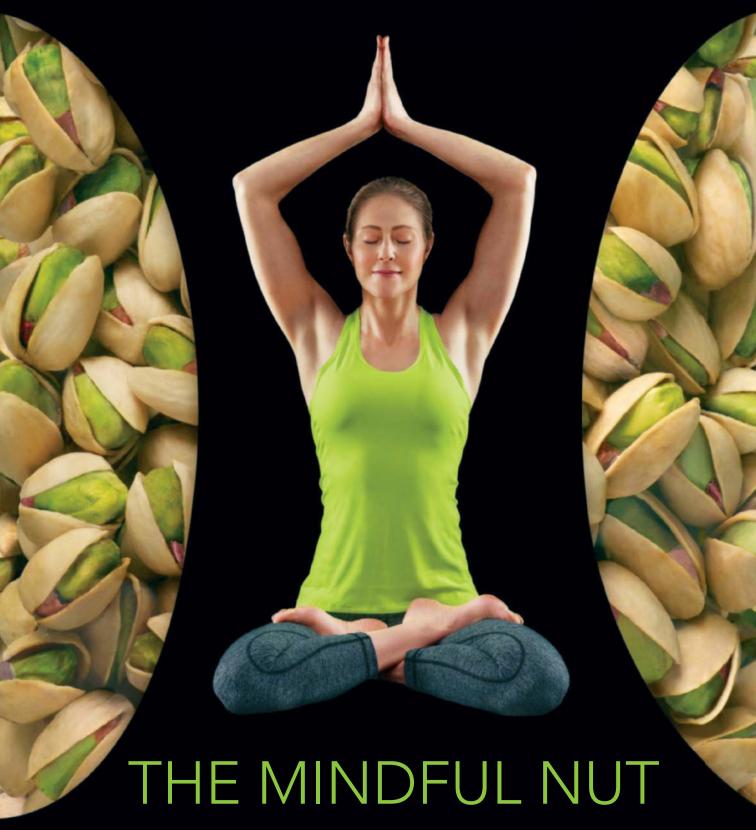
Spicy Old Bay

2 Tbsp. unsalted butter, melted + 2 tsp. Old Bay seasoning + 2 Tbsp. Worcestershire sauce or coconut aminos + 1 tsp. garlic powder + 1/2 tsp. onion powder + 1/2 to 1 tsp. hot sauce



Maple-Spice

3 Tbsp. maple syrup + 1 Tbsp. unsalted butter, melted + 1tsp. cinnamon + 1/2 to 1tsp. chili powder + 1/2 tsp. ground ginger + 3/4 tsp. salt



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