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Make Vulnerability Your Superpower

THE OWNING IT ISSUE

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FROM THE

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MARCH 2020 ON THE COVER



31 GET THAT GLOW Show your scalp some love, save your pores from your sweaty workout, and eliminate your acne for good by learning about the mind-skin connection. 36 LONGEST.
LASHES. EVER. (SWEAR!) What's the deal with lash lifts? WH's senior beauty editor tested the treatment and...wait, no spoilers! 93 MAKE VULNERABILITY YOUR SUPERPOWER These real women struggled with their chronic illnesses. Now, they're finding strength in their diagnoses.
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MARCH 2020 ALSO IN THIS ISSUE



THE NEW FIGHT CLUB Your guide to Muay Thai, the superintense fighting sport that pulls zero punches



PHOTOGRAPHED BY DANA SCRUGGS. Styling: Kristen Saladino. Hair: Makiko Nara at Walter Schupfer Management using Oribe. Makeup: Vincent Oquendo for Shiseido. Manicure: Sarah Chue for Exclusive Artists using Deborah Lippmann. For Rosario's look, try Illusion Hyaluronic Skin Tint, Graphik Eyeshadow Palette, Caution Extreme Lash Mascara, Arch Brow Sculpting Pencil, Ambient Lighting Blush in Luminous Flush, and Femme Nude Lip Stylo, all by Hourglass. Iceberg top and shorts, iceberg.com; Adina's Jewels earrings, adinasjewels.com.

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FEEL THE LOVE. LOVE THE FEEL. XO,





There's nothing as #WHStrong as embracing who you are and being open to who you're becoming.

Recently, my husband Matt and I were discussing our "superpowers" with each other. (The convo was inspired by the James Bond–level teapot he gave me for Christmas LIZ PLOSSER EDITOR-IN-CHIEF @@lizplosser

Dedicated readers may have noticed me getting more and more real in this monthly letter, where

after watching me boil—er, splash—my hot water in a
saucepan all winter. He is the Marvel hero of perfect
presents.) Mine: hugging and snuggling the heck out of
my kiddos, waking up really early, and handwriting
heartfelt thank-you notes.I've discussed things like going to
therapy for the first time and my
struggles with infertility. The trut
is that the amazing *Women's*
Health editorial staff has taught n
how rewarding it is to put it all out

something I would've thought of as a strength a year ago: *vulnerability*. And by this, I mean sharing my struggles and weaknesses, even if it feels uncomfortable or scary saying them out loud. That's how you connect with others *and* grow stronger as a solo act and it's something I'm working on. therapy for the first time and my struggles with infertility. The truth is that the amazing *Women's Health* editorial staff has taught me how rewarding it is to put it all out there. I'm proud of my team members for a million reasons, but one of the biggies is how they fearlessly share experiences from their own lives in brainstorming sessions and, ultimately, right here in this Celebrating how good it feels to "Own It!" with fashion icon Diane von Furstenberg. See her Breakthrough journey on page 128.

magazine. When they go deep, it makes these pages a safe, raw, funny, empowering place. Even better: That's karma each reader can pay forward, in her own life, by daring to be unflinchingly honest.

It's also the impetus for our firstever Owning It issue, which features women who are giving the middle finger to stigma and speaking honestly about what it's like to live (and thrive) with various health problems, such as endometriosis and diabetes. And on page 80, assistant editor Alexis Jones opens up about the challenges of living with a condition she never knew she had, and how she didn't let her struggles hold her back from her dreams. "So, yes, I fall down...a lot," Alexis writes. "But you should watch the way I get back up." All of the YES!

Cover star Rosario Dawson has some equally inspiring #RealTalk on page 104. In her *WH* interview, the actress shares how she's learned to let go of anger and hold on to the things that matter most (time with her daughter, her dad, and her boyfriend, Cory Booker, for starters).

There are plenty of other superpowers you can work on with *WH* as your blueprint—from becoming a kick-ass meal prepper (page 65) to crushing your skin-care routine (page 110) to conquering imposter syndrome once and for all (page 83). You don't need strong, sculpted abs to do any of that stuff, but darn it if I wouldn't mind some of those! You too? Head to page 124, where abs whisperer/celebrity trainer Anna Kaiser shares her solid (six-pack) gold tips.

I hope this issue helps you channel your superpowers in all of their forms. Bonus points if you begin noticing them in the people around you—family, friends, colleagues, even strangers. Once you start looking, you can't stop seeing them.





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Real talk: Most things are better with a friend by your side, workouts included. In fact, research shows that people may improve performance by sticking it out longer in group gym sessions than in solo ones. That's why *WH* editors celebrate—ahem, *invented*—National Workout Buddy Day. Here's to the pals who keep us #WHStrong. By Women's Health Editors



friend Matt and I live on opposite sides of the country, but we take a trip together every two years to reconnect. Here we are post-hike at Moraine Lake in Banff National Park before taking a dip in the freezing water. Kristin Canning Health Editor @kriscann ► I love yoga sessions with @rachel enicks. She's a mom friend and Mirror trainer who always makes athome workouts fun. Sometimes my daughter, Rei, will join in, mimicking a pose or two—it's the best. Aya Kanai EIC of WH sister mag Marie Claire @ayakanai

In constantly trying HIIT classes with my workout buddyslash-boyfriend. Our current favorite? Practicing jabs and crosses. Boxing dates offer an energy boost we'd never get from dinner and even the most action-filled movie.

Kristine Thomason Fitness and Wellness Editor @kristine.thomason I usually like running alone, but when I'm in a rut, I call on a friend to motivate me. For one, it's way easier to hold myself accountable, but our running dates have also become a healthy alternative to grabbing drinks. Win-win!
 Kristina Rodulfo Beauty Director @kristinarodulfo My bestie, Katelyn, inspires me to try new things, one of them being this Strong by Zumba class. It kicked our butts, but the endorphins (and sweat stains!) were totally worth it. Next time, we'll remember to bring an extra T-shirt. Alexis Jones Assistant Editor @its.alexisj

Katrina Scott and Karena Dawn are two of my biggest "fitness friend" crushes. Whether I'm doing a virtual workout using their Studio Tone It Up app or we're training together IRL, they always make me smile big. Liz Plosser Editor-in-Chief @lizplosser

► My college roommate and I are now several states apart. But we motivate each other with daily links to workouts. And we make sure we hit the gym when reunited. It's the most fulfilling longdistance relationship I've ever had. Amanda Lucci Engagement Manager @alucci

MARCH 2020

on Insta @ayakanai.

> I've been disorganized with my finances has left me with a constant hum of low-level anxiety definitely not good for my health.

So my husband and I met with a "personal trainer" at the Financial Gym, a company that sets you up with a money pro. We were told to come ready to "get naked" —meaning, to expose everything about our assets and debts.

The company isn't a fiduciary, so its trainers aren't allowed to advise you on how to invest your money. Instead, it's a third party that takes a confidential peek into your overall wallet to assess how much you could be putting away. Our trainer used our combined incomes to calculate what we could be saving, how much we should set aside for an emergency, and how we could improve our credit scores, manage existing debt, and utilize credit cards. It took hours to go through all the potential plans, and it really felt like a workout!

Fortunately, most of the changes we made are of the setit-and-forget-it variety. Example: Once I knew what I should be contributing every month to my daughter's education fund, I went ahead and set one up. Now that particular muscle will be flexing on its own for years, growing the fund without any effort from me.

I know we could have figured out this stuff solo, but just as with exercise, having an appointment with a trainer made us accountable. And much like after a workout, when I make smart moves at the bank, I leave feeling healthier, stronger, and more at ease.

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It's time to take my financial health seriously."

STR

When I started this column, I knew I wanted to cook more and exercise regularly. But as I've worked on those aspects of wellness, I've come to realize

there's another area that needs a little shaping up: my finances. It's not that I currently have money woes (I consider myself a fairly frugal person); I've just never had a long-term plan. I've always thought that if I have enough \$\$\$ to get by, then I don't need to give it much attention. But money doesn't work like that. You need to "train" your finance muscles—as you would any other—to see them grow. Most important, I want to provide the best possible future for my daughter, Rei, who's 2. Knowing

KATHRYN WIRSING

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The Snack That Smiles Back





"Whenever I need a quick mood boost, I head to @chelsiehill's Instagram. Her dance routines with the Rollettes wheelchair team are both fun and inspiring."

> **@JORDANGALLOWAY** Jordan, Fitness Director

> > WH's beauty closet (page 38)!

Peek inside

BATHING CULTURE



"This podcast tackles big topics-STIs, equal pay-in a way that feels empowering, not depressing." free, iTunes

> **@KIERAMCARTER Kiera, Contributing Editor**



"Perfect for chilly runs! The removable interior means you can head straight to brunch without sitting in a sweaty jacket." \$228, lululemon.com

> @RISSYGAYLE Marissa, Features Director

"Aloe vera, coconut oil, and olive oil make this body wash-in a refillable glass bottle!-super hydrating and soothing." \$35, bathingculture.com

> **@CHELSEATRABERBURNS Chelsea, Senior Beauty Editor**



"It's easy to feel overwhelmed when you're trying to eat a more plant-based diet. Good Foods' versatile dips make the transition simple." \$5, target.com

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Cheers, Tea!

Flavored seltzer is so 2019. The cool kids (a.k.a. *WH* editors, and soon, you) have graduated to organic sparkling tea from brands like Minna, Sound, and Bos. All the perks of a basic brew (antioxs, robust flavors, a caffeinated buzz or chill herbal vibe), but with bubbles, this new twist is the most refreshing thing to happen to tea since...well, ever. Want to DIY? Steep something strong, let it cool, then add ice-cold club soda. Happy sipping!

Photographed by Danielle Daly 🛈

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Zen to ZZZ

The *real* power yoga? A flow that helps you sleep soundly, so you wake up ready to seize the day (study after study confirms the link). Do this series from yoga instructor and massage therapist Amanda Kerpius, inspired by *Healing Yoga* (by Loren Fishman, MD), 30 minutes before bed to help quiet your nervous system. Zero in on your breath for instant meditation.

SEATED BOUND ANGLE FOLD

Sit on floor, bringing soles of feet together and letting knees fall to the sides. Take a deep breath in and lift chest, then exhale as you fold over legs, extending arms forward if comfortable. Hold for two to three minutes. A headdown pose, like this one, can ease anxiety, Kerpius notes.

For each pose, focus on longer exhalations and shorter inhalations. Try breathing in for two counts and out for four. This technique helps you relax and sleep better, says Kerpius.



Lie faceup on floor, then lift legs and bend knees toward armpits. Grab outside edges of feet with hands, face soles of feet toward ceiling, and soften lower back to floor. Take deep belly breaths, feeling your back expand on floor. Hold for one to two minutes. The infant-inspired posture releases tension in your lower back.



Store stress in your hips? This setup will let that ish go. Lie faceup on floor, bend knees, and bring soles of feet together so knees fall to the sides and outer edges of feet stay on floor. (Place a pillow under each thigh if you need more support.) Rest arms by sides, palms facing ceiling. Hold for three to four minutes. SUPINE TWIST



Lie faceup on floor and lift knees toward chest. Gently lower both knees to right side of body and extend left arm out to the left, keeping both shoulders on floor (add a pillow under left shoulder if needed). Hold for one to two minutes. Return to start, then repeat on the other side. Twists are incredibly centering (once you're back in neutral).

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TECHNIQUE SCHOOL

Ace the Base

March means taking your goals up a notch. Behold the **hollow hold**—the key to a rock-solid, diamond-strong core (for pushups, pullups, you name it). Best part? You barely need to move!

3

A Tucked Chin Keep your neck aligned with your arms (you should be looking at the ceiling) to reduce tension there and increase it on your core.

WATCH FOR

THE STEPS

1. Lie faceup with legs together and arms extended overhead, hands touching. 2. Lift head, shoulder blades, and legs no more than 45 degrees off floor. 3. Brace core as you press lower back into floor.

WATCH FOR An Arched Spine To build abdominal strength, your lower back must be flat against the floor. If you feel the shakes, you're doing it right.

Head to Toes

Need a circuit refresh? Train from the top down it's called vertical loading. You start with upper-body exercises (arms, chest) and end with your legs, moving from one muscle group to the next without rest. You get more done in less time (since the group above recovers while you work the next), which can lead to quicker results, says Hannah Davis, CSCS, creator of Body by Hannah. Do 12 reps of overhead press, lat pulldown, chest fly, squat, and single-leg deadlifts. Repeat twice for three total sets.

STAY FLY (AND DRY)

Stiff, squishy rain gear is out; comfy, waterresistant training apparel is so, so in. Just look at these cute pieces, with seals to deflect drops.

> 1. Athleta Snow Leopard Reflective Cap, \$38, athleta .com. Light but lined for cold, wet days when a hood won't cut it.

2. Adidas

Stan Smith Gore-Tex, \$120, adidas .com. The OG gets a makeover with special insulation to block moisture.

3. Under Armour Armour Sport Woven Pant, \$45, underarmour.com. Spandex can become soaked; these joggers won't.

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A Welcome Meltdown

OMGhee, butter is back! Thanks largely to the keto diet, the low-fat dairy days are over: Full fat and full flavor (sorry, margarine) have reclaimed the refrigerated aisle. Not sure how to spot or shop the different types to find your fave? The churned-out facts to know now:

Photographed by Danielle Daly

CLARIFIED

A.k.a. ghee, this is the go-to for dairysensitive stomachs: Since the butter has been "clarified" to remove milk solids, it's lower in lactose (the milk sugar that some can't tolerate) and potentially less inflammatory. It tastes just like butter, so you can slather it on roasted salmon and plain toast (try Himalayan pink salt ghee from Fourth & Heart, \$13, fourthandheart.com). Oh! And an open jar will keep in your pantry for three months (longer in a fridge).

CULTURED

Adding live cultures to cream and fermenting it before churning blesses your meal with a dose of gut-healthy probiotics. This imparts a richer, buttermilky texture, perfect for baking extra-fluffy everything. The smoke point (the SOS moment when it's about to burn) is higher than with regular butter, which brings out a pop of flavor in sautéed veggies too.

FOOD

PLANT-BASED

Some vegan butters are made with a combo of cashews and coconut oil, but others are soy-or hemp-based. The benefit? They're dairy-free and obvs easier on sensitive tums. They can be versatile in the kitchen too: Most melt well for savory dishes, but coconutty spreads work best for baking, as they're naturally a little sweeter. Look for a heart-healthy, palm oil-free pick, like Miyoko's cultured vegan butter, \$6.50, miyokos.com.

UNPASTEURIZED

You'll have to shell out a few more dollars for this raw butter (it's rarer), which skips the pasteurization process and seals in enzymes that can help you absorb calcium. Since it has a more intense buttery flavor, use it as a fresh topping for anythingbread, baked potatoes, pasta-instead of cooking away the tasty stuff. Remember, too, that it has a shorter shelf life than more processed types.

Source: Maggie Michalcyzk, RDN

P18

All butter (except plant-based) can be made from the milk of grass-fed cows, which gives it a natural yellow color. Grass-fed typically tastes richer than traditional butter, but the wellness benefits are even better: You'll score more omega-3s and vitamin A for supple skin and sharper vision.



FOOD

Comeback Carb

If you hear "potato" (or po-tah-to) and run in the other direction, stop being a tater hater! Here's why.

There's no denying potatoes get a bad rap they're starchy and often covered in grease or cream in their many forms. But they're also one of the most filling foods (hi, fiber!), so you could consume fewer calories overall if you added some spuds to your diet, research shows. Plus, if you're a cardio queen, potatoes are as legit an energy source as sugar-based training gels, according to a new study. So dig in, lady! To max the benefits, enjoy one in the first half of your day, before your workout, when the cals will be used for powering your muscles, says dietitian Amanda Conway, RD, founder of Eat Fit Live. And eat them roasted or baked with a healthy fat and protein, like avocado and eggs, to negate a blood-sugar spike. Of course, be wary of toppings that can add mega cals—EVOO, salt, and pepper are all you need.



Um, What Are Black Seeds?

There's nothing seedy about this savory ingredient: Black seeds, a.k.a. black cumin, have been used medicinally for millennia. "They've been called the cure for everything but death," says Robin Foroutan, RD. A tad dramatic, maybe, but a study shows they help lower high blood pressure, cholesterol, and inflammation. The poppy-seed look-alikes also promote digestion and support your liver and kidneys. Find them in Asian or African spice blends or in oil form. "They're delicious in curries, stews, and lentil dishes," Foroutan says.



Panic

Who doesn't love brunch with their besties? Someone trying to eat better, that's who. People who dine with friends tend to match their buddies' food choices-not just in type, but in size and cost too-even if it goes against their eating intention and budget, research shows. Avoid social food pressure:

1. TELL YOUR FRIENDS.

Good friends will support your goals, not mock them (even if they swear you look amazing...which you already do). By putting your plan out there ("No bread for me tonight!"), you're taking ownership-a reminder that you have control over your order.

2. SNACK AHEAD.

Nosh on a few apple slices with PB or a cheese stick before settling in at the table. A little protein or good fat will take the edge off, so you're set up to make smarter decisions.

3. BE FIRST TO ORDER. Picture what you'd get if you were solo, then be proactive. This way other people's orders don't impact your healthier choices.

Source: Jessica Levinson, RD, culinary nutrition expert in Westchester, New York

FOOD MADE FROM FOOD[™]



Made with only dates, peanuts, semisweet chocolate chips* & sea salt. *Fair Trade Certified



Нарру Winter Blues

Ever wonder why a sunny sky or crystal-clear lake makes you feel instantly calm? Blue hues have a soothing, pacifying effect on the brain, research shows (blue streetlights may even contribute to a decrease in neighborhood crime!). Perhaps that's why Pantone named Classic Blue the 2020 Color of the Year-but if that wasn't their reason to celebrate the shade, consider it yours. Shop and see stress drop:

n

1. 2020 LINCOLN CORSAIR BEYOND BLUE INTERIOR Why wait until you reach your destination to feel settled? Lincoln's new, sexy

leather hue was specifically designed to inject peace into your journey-traffic tension, begone! \$500 plus vehicle price, lincoln.com

2. ELIZABETH W EYE **PILLOW IN VENETIAN BLUE**

Zone out (or pass out) with this silk eye mask filled with flaxseed and lavender. The scent and softness help you (and your tired eyes) relax on contact. \$30, elizabethw.com

3. VITAJUWEL VIA BOTTLE IN BALANCE

The sodalite, chalcedony, and quartz gems inside this glass water bottle are said to guide you toward inner peace. Can't prove that, but you need H₂O to survive, sooo... \$98, vitajuwel.us

This throw comes in 15,

20, or 25 Wonderfully LU, or 23 wonderruny therapeutic pounds.

3

MANDUKA LIMITED **EDITION PRO YOGA MAT IN MECHI** Bliss out in

chaturanga and savasana with a perfectly spongy, perfectly sturdy mat that oozes tranquil vibes. It's practically impossible to feel pissy with this under your body, even when you're cursing chair pose. \$140, manduka.com

5. BEARABY THE NAPPER IN MIDNIGHT BLUE

A weighted blanket is the next best thing to a lapdog when you're feeling frazzled. Pros say the weight can help you feel secure—much like a German shep by your side. From \$249, bearaby.com



Wake Up Like This

P 2 3

SEMIPERMANENT FOUNDA-TION IS TRENDING, BUT IS IT HEALTHY? GREAT Q...

If you think microblading and lash tinting (deets on page 36) are cool, you'll love the latest beauty treatment: foundation that lasts up to six months. Sound too good to be true? It might be, according to some derms. The process uses a microneedle to penetrate and drop pigmented serum into the upper layer of skin for light to medium coverage all over. But it hasn't been FDAapproved, and it's possible the "ink" could cause allergic reactions, scarring, and swelling; it also might worsen skin conditions such as eczema or psoriasis. If that happens, vou can't wipe off the foundation; you have to wait until it fades (eek). Have no-fuss, nonsensitive skin and still into the idea of saving time in the a.m.? Chat with a dermatologist, then ask a certified technician for a patch test on your wrist (give it a few days). Or save yourself about \$400 and stick with your wash-off fave.

Sources: Joshua Zeichner, MD, director of cosmetic and clinical research in the department of dermatology at Mount Sinai Hospital; Melissa Kanchanapoomi Levin, MD, founder of Entière Dermatology

TOUGH PUFF

Headlines all but declared a state of emergency regarding vapers late last year when more than 50 people died (and 2,400 were hospitalized) from "e-cigarette or vaping product use-associated lung injury" (EVALI). Though the numbers appear to be dropping, and e-cigs are technically safer than the normal type, THC versions can contain some sketchy stuff-namely, lipids (fats) and vitamin E oil-that can get into the alveoli, or tiny air sacs in your lungs. This triggers a rapid inflammatory reaction with flu-like symptoms (cough, nausea, fever) that can eventually damage lungs to the point of causing death-even in young, healthy peeps. Weed is still illegal in most states, so THC vape pens there aren't regulatedyou never really know what's in them. Don't vape, but hang with someone who does? Jury's still out on the potential risks of secondhand vaping. The technology is too new to have been studied extensively, so steer clear to play it safe.

Hum Along at Home

The latest smart-home devices don't just tell you the weather or update your grocery list (both lifesavers in their own way). They now protect your place and keep you safe beyond what an old-school security system can do.



► Amazon Alexa Guard It picks up sounds like breaking glass and alarms, then sends audio in real time so you can take control based on what you hear. From \$25, or free with Echo devices, amazon.com

► Google Nest Protect So advanced, it can sense how minor or major an issue (smoke, fire, etc.) might be, alerting you with a colorcoded signal. *\$119, store.google.com*

► SimpliSafe Got pets? This wireless monitoring system can tell the diff between your pup and a human, and if something sets off the alarm, operators tune in and send help ASAP. From \$229, simplisafe.com



Sex-Life SOS

+ P 2 4

For years, men have had Viagra to give them an instant shot of, for lack of a better term, horniness, in the form of an erection. Meanwhile, women have had nada...until now. The FDA recently approved Vyleesi, an on-demand medication for premenopausal women suffering from hypoactive sexual desire disorder (HSDD), or a sudden and extended loss of sex drive (that's 1 in 10 ladies, btw). Injected into your thigh or abdomen 45 minutes before an anticipated romp, Vyleesi targets melanocortin receptors in the brain, which are believed to spark higher libido and lower stress levels when activated.

The shot can cause nausea (so docs might recommend it with anti-nausea meds), as well as headaches, vomiting, and a skin reaction at the injection site—not exactly fun, but all relatively low-risk. It's currently available by prescription but not recommended if you're pregnant or have high blood pressure or cardiovascular disease. Down to try it? Talk to your gyno. Whether you've already been diagnosed with HSDD or you're becoming more and more worried about your dwindling bedroom appetite, the drug is worth considering.

Source: Alyssa Dweck, MD, ob-gyn in New York





The increase in carcinogenic chemicals found in women's blood when they douched twice a month. That's not to say internal washing *causes* cancer, but since your vagina is a self-cleaning machine (and douching can disrupt its natural pH), that's one more reason (81 more!) to skip it. Source: Journal of Women's Health

Mind the Mobile "MD"

Popular period-tracking apps (Clue, Flo) can help you stay on top of your cycle and provide useful intel, but when it comes to a diagnosis, they shouldn't replace an IRL doc. Case in point: Last year, Flo concluded that 38 percent of users had polycystic ovary syndrome (PCOS) based on reported symptoms, when medical data shows that only 5 to 10 percent of reproductive-age women likely have it. The diagnoses aren't necessarily wrong, but they could be skewed, especially with confusing conditions like PCOS that manifest differently from person to person. (For example, irregular periods, acne, and struggles with weight *could* be PCOS probs, but they could also be from stress.) Before you freak over any medical feedback, call your gyno and use info you tracked in the app to fill in the blanks. She can not only order appropriate tests but also help you manage symptoms in a way that's customized for you and your lifestyle, or refer you to a subspecialist who will. It's best when your app and your doc work together.

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*Based on consumer studies. Results will vary.







Grande**MASCARA:** Use daily for an instant lengthening, thickening & conditioning effect.



3 Grande**BROW:** Apply once daily for bolder brows in 6-8 weeks.





Apple iPhone 11 Pro, from \$999, apple.com

P26

How a Champ Kick-Starts Her A.M.



Carli Lloyd's mornings are almost as impressive as her soccer career. In less than an hour, the U.S. Women's National Team cocaptain, two-time Olympic gold medalist, and two-time FIFA Women's World Cup winner (to name a few feats) is dressed, fueled, and ready to train with her home team, New Jersey's Sky Blue FC, for yet another win....



MAXIMIZE THOSE MINUTES "I wake up at 7:30 and check my schedule, email, and social media from bed. I need to limit myself to five minutes or risk being rushed to training." DRESS FOR SUCCESS "I shower and moisturize at night, which saves some time in the morning.



And getting dressed is simple since I wear my team's training gear." **STYLE SMARTLY** "I've mastered putting my hair into a secure bun with just two loops. I use

НОМЕ

Scünci No Damage black hair ties." **CUSTOMIZE YOUR CAFF** "My brew of choice is a cappuccino with oat milk that I make with beans I grind myself. I'll sip on it while answering more emails." **POWER UP** "Some days I make two eggs over easy with a side of avocado, plus Greek yogurt with strawberries or blueberries. Otherwise, I'll whip up a green smoothie with spinach, pineapple, kale, and Yolked—a recovery product

health. I also add some mint—it makes all the difference, taste-wise." FACE TIME "My husband joins me downstairs. We'll use the last few minutes before I leave to go over our plans for the day." PRESS PLAY "Before the World Cup, I'd listen to podcasts like *Dr. Death* on my way to the match. Now, I turn on the Chill Hits

playlist on Spotify to help me focus."

Doing a small thing is still doing a thing.

YEAH. YOU'RE DOING IT RIGHT.



No sugar. No calories. No doubts.

+ P 2 8



DIY Spa Vibes

"What a nice bathroom!" You hear it at restaurants and hotels, so why not bring the bragging rights home? "Bathroom time is me-time," says Ann Stillman O'Leary, founder of Evergreen House Interiors. "Make it your sanctuary to feel serene all day."

GO MONOCHROME

High-contrast colors tend to be jarring, O'Leary says, as they create a lot of tension for the eyes. So stick with a themed color palette, ideally a neutral one that's more soothing (think beige, olive, gray, etc.). This goes for the shower curtain, bath mat, wallpaper, and paint-everything should more or less match the floor. If you're aching for a little brightness (fair), mix in a pop of color with flowers or a hand towel. Less is more on this front.

FOCUS ON SENSES

When your senses are all on the same warm and fuzzy track, feeling relaxed and rejuvenated follows. For smell, try open jars of bath salts, candles, and diffusers in soft woodsy scents. For sight, install light fixtures at head height; the glow is softer and more flattering than with overhead ones. For touch, invest in a heated floor (or a heated bath mat) to add coziness. For sound (extra credit), play spa music. Taste? You can skip that one.

HIDE EVERYTHING

You already know that clutter creates chaos (love you, Marie Kondo!). In the bathroom, "nothing functional is really that good-looking, so hide whatever you can," O'Leary says. That means transferring hand soap from its original packaging to a nice dispenser and storing necessities (cotton swabs, bobby pins) in clear jars in your medicine cabinet. (The jars help prevent things from getting "gunky," as O'Leary calls it.)

ADD IN ACCENTS

▶ Wood, brass, and glass all make a bathroom look fancier, but in a subtle way. "Wood also reminds you of nature, so it has a pacifying effect," O'Leary notes. To amp up the earth factor even more, place greenery in noticeable spots (say, next to the sink instead of behind the toilet). Buy a hard-to-kill snake plant or a bunch of small, soilless air plants, which flourish in humid environments. Want texture? A mural or carved mirror should do the trick.

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Scalp Care = Skin Care

Switch up your part to prevent pulling a stress on strands.

News flash: Your scalp is important and the health of your hair depends on it. Not to worry, though; a little TLC, plus practices borrowed from your skin-care routine, go a long way.

By Chelsea Traber Burns

beauty style



How many skin-care products do you own? Now, how many scalpcare products? *Crickets*

Wel1, "your scalp is your skin," says Anabel Kingsley, trichologist at Philip Kingsley. "And just like the skin on your face, it sweats and sheds dead skin cells, which is why it needs to be washed, exfoliated, and cared for in a similar fashion.'

Only problem? Pretty much no one does this. In fact, only 28 percent of people wash their hair every day, according to Lightspeed/ Mintel research, never mind practice any scalp care beyond that.

This is especially important if you throw powder on your roots after a workout. "Using dry shampoo for days is like putting makeup on, sleeping in it, then waking up the next morning and applying it again," says David Adams, trichologist and lead colorist at Fourteenjay salon in NYC. Yeah, you probably don't do that, because you know you'd break out if you

did. But just because you may not see the signs of scalp distress hiding under your hair doesn't mean they aren't there: dryness, redness, itchiness, and irritation can all lead to thinning or hair loss if you don't get them under control.

Solution: Cleanse your scalp! "I wish we'd change the term hair washing to scalp cleansing, since the goal is to clean the skin, not scrub your strands," says Kingsley. "The suds that run through the length of your hair are enough to clean it." While Kingsley and Adams aren't against dry shampoo (bless), they recommend using it less and washing your hair every other day. Wanna improve your scalp game? Up next, some products that help.

2

ORIBE Serene Scalp Exfoliating Scrub exfoliant

3

5

Super Suds

This wash is both clarifying (thanks, charcoal and lactic acid) and hydrating (argan oil) for a deep clean that won't leave skin feeling tight. **1. Better Not Younger** Activated Charcoal Scalp Cleanser, \$34, sephora.com

Light Lotion

The hemp-seed oil in this serum restores moisture to the scalp without weighing down strands.

2. Love Beauty and Planet scalp serum, \$9, at drugstores

Targeted Scrub

Alpha hydroxy acids, including glycolic acid, loosen product buildup so it easily washes away. 3. Oribe Serene Scalp Scrub, \$52, oribe.com

Shampoo Prep

Slather this argan and tea tree oil mask onto a damp scalp once or twice a week before cleansing to help ease itch or irritation.

4. Head & Shoulders Rejuvenating Scalp Pre-Wash Mask, from \$3, target.com

Nourishing Treat

To create the best conditions for healthy hair, spritz this copper, magnesium, and zinc mix onto your scalp. 5. Thicker Fuller Hair

Scalp Tonic, \$14, at drugstores

Clean Slate Oil, dead skin, and sweat can accumulate and junk up your follicles. Exfoliate to clear the way for hair growth. ×

5 ft oz (150 ml)

head & shoulders

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GET HER GLOW

Priyanka Chopra

"You need to be happy to feel confident."

Growing up, I had very low self-esteem. I moved around a lot, and I always felt different. I was insecure into my 20s, unsure of who I was.

That changed by the time I did my first Hollywood audition, for the show *Quantico*. I was nervous, but I walked into the bathroom, looked at myself in the mirror, and was like, "You've done about 50 movies. You do not need to worry."

And it worked! I got the job. You're not born with confidence; you have to teach yourself to be confident. I told myself every single day that I'm good at my job. There's a confidence that comes from knowing you're good at something.

That's not to say I don't feel vulnerable at times—of course I do. But I try to learn from my vulnerabilities instead of feeling ashamed of them.

Happiness lies in the smallest things, so if I'm feeling blue, I try to focus on the little things that make me feel good: I eat my favorite meal, apply an amazing moisturizer, or meet up with people I love and who love me. I care about my family and my friends...but I don't care about what everyone else thinks. I'm not as afraid as I used to be, and I'm much more confident in my 30s.

As told to Kristina Rodulfo

Inside Priyanka's Beauty Bag



"Whenever I'm feeling rundown, I wear a bright mouth, like this deep matte red." M.A.C Cosmetics Retro Matte Lipstick in Ruby Woo, \$18.50, maccosmetics.com



Arch Definer

"I like my eyebrows looking groomed. If they frame your face right, then you don't need very much makeup." Dior Diorshow Brow Styler, \$29, sephora.com



Full Lashes "I'm obsessed with this Marc Jacobs mascara. It's just amazing." Marc Jacobs Beauty Velvet Noir Major Volume Mascara, \$26, sephora.com



Daily Protection

"I love that this doesn't give the whitish stains you get with sunblock. For 30 years, Obagi has tested for every single skin tone; that's incredible to see." Obagi Professional-C Suncare Broad Spectrum SPF 30, \$74, dermstore.com

CHRIS CRAYMER/TRUNK ARCHIVE

The product most recommended by doctors for scars & stretch marks.

GfK, 2014

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"After endless procrastination, I finally committed to doing something constructive about the extra 22 lbs I'd been carrying around with me since my teenage years. I started eating healthily, began exercising and before long, I started seeing results. I felt incredibly motivated until I noticed stretch marks on my hips and stomach. Luckily a close friend recommended Bio-Oil (she had used it throughout her pregnancy for stretch marks). I have now reached my goal weight and the results have been unbelievable! Thank you Bio-Oil for saving the day, and just in time for summer!" Vanessa Hartley

Bio-Oil[®] is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil[™], is also highly effective for ageing and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil is available at pharmacies and selected retailers at the recommended selling price of \$11.99 (6oml). Individual results will vary.

beauty style

"I"" "I"" Obsessed With My Lash Lift"

I stopped wearing mascara two years ago, after I couldn't find one that would stay put. Don't get me wrong, I definitely missed it—I have blonde hair and fair skin, so mascara makes a major difference on my naturally light lashes—but the constant raccoon eyes (especially after Spin class) weren't worth it to me.

Then I heard about a lash lift and tint. It's a semipermanent curl and dye job that promises length and pigment without smudges, smears, or fallen lashes. Sign me up!

THE PROCESS

I booked an appointment at Envious Lashes in New York City, where a lift with tint costs \$175. As I lay in the chair, the technician brushed my lashes up onto a silicone curling rod (there are different sizes for every lash length and curl preference). Then she applied a perming solution to the base of my lashes. "This helps break down the bonds in your hair so it can mold to the shape of the rod," said Clementina Richardson, technician and owner of the salon. Next, she used a setting solution to hold the hair in its new, curled shape. The tint, a blue-black dye slathered from root to tip, was the last step.

While it's not painful, you need to keep your eyes closed the whole time,

which can be uncomfortable if you have sensitive eyes. But it didn't bother me. In fact, I fell asleep—it was sorta relaxing!

THE RESULTS

An hour later, I opened my eyes to fuller, darker lashes. Honestly, I was shocked—it looked as if I were wearing the world's best clump-free mascara. My technician almost couldn't believe the results either and kept repeating, "They look f*cking amazing!" I agreed.

I did wonder, though: Was this actually safe? Anytime you're using chemicals near your eyes, there's a risk for an allergic reaction, says Jacqueline R. Carrasco, MD, an oculoplastic surgeon at Wills Eye Hospital. Look for a reputable technician who also specializes in treatments around the eyes (like lash extensions, tinting, or brow shaping). And if you have ingredient allergies, ask for a patch test first.

THE UPKEEP

I needed to keep my lashes dry for the 24 hours following my appointment so the bond could set—a lot like when you perm your hair—but after that, there aren't any rules. On average, a tint lasts four weeks (mine lasted about five) and a lift about eight (more than two months for me!), but the duration also varies depending on your skin type and sweat level, as oils break down the keratin treatment faster.

> Win-Win "I was impressed not only by how long the results lasted, but also that the treatment didn't damage my lashes afterward—at all!"

Chelsea Traber Burns senior beauty editor, @chelseatraberburns NEXT LEADING BRAND





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5

1. Solid Form

"Lotion that won't leak all over my tote? I'll take three. This solid moisturizer warms up in your hands and melts into skin for a nonsticky finish." **—Chelsea Traber Burns,**

senior beauty editor **Kate McLeod** Body Stone Mini, \$12, katemcleod.com

2. Hint of Tint

"This gel-y lipstick goes on like a balm with a just-right color that's basically foolproof perfect for when I want to swipe something on without breaking out a mirror." **–CTB Revion** Super Lustrous Glass Shine Lipstick, \$9.50, at drugstores

3. Stay Fresh

"I throw this pear- and freesia-scented disk in my carry-on and gym bag to keep my things smelling nice. It even works on my stinkiest clothes and lasts up to three months." –**CTB Jo Malone** Scent to Go, \$58, jomalone.com

4. IRL Filter

"I loved this cult-favorite primer when it came in a jar, so I'm stoked it's now in a mess-free bottle. I wear it to cut grease after a sweaty HIIT workout or long run." **–Kristina Rodulfo**, beauty director **Tatcha** The Liquid Silk Canvas, \$52, sephora.com

5. Matte Maker

"This clean-beauty brand's very first face powder is the ideal lightweight, buildable foundation. It takes just one minute to erase post-cardio redness for smooth, shine-

free, even skin." **–KR Bite** Beauty Changemaker Powder, \$36, sephora.com

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Come Clean

Ever wondered how bad your beauty habits *really* are? Here, experts share the truth behind some of the most common offenders so you can make a better decision...or not, your secret is safe with *WH*.

By Chelsea Traber Burns

CONFESSION

"I switch up skin-care products a ton." – Courtney, Austin, TX

HOW BAD IS IT, REALLY? 🔴 🛑 🛑 🛑

This isn't the worst thing you can do, but you might be shorting yourself some benefits. "Generally speaking, it takes weeks or even months of continuous use for a product to exert its full effect on the skin," says WH advisory board member Joshua Zeichner, MD, a dermatologist at Mount Sinai Hospital. "Constantly changing up your routine means you're not giving the ingredients enough time to do their job." Worse, you could develop an itchy, red rash from the irritation, adds Shari Marchbein, MD, a clinical assistant professor of dermatology at NYU Langone. Yeah, not ideal.

EASY CHANGE ► Stick with new products for two months before you decide whether they're worthy. "Your skin regenerates every four to six weeks, so you should start to see results around that time," says Dr. Marchbein. When you do want to introduce products, she recommends doing so one at a time so you can keep tabs not only on what's working but also on which things are causing problems. And don't forget to snap a "before" picture. When you start feeling impatient, you can refer back to it to see how you've progressed—or haven't.



CONFESSION

"I ignore product expiration dates." — Ashleigh, Seattle

69%

of women want quick results from their beauty routine, according to a 2019 survey by Ipsos, a market research firm. Using a Sharpie, mark the bottle with the date you bought it so you can keep track. A surefire sign it's time to trash your former fave? When the color or consistency changes, or it creates problems. "Expired products can cause redness, eczema, or breakouts," says Dr. Marchbein. The one category the doctors agree you've gotta be strict about? Your SPF. "Sunscreen that's past the expiration date won't give you the protection touted on the label," Dr. Zeichner says. "Sunscreen should be fine for at least two years." But here's a good rule of thumb for allll your loot: "When in doubt, toss it out."

EASY CHANGE Use your senses to determine whether your skin care is safe. "If something doesn't look, smell, or feel the way it did when you purchased it, then trash it," Dr. Zeichner says. At least once annually, take inventory of your stash. If you haven't used something over the past year, it's probably not worth keeping.



CONFESSION

"I never wash my makeup brushes."

—Kelly, Oklahoma City

HOW BAD IS IT, REALLY? ••••• "Microorganisms can contaminate your makeup and live in your brushes," warns Dr. Zeichner. "Moist environments allow for an overgrowth of bacteria and fungi, so washing is especially important for liquid foundation—more so if your skin is acneprone." If that isn't enough to turn you into a clean freak, "colors can start to look off or muddled if you don't wipe your brushes in between," says celebrity makeup artist Katie Jane Hughes. Aim for once a week.

EASY CHANGE ► Try a cleansing spray, which works like a hand sanitizer for brushes, loosening makeup so it wipes off easily. Hughes loves the IT Cosmetics It's Your Brush Love (\$19.50, itcosmetics.com); the spray is alcohol-free, so it won't dry out bristles (or your skin!).

> Dish soap is awesome at cutting through oils and dirt on brushes.

CONFESSION

"I pick off my gel polish."

—Mel, Chicago

HOW BAD IS IT, REALLY? • • • • • "The answer depends on what the nail looks like after you pick off the gel," says Dana Stern, MD, a dermatologist who specializes in the treatment of nails. "If the gels peel right off and leave your nails looking healthy, then this may, in reality, be a better way to remove them." That's because alt removal methods (read: long acetone soaks, electric filing, or scraping with a stick) can be pretty aggro, and therefore more damaging to the nail plate, according to Dr. Stern. On the flip side, if your nails seem damaged after you've peeled off the polish-look for white patches, surface irregularities, dryness, peeling, or splitting-she says you should definitely resist picking.

EASY CHANGE ► Your nails would likely benefit from some TLC if you're a gel devotee. "Oils rich in phospholipids, like sunflower oil, help nourish and strengthen," explains Dr. Stern. For healthier nails, adopt the habit of applying a product such as TenOver Ten Celery Oil (\$26, tenoverten.com). Along with sunflower oil, the formula has chia seed oil, rosehip oil, and celery seed extract to help support and hydrate nails. The mess-free rollerball applicator is a major plus—keep it in your purse and whip it out when you're tempted to bite or pick.

CONFESSION

"I work out in a full face of makeup." –Marta, Los Angeles

to working out, the combination of makeup and sweat, plus dirt and pollutants from the day, can get trapped in your pores and cause acne," says Dr. Marchbein. "If you tend to break out, it's crucial to take off your makeup beforehand."

EASY CHANGE ► Keep wipes in your gym bag so you can easily remove makeup on the go (e.g., when you're rushing from the office to a 6 p.m. HIIT class). Choose ones that are exfoliating or have a texture to them, like Sephora Collection Cleansing & Exfoliating Wipes in Pink Grapefruit (\$8, sephora.com). They act more like a washcloth, helping lift everything away. After your workout, use another wipe or simply rinse your face with water so the sweat doesn't dry on your skin and clog pores.





A Skeptic's Journey With CBD

Everyone feels the hurt after you turn 40, but you don't have to with CBD!

Life really does fly by. Before I knew it, my 40s had arrived, and with them came some new gifts from dear ol' Mother Nature—frequent knee pain, stress, low energy and sleeplessness. Now, I'm a realist about these things, I knew I wasn't going to be young and springy forever. But still, with "middle-age" nearly on my doorstep, I couldn't help but feel a little cheated. That is until I found my own secret weapon. Another gift from Mother Nature.

It began a few months back when I was complaining about my aches and pains to my marathon-running niece, Jen. She casually mentioned how she uses CBD oil to help with her joint pain. She said that CBD gave her more focus and clarity throughout the day and that her lingering muscle and joint discomfort no longer bothered her. She even felt comfortable signing up for back-to-back marathons two weekends in a row this year.

That made even this self-proclaimed skeptic

take notice.

But I still had some concerns. According to one study in the Journal of the American Medical Association, 70% of CBD products didn't contain the amount of CBD stated on their labels. And, as a consumer, that's terrifying!

ZEBRACBD

If I was going to do this, I needed to trust the source through and through. My two-fold research process naturally led me to Zebra CBD.

First, I did a quick online poll—and by that, I mean I posed the CBD question on my Facebook page. Call me old fashioned but I wanted to know if there were people whom I trusted (more than anonymous testimonials) who've had success using CBD besides my niece.

Secondly, I wanted cold hard facts. Diving deep into the world of CBD research and clinical studies, I came across Emily Gray M.D., a physician at the University of California at San Diego (UCSD) Medical School who is researching the effects of CBD. **Dr. Gray wrote "early results**

with CBD have been promising and we have a lot of research underway now. I've had several patients using CBD with good success. It's important that you know your source of CBD and how to use it properly."

After hearing it from the doctor's mouth, I returned to my online poll and was amazed by the number of close friends and family who were already on the CBD train. Apparently, I was the only one without a clue! And funny enough, a couple of friends who commented were using the same brand as my niece—**Zebra CBD**. **There was no consensus as to why they were using CBD, but the top reasons given were for muscle & joint discomfort, mood support, sleep support, stress and headaches, as well as supporting overall health & wellness.**

Eventually, even the most skeptical of the bunch can be won over. With a trusted CBD source in mind, I decided to give it a go.

When I viewed **Zebra CBD's** selection online, I was impressed by its array of products, including CBD oils called tinctures, topicals, chewable tablets, mints and gummies. After reading on their website that all their products are made with organically-grown hemp, I ordered... and it arrived within 2 days!

The first product I tried was the rub. Now this stuff was strong. Immediately after rubbing it on my knee, the soothing effects kicked in. It had that familiar menthol cooling effect, which I personally find very relieving. And the best part is, after two weeks of using it, my knee pain no longer affected my daily mobility.

The Mint Oil, on the other hand, had a different but equally positive effect on my body. To take it, the instructions suggest holding the oil in your mouth for about 30 seconds. This was simple enough, and the mint taste was, well, minty. After about 15 minutes, a sense of calm came over my body. It's hard to describe exactly; it's definitely not a "high" feeling. It's more like an overall sense of relaxation—as if I just walked out of a spa, and now I'm ready to seize the day. Needless to say, I've really enjoyed the oil.

While it hasn't been a catch-all fix to every one of my health issues, it has eased the level and frequency of my aches. And it sure doesn't seem like a coincidence how much calmer and more focused I am.

All-in-all, CBD is one of those things that you have to try for yourself. Although I was skeptical at first, I can safely say that I'm now a **Zebra CBD fan and that I highly recommend their products.**

My 40s are looking up!

Also, a company spokesperson confirmed an exclusive offer. If you order this month, you'll receive \$10 off your first order by using promo code "**WH10**" at checkout. Plus, the company offers a 100% No-Hassle, Money-Back Guarantee. You can try it yourself and order **Zebra CBD** at **www.ZebraCBD.com**.

fitness

The New Fight Club

With its unique mix of strength training and cardio, Muay Thai is officially mainstream.

By Kristine Thomason Photographed by Allie Holloway

Shot on location at Hit House in NYC

MUAY THAI BENEFITS WORTH FIGHTING FOR

Total-body training translates to major muscles in your arms, abs, back, and booty, says Chieng.

Those kicks improve balance and coordination, per the Journal of Science and Medicine in Sport. Constant movement boosts muscular endurance, according to a study in The Journal of Sports Medicine and Physical Fitness.

The practice can help improve your flexibility and agility, the same study found.

All it takes is one glance at Halle Berry to

realize her gym routine is working. Lately, the actress has been dedicated to Muay Thai,

a type of fighting that's all about throwing elbows, executing kicks...and being completely badass. A longtime lover of mixed martial arts, she began Muay Thai training for her role in *Bruised*, an upcoming film based on the sport.

Better than Halle's seal of approval, though, is that you don't have to be a celebrity or travel to Thailand to train like a true Muay Thai fighter. More gyms and studios dedicated to the sport are opening both in the States and internationally. In fact, the group fitness app ClassPass now offers access to 300 Muay Thai studios around the globe—"190 of these have been added during the past year, marking a 173 percent increase," a rep told *Women's Health*. "In the U.S., ClassPass has added 72 studios in the past year alone, and we expect to add more in 2020."

Why the hype? Muay Thai "engages your entire body," says Jennifer Chieng (pictured here), an Olympic fighter and instructor at Hit House, a Muay Thai fitness studio in NYC. (Btw, she helped choreograph the fights in *Bruised* and appears in the film as Halle's sparring partner!). Between throwing elbows and avoiding punches, expect to see muscles pop all over.

Kicking It Back to the Beginning

Boxing-based workouts gained big buzz a few years ago when models like Gigi Hadid started posting photos of themselves punching on Instagram. Suddenly, fighting didn't seem quite so bloody and black eyeinducing, and this paved the way for lesser-known styles like Muay Thai to gain traction.

But here's a good time to acknowledge that the practice predates any influencer wrapping her hands and roundhousekicking. Muay Thai (it translates to "Thai boxing") originated as a battlefield tactic in ancient Thailand, according to the World Thai Boxing Association (WTBA). It evolved into the country's national sport, and eventually legendary Muay Thai instructor Ajarn Chai introduced the martial arts form to the U.S. in 1968.

Traditionally, only men were allowed to learn Muay Thai, and while it's hard to pinpoint when women first started jumping into the ring, "the female presence has grown exponentially since the late 1960s," says Elise Pone, a Muay Thai fighter, instructor, and WTBA rep.

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fitness

DON'T FORGET TO BREATHE!

"Exhale during every punch and kick, then take a deep breath in when you're not striking, to make sure your muscles don't fatigue," says Chieng.

How Muay Thai Compares to Other Kick-Ass Fighting Styles

Yes, Muay Thai is somewhat similar to boxing (you're still throwing punches, after all)—but it's even more of a totalbody endeavor. "Muay Thai is different in that it uses elbows and knees," says Pone. It's known as the "art of eight limbs" because it involves that many points of contact unlike boxing, which calls for two, or kickboxing, which uses four.

Chieng also notes that boxing is more about power-punching as hard and as fast as you canwhereas Muay Thai focuses on precision and balance. "The pace is slower and very intentional—it's like a battle for control," she says. "You'll see it with experienced fighters. There's no sense of urgency; they're much more calculated." The sport is mentally challenging too, "since you're working toward developing a very specific skill set that's necessary to combat an opponent," says Chieng.

That's not to say Muay Thai won't spike your heart rate. "It's made up of explosive spurts, then you relax," adds Chieng.



4 MOVES TO MASTER FOR MUAY THAI

Ready to give Thai boxing a try? These exercises will boost your confidence before your first workout and also maintain your conditioning at home once you start training. To create a full circuit, complete the reps and sets as indicated, then continue to the next move immediately.

Moving Jump Rope Stand holding a jump

rope. Swing rope in front of body and hop over. Continue swinging and hopping, moving two hops left, two right, two front, then two back. Keep moving for 3 minutes. Complete 3 sets, resting 30 seconds in between.

Fast footwork and solid coordination will help you avoid an opponent's strikes during a match.

Squat With

Shuffle Stand with dominant foot slightly back, toes and hips facing forward, fists by face. Lower into a squat, then stand and shuffle three paces left, then three right. That's 1 rep. Complete 3 sets of 10 reps.

Ducking is a crucial defense—plus this move builds leg strength and muscle endurance.

Situp With Elbow Throw

Lie faceup with knees bent, feet flat, and hands behind head. Lift chest toward knees, twisting torso at top to touch left elbow to knees. Return to start, then repeat on right side. That's 1 rep. Complete 3 sets of 10 reps.

Core conditioning is essential, as is learning to throw elbows with power.

Running in Place to Sprawl

Sprint in place for five seconds, then bend over, place hands on floor, and jump feet back into a plank position. Immediately hop feet forward outside of hands, then return to start. That's 1 rep. Do 3 sets of 10 reps.

This mimics the quick changes of intensity found in Muay Thai.

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MOVE OF THE MONTH

Powerhouse Pushup

Make your triceps pop—and carve your core!—with this high-low twist on a classic.

WHY WE LOVE IT

Ready to supercharge your upper-body workout? This exercise combines a badass strength move (single-leg decline pushup) with a classic yoga pose (down dog split) to give you the best of both worlds: total-body toning and a good stretch. What's more, elevating your feet makes this a 2.0-level pushup that'll work your shoulders and upper arms from a different angle for max sculpting, says Michelle Marques, CPT (showcasing her skills here). Do this move properly and you'll hit all the major abs groups as in your obliques, six-pack muscles, and deep stabilizers. Kind of om-azing, right?

Keep laces of elevated shoe facing down toward floor to square hips and stop the leg from turning out.

Flatten hands into floor and softly bend both arms to avoid hyperextending at elbow joint.

3

Push floor away with

palms, fold at hips, and

lift right leg up in air

behind you. Return to

start. That's 1 rep.

HOW TO DO IT

2

Brace core, push left heel

back to engage leg, and

bend elbows to lower body

in a straight line until tri-

ceps are parallel to floor.

WORK IT IN

• Complete 3 sets of 6 to 8 reps on each side to increase muscle endurance in your arms.

• Replace any standard pushup with this advanced variation during a full- or upper-body strength sesh.

Koral bra and leggings, koral.com; Adidas sneakers, adidas.com

Begin in a high-plank

position with left foot

on six-inch box and right

foot hovering slightly

above it, toes pointed.

Tuck pelvis, draw in belly button, and broaden shoulder blades to maintain a neutral spine throughout the movement.



TheArtof the Action Selfie

NO INSTAGRAM HUSBAND, NO PROBLEM. YOU WON'T NEED A FITNESS BUDDY TO TAKE YOUR PHOTOS IF YOU'VE GOT THESE TRICKS IN YOUR (LEGGINGS) POCKET.

By Ashley Mateo

1 Dress **boldly.**

Contrasting colors, like cool tones against sunsets or warm shades in green spaces, will help you pop in a pic, adding a dynamic element, says Lisa Slagle, a sports photographer.

Shoot early or late.

Snap pics during the "magic hour" around sunrise or sunset when "natural light is golden," says Slagle. Doing so nixes harsh shadows or overexposure and gives you that ideal glow. up your nose.

Snap from hip height. **Prop** your

phone up on a bench or ledge (anything that's not over water-RIP iPhone 8) so it looks like an actual human took the pic. Avoid setting your phone on the ground; you'll see right

Tap into that selftimer.

Burst mode, which takes 10 pics per second, is your **BFF.** Position your phone, then cue your countdown to action and hustle. Aim to be at peak pose when the clock

hits zero.

Follow the rule of thirds.

5

Divide your screen into three vertical segments, and position your body to the left or right. "That will give the action room to breathe and make for a nice composition," says Slagle.

Next-Level **Tech**



Want a jumping pic à la WH editor-in-chief @lizplosser? AnApple Watch or this cheap remote will help you snap frames mid-leap. KobraTech Bluetooth **Remote Shutter** Release, \$15, amazon.com



The flexible legs of this tripod work like tentacles you can wrap around posts or barres. Plus, the camera stand swivels 360 degrees, allowing you to capture the perfect angle every time. Joby GripTight One, \$20, joby.com

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health

Eyes on the road It helps with a sour stomach

Road Tested

Writer **Amy Marturana Winderl** wanted to travel the U.S. in an RV. Only one problem: She's prone to motion sickness. So she put five remedies to the test on a mission to discover how to get from point A to point B without turning green around the gills.

Photographed by The Voorhes

health

I've had a contentious relationship with car rides for as long as I can remember. When I was a kid, we used to collect airplane barf bags, then stash them in the car, just in case. I happen to be one of the many unlucky people prone to a level of motion sickness that messes with my day-to-day life. Motion sickness is triggered when the eyes, muscles, and balance controls in the inner ear send conflicting messages to the brain. The mismatch between the motion your eyes and muscles are registering and what your inner-ear system is experiencing-say, because you're sitting in a moving vehicle-is why the nauseous feeling sets in, says Quinton S. Gopen, MD, an otolaryngologist at UCLA Health.

Considering my stomach doesn't like car rides, I knew I was taking a risk when my husband and I decided to embark on a yearlong RV trip. But I was so eager to get out of NYC and hike my way through U.S. parks and live life at a slower pace. And as a writer, I can work from anywhere I have Wi-Fi.

But as I quickly learned, if I wanted to really enjoy each destination, I'd have to bang out work during long rides to free up the rest of my time. So I did what any self-preserving person would do: I desperately looked into—then tested—a variety of remedies that promised to help me deal.

Buckle up for my primer on everything available, ranked worst to best based on how they worked for *moi*. Keep in mind that these elixirs may have slightly different effects on you and that you may need to mix and match a few to find your ideal power combo.



Essential Oils

SCORE OOOOO I read online that certain essential oils may help ease nausea, and I even found an aromatherapy blend called Motioneaze marketed for motion sickness at the drugstore (it contains oils like peppermint, lavender, and chamomile). It smelled nice and gave me something to focus on momentarily, but I still felt my usual *blegh* despite applying it before and during car rides.

Peppermint may help kick the wanna-vom vibes, though research suggests any perceived benefit is most likely a placebo effect or a result of the deep-breathing techniques that are often used at the same time in aromatherapy studies on nausea. **PRO TIP** If you decide to give oils a try, you can apply them topically or ingest the herbs (by drinking peppermint or chamomile tea, for instance). If you want to use the oils on your wrists or temples—both of which make for easy whiffing do a patch test first to make sure you don't have sensitivity or a reaction to the ingredients.

Older, Wiser, Sicker? Most people who get motion sick have been prone to it since childhood, says Adrian Priesol, MD. So if you start experiencing the sensation as an adult, that warrants a visit to your doc. "Sometimes the culprit is migraines," he says. Or if you've recently had a virus that affected your inner ear, there may be a mismatch between vision and the ear's balance signal, bringing on that icky sick feeling.

Acupressure Accessories

SCORE 00000 Anti-nausea bracelets (e.g., Sea-Bands) were the easiest intervention to use. All you do is place one band on each wrist (they come two in a box) so the plastic knobs sit on top of the P-6 acupressure point, which is located about two-fingers-width from where your hand meets your wrist and is known as the hot spot for alleviating nausea (though so far it's unclear why).

Did they help? I'm still trying to decide. I plan to keep wearing them. There's a well-established link between targeting the P-6 point and reduced vomiting and nauseawith the caveat that studies looked at people managing chemotherapy sickness or morning sickness, says Tracy Rydel, MD, a family doctor at Stanford Health Care. For chronic motion sickness, it's less clear if it works. **PRO TIP** At the very least, you can lean in to the placebo effect here. There's no downside to donning a little wrist jewelry for the sake of your comfort.

onds

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Ginger Supps or Gum score 00000

I kept a pack of Sea-Band Anti-Nausea Ginger Gum in the cup holder and chomped on a piece every time my nausea ramped up. It helped for at least a few minutes, but not much longer. It's worth a shot, though, as ginger is one of the most highly recommended remedies for nausea in general, Dr. Rydel notes. One potential downside is that you may begin to associate the taste with being ill, "so some people start feeling sick or anticipate nausea when they smell ginger," she explains. **PRO TIP** If you can stomach the taste, Dr. Rydel suggests trying ginger in conjunction with other remedies. If you're on blood-thinning medication like aspirin or warfarin, talk with your doctor before taking ginger regularly; it may contribute to slow blood clotting and up your risk of bleeding and bruising.

The Horizon Gaze

This classic trick was surprisingly effective. Bonus: It's free! When I diligently took visual breaks every 20 minutes to look ahead out the window, I could keep the sour tum to a minimum and get through a few hours of work feeling okay. TBH, I still felt sick soon after looking at my computer again, but resetting helped buy me time before it got bad enough to call for another pause. The other point knocker? While it's a solid tactic for a boat or car. this doesn't really work in a plane. **PRO TIP** Staring off is more about looking at where you're going than about focusing on the actual horizon. "In a car, it's often helpful to sit in the front and keep your eyes on the road," says Adrian Priesol, MD, an otoneurologist at Massachusetts Eye and Ear Infirmary. When you see you're moving and confirm the motion your ear is sensing, it lessens the internal confusion that may be the cause of motion sickness, he says.

Over-the-Counter Meds

Oral options containing meclizine and dimenhydrinate were staples in our medicine cabinet when I was growing upand they're still the most effective way I've found to stave off car queasiness. That's because they're good at reducing the sensory conflicts that cause motion sickness, research has shown. There is a notable downside, though: While taking the pills helped immensely, even the "less drowsy" formulas made me sleepy. **PRO TIP** Anti-motion sickness meds work best when taken preventivelyideally, a full hour before your trip. "Once you start to get ill, it's harder to beat it back," Dr. Gopen says. As for fighting the drowsiness? Experts haven't cracked that nut, he notes. So consider

the timing when you pop a pill, and make sure you won't be in any trouble if you wind up taking an accidental catnap.

Boats tend to be the biggest offenders in causing motion sickness.

health

Mouth Off

Oral care is almost as trendy (and Instagrammable) as skin care. But which modern dental routines are the real deal? Sink your teeth into this guide.

By Jessica Migala

The dental industry
doesn't exactly have the
sexiest track record.

There's the whole stuffyoffice thing. The harsh scrubbing. The pointy objects stabbing at

your gums. It's no wonder that 70 percent of people report having experienced anxiety in anticipation of dentist appointments.

But luckily for anyone who's ever known dental dread, the industry is getting a makeover. See: millennialadored dental studios that feel like spas, not torture chambers, and products from oral-care companies like Quip and Hello with displayworthy packaging and buzzy new ingredients.

The result? Looking after your teeth and gums now feels like a self-care ritual, not a chore. And this transformation is a good thing, considering there's a strong link between oral health and your

overall well-being. The catch? Not every mouth-care practice in style right now is worthwhile, or a wise idea (Alexa, explain "activated charcoal...").

36% of Americans in a survey said they would rather do sucky chores than floss daily.

Here, top dentists spill the, uh, mouthwash on the latest oral hygiene trends—so you can make sure your dental routine is powerful, practical, and pleasant.

THE CLAIM

Oil pulling can nix bad bacteria in your mouth and prevent Alzheimer's.

REALITY CHECK: WORTH IT... WITH A CATCH

Oil pulling means swishing oil, typically coconut, around in your mouth to supposedly remove toxins. Pros say the practice can protect gums, thanks to the antiseptic and antibacterial properties of coconut oil. "I also find that oil pulling helps reduce the number of canker sores patients get," says Jennifer Plotnick, DMD, of Grand Street Dental in Brooklyn. As for the Alzheimer's-fighting claim? There's no evidence to back that up.

TRY IT Pass a small amount of oil between your teeth for about 20 minutes, Dr. Plotnick says.

THE CLAIM

Charcoal mouth products can whiten teeth and freshen breath.

REALITY CHECK: NOT LEGIT Activated charcoal has made its way into toothpaste and the bristles of brushes. The dark stuff is thought to be a natural way to scrub the surface of the teeth, whitening them and freshening your breath. But experts don't recommend these dental aids. "Charcoal is too abrasive, and we worry about the particles wearing down teeth's enamel, the protective top layer," says Sonya Krasilnikov, DDS, of Dental House in New York City. Stick to the classics: charcoal-free, fluoride-containing tubes and normal brushes.



THE CLAIM

Chic-ified dentist offices will tame your dental stress.

REALITY CHECK: DEF POSSIBLE Thanks to new dental studios like Dntl Bar and Tend (picture sleek decor, Netflix on screens above the chairs), appointments are getting comfier. You don't *need* to switch over to a trendy office, but if it'll encourage you to go regularly and they take your insurance (meaning they prob

THE CLAIM

Direct-to-consumer (DTC) aligners straighten as well as orthodontists.

won't cost more), go for it.

REALITY CHECK: NOT SO FAST Clear-aligner companies (a.k.a. Invisalign alternatives) take an impression of your teeth, create a 3D image based on it, and mail you the inserts (no in-person visits!). DTC aligners may help straighten teeth and save you cash—but there are things that can go wrong, like damage to your teeth and periodontal tissues, says Heather Kunen, DDS, cofounder of Beam Street. So some pro supervision is a good idea.

THE CLAIM

Eco-friendly oral care is superior.

REALITY CHECK: BETTER FOR THE PLANET, BUT MAYBE NOT YOUR MOUTH

More and more brands are going green, including Oral-B with its Clic toothbrush that features replaceable heads, and Ouip's new refillable floss dispensers. But some sustainable items (particularly toothpastes) considered "natural" don't have fluoride, so they're not a replacement for daily brushing with your go-to paste, says Victoria Veytsman, DDS, of Cosmetic Dental Studios. Use them for breath touch-ups only. **TRY IT** Before tossing your empties into the recycling bin, check each product's website for instructions;

you may need to mail the item back to the company to recycle it.

THE CLAIM

Fancy smart brushes cleanse more effectively than manual ones can.

REALITY CHECK: TRUTH! Next-level models offer features like sensors to detect the pressure you're using as you polish and Bluetooth connectivity that logs your brushing habits in an app. In general, electric bristles and sonic technology do a better job because the vibration pushes toothpaste between the teeth-and because they're outfitted with a timer that guides you, says Dr. Plotnick. The bells and whistles may help some people notice and nix bad brushing habits, like skipping zones or rushing the process. **TRY IT** Dentists single out the electric toothbrushes from Sonicare (right) and Oral-B for being particularly awesome.



Gorg and Good for You

×××

1. Elementa Mouthrinse The formula tastes like delicious honey, removes biofilm, and targets bacteria. *\$25, elementasilver.com*

×××

2. Lush Crème De Menthe Mouthwash Tabs Chew with water, swish, and spit for fresh breath. \$10, lushusa.com

×××

3. Hello Naturally Whitening Fluoride Toothpaste This tube packs enamel-strengthening fluoride, wins the ADA seal of acceptance, and is free of sulfates and dyes for a more natural, but still effective, paste. \$5, hello-products.com

×××

4. Oral-B Clic Toothbrush Oral-B's parent company, P&G, uses the recycling platform Loop, which takes care of the replaceable brush heads on this manual option. \$15, shop.oralb.com

××× 5. Quip Refillable

Floss Flossing tones gum tissues—"it's like squats for your gums," says Dr. Plotnick. This pick comes in reusable plastic or metal. *From \$10, getquip.com*

Whitening Pen Patients like this pen because it's convenient to carry, says Dr. Veytsman. \$20, moonoralcare.com

×××

7. Philips Sonicare ProtectiveClean 6100 Electric Toothbrush The brush pulses if you're scrubbing too hard. \$99, amazon.com



Q: Does tongue scraping actually do anything for my health?

A: Scrub, baby, scrub. Food and bacteria on the tongue cause stinky breath, says Dr. Krasilnikov. Buff your tongue with your brush for a few seconds post-brushing.

Q: Is a whiter smile a healthier smile?

A: Not always. "Enamel isn't necessarily a brilliant shade of white naturally," says Dr. Kunen. However, excessively yellow, worn, or pitted enamel can be a sign of an unhealthy smile.

Q: Is it bad to skip brushing after a snack?

A: Kind of. Après eating, sugars in food break down and release corrosive acid on your teeth, says Dr. Plotnick. Wash it away by sipping water throughout the day.



2 NATURAL COME TOGETHER

New Lunchables with Natural Meat & Cheese

new

Tunch

natural

Natural meat and cheese made with simple ingredients and absolutely nothing artificial.

2019 Kraft Foods. No artificial ingredients, minimally processed, except for crackers and treat.

food nutrition

Ready, Set, Prep!

You know the deal: Meal prepping allows you to cook on *your* schedule, so you have homemade, healthy dishes on hand all week. But the thought of downing the same salmon, green beans, and quinoa combo four days in a row? Nope, nope, and *nope*. Enter: these smart strategies—courtesy of the *WH* Test Kitchen—that will set you up for success.

> By Trish Clasen Photographed by Chelsea Kyle

food nutritio

PREP STEPS

Ace Your Base

Load up on pantry staples like grains, wraps, and breads, plus potatoes and hearty greens, and mixing up your meals will become a no-brainer.

Pick a Protein

Cook proteins in advance, but don't slice until you're ready to eat, to prevent 'em from drying out. And season simply, so you're not stuck with spicy chicken five days straight (been there, hated that).

Choose a Veg

In addition to your favorite raw salad options, choose hearty, versatile vegetables like broccoli, peppers, sweet potatoes, squash, mushrooms, green beans, asparagus, and grape tomatoes. Cook them to extend their shelf life and you won't have to deal with a fridge full of food that has gone bad.

Switch Up the Flavor Wait till the end

to get creative so you can easily shake things up while keeping food from getting soggy. DIY a few delish dressings (see page 74). Use a grill (or grill pan) to add a dash of smoky char to your mealtime mix.

STOCKPILE

Pack your freezer with frozen peas, corn, and edamame. They thaw fast under running water. And don't forget beans! Try canned black, pinto, or chickpeas for easy-to-add fiber.



Creamy, Cheesy Goodness



ood nutrition

Farro, salmon, cauliflower, tomatoes, Mediterranean olive sauce

Grains

Always cook more, not less: Leftovers last in the fridge up to four days, and batches of brown rice, wheat berries, farro, and quinoa keep in the freezer for a month—at least! To cool grains quickly, spread them out on a baking sheet. When you're ready to warm them up again, simply pop in the microwave.

BASE BASICS

Greens

Water is enemy number one if you want to keep your produce crisp. When you're chopping and washing spinach or a head of romaine in advance, just make sure to pat everything dry. (Bonus for spin-drying first.) Buying prewashed? Check for moisture in the clamshell, and if needed, take the greens out and dry between dish towels.

Pastas

Opt for noodles that taste good cold (looking at you, soba) so you don't have to deal with reheating spaghetti that's clumped together. For the same reason, embrace shorter pastas you'd find at a summer potluck, like fusilli or orecchiette, which tend to stay separated, unlike their longer siblings. A few tips on walnuts, snacking and

how to keep your spices dry when your mouth is watering



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Per one ounce serving.

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Baby kale, wheat berries, chicken, asparagus, chickpeas, caper vinaigrette

MEAT & MORE

Chicken Breast

Rub chicken with olive oil, then season and grill on medium-high until just cooked through, 4 to 6 minutes per side.

Heat oil in an ovenproof skillet on medium. Season chicken and cook until golden brown, 2 to 3 minutes per side. Transfer to oven; roast at 425°F until just cooked through, about 10 minutes.

ROAST

Salmon

SAUTÉ

ROAST

GRILL

Heat oil in a skillet on medium-high. Season salmon and cook until golden brown and opaque throughout, 5 to 6 minutes per side.

Place salmon on a baking sheet. Season and roast at 425°F until opaque throughout, 10 to 12 minutes.

Season salmon and grill on medium-high until opaque throughout, 3 to 4 minutes per side.

Season salmon and broil until opaque throughout, 7 to 10 minutes.

Steak

Season 1-inch-thick steak with salt and pepper and grill on medium-high to desired doneness, 6 to 8 minutes per side for medium rare. Let rest 5 minutes before transferring.

Heat oil in an ovenproof skillet on medium-high. Season 1-inch-thick steak and cook until brown, 2 to 3 minutes per side. Transfer to oven and roast at 425°F to desired doneness, 5 to 6 minutes for medium rare.

Tofu

Place extra-firm tofu on a cutting board between paper towels and top with a baking sheet and large cans; let sit 15 minutes, then slice. Heat oil in a skillet on medium-high. Cook until deep golden brown, 2 minutes per side. Transfer to a paper towel; add salt and pepper.

Break firm tofu into large pieces on a baking sheet. Toss with olive oil, season with salt and pepper, and roast at 425°F, flipping once, until golden brown at the edges, 25 to 30 minutes.

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od nutritior

Use roasted sweet potatoes as a base or pack them as a snack with a dipping sauce.



Quinoa, broccoli, tofu, cucumber, toasted almonds, sriracha-honey vinaigrette



VEGGIE CHEAT SHEET

Sauté All Day

Heat a large skillet on medium-high. Add olive oil, then veggies, and season with salt and pepper. Cook, tossing occasionally, until just tender.

> Peppers Sliced 6 minutes

Grape Tomatoes 4 minutes

Green Beans 5 minutes 4 minutes Mushrooms

Halved or Quartered 11 minutes

Roast With the Most

On a large rimmed baking sheet, toss your fave veg with olive oil and season with salt and pepper. Roast at 425°F until golden brown and tender.

> Broccoli Florets 22 minutes

Asparagus 15 minutes

Mushrooms Halved or Quartered 25 minutes Cauliflower Florets 20 minutes

Peppers Sliced 14 minutes

Grape Tomatoes 13 minutes **Best for Blanching**

Bring a large pot of water to a boil. Add salt and veggie to boiling water and cook until just tender. Immediately transfer to ice water to cool. Drain and pat dry.

> Broccoli Florets 4 minutes

Cauliflower Florets 5 to 6 minutes

Asparagus 4 minutes **Green Beans** 5 minutes

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ood nutrition

Rice noodles, steak, green beans, edamame, cabbage, peanut sauce

> DRESSINGS & SAUCES

Caper Vinaigrette

MAKES ABOUT 1¹/₂ CUPS Combine 2 **shallots**, ¹/₂ cup **parsley**, ¹/₄ cup drained **capers** (all finely chopped), 1 Tbsp **lemon zest** plus ¹/₄ cup **juice**, and ¹/₂ tsp each **salt** and **pepper**, then whisk in ¹/₂ cup **olive oil**.

Vegan Caesar

MAKES ABOUT 1½ CUPS Whisk together 2 tsp **lemon** zest plus ½ cup juice, 1 tsp Dijon mustard, 1 grated clove garlic, 1 tsp each low-sodium soy sauce and pepper. Whisk in 1 cup olive oil.

Peanut Sauce

MAKES ABOUT 3 CUPS In a blender, puree ¾ cup each creamy all-natural **peanut butter** and **canola oil**, ½ cup **water**, ¼ cup each **rice vinegar** and fresh **lime juice**, 1½ Tbsp each low-sodium **soy sauce** and **gochujang**, and 2 **scallion** whites until smooth.

Sriracha-Honey Vinaigrette

MAKES ABOUT ²/₃ CUP Whisk together ¹/₄ cup each **cider vinegar** and **olive oil**, 2 Tbsp **sriracha**, 2 tsp **honey**, and ¹/₂ tsp **salt**.

Romesco Sauce

Cilantro-Lime

MAKES ABOUT 1³/₄ CUPS In a food processor, pulse 2 cups **roasted red peppers** (drained), 1 cup flat-leaf **parsley**, ¹/₂ cup roasted salted **almonds**, and a pinch of **salt** until almost smooth.

Cilantro-Lime Yogurt

MAKES ABOUT 2½ CUPS In a blender, puree 1 **jalapeño** (seeded and chopped), 2 cups **Greek yogurt**, 1 cup **cilantro**, ¼ cup fresh lime **juice**, and ½ tsp each ground **cumin** and **salt** until smooth.

Mediterranean Olive Sauce

MAKES ABOUT 21/4 CUPS

In a blender, puree 2 cups pitted **green olives**, ½ cup **olive oil**, ¼ cup **lemon juice**, 2 tsp **Dijon mustard**, ½ cup flat-leaf **parsley**, 2 cloves **garlic**, and ¼ tsp **red pepper flakes** until nearly smooth.

Creamy Dijon

MAKES ABOUT 1 CUP Whisk together ½ cup each mayo and yogurt, 2 Tbsp white wine vinegar, 1 Tbsp whole-grain mustard, 1 tsp Dijon mustard, and ¼ tsp each salt and pepper.

rate

Refrigerate all dressings and sauces for up to a week, and use as desired.

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LIFE'S BETTER WHEN YOU'RE IN IT. BE THERE.



Quit waiting around for perfect circumstances before you attack your personal goals. This excuse-busting guide will help you find your momentum on the tough hills, even in messy conditions.

By Amy Wilkinson Photographed by The Voorhes



You're nailing the 9-to-5, slaying afterschool pickup, and killing that 10-step Korean skin-care routine. Yet amid all this high-functioning hustling, something is getting lost: your Big Dream.

Maybe you want to train for a triathlon but can't imagine swinging two workouts a day right now. Or you have an awesome idea for an app but feel you need a less crazy job in order to develop it. (Insert your grand plan + totally understandable excuse here.)

To be fair, we want to devote our best efforts to our highest goals, so we often wait until conditions are ideal in our life, our mind, or our body before going all in. This sort of Goldilocks mentality with ambitions is common, says Carolyn Russo, PhD, a mental health counselor in Seattle. Plus, women are pulled in a zillion directions (by family responsibilities, unconventional work hours, or both)—and we "strive for perfection," Russo says. "When the expectation is too high, of course we're going to feel defeated from the get-go."

Realizing that perfection is unattainable and you'll never find extra hours in the day is the first step toward reaching your goal. Seriously—there's no better time than *right now* to press play on your dreams. Consider this your game plan for committing to the climb. For real this time.

> Friendly reminder: You can do this. You just need to give yourself a different narrative.

UPHILL BATTLE "I don't deserve to

pursue this goal." Perhaps you have the time and the talent to scale that peak, but you haven't because you don't believe you've earned the right (and therefore don't ask your boss to consider you for the lead on a big project, for instance). These feelings typically indicate low self-esteem, says Russo, and can stem from your childhood and the messages you received from authority figures. "You internalize and become whatever you believe," she explains. You may not even realize you're sabotaging yourself with this thinking.

CLIMB IT Do a round of "fact or feeling."

Russo asks herself, What are the facts in this situation? And then, What are my feelings? If you think you don't deserve a promotion, do you have any evidence to back that up? If not, it's just a feeling, and you shouldn't let it hold you back. Facts have evidence to support them.

UPHILL BATTLE "I can't because it's too hard."

You may have set a Big Audacious Goal for yourself (like taking a trip around the world or buying a house), but reality has quickly set in—and you've got a whole lotta work ahead of you. Cue overwhelming feelings. Emotions like these often come from a fear of failure, says Russo, which leads us to give only 75 percent of our effort or to not start at all when we believe we might not flourish.

сымв іт Work on having a momentum mindset.

Create a vision board to engage with your ambition on a daily basis. Yep, let's get a little woo-woo for a sec: This is all about fueling a "momentum mindset," says psychotherapist Kimberly Grocher. That's when you become more aware of the resources showing up in your life to help you, instead of focusing on the setbacks. Maybe your best friend's partner is a whiz of a financial planner, or your cousin just got her real estate license. When you start seeing through the lens of your dream, you'll begin noticing new routes and shortcuts to success.

mind

UPHILL BATTLE "Now's not the right time to pick this back up. Next month!"

I'll do it come summer, or when the kids leave the house. This line of thinking is convenient, says Samara Serotkin, PsyD, a psychologist and mindfulness coach, because it makes you feel as if you're taking action and problem-solving when you're really just procrastinating. This isn't to say the I-haveno-time feeling isn't valid. But when it becomes your norm, you need to approach the problem from a different angle.

CLIMB IT

Recruit an ally. Take a page from the *Real* Housewives playbook and find an accountability coach (Teddi Mellencamp Arroyave's new gig). Solicit feedback from a friend who can call you out when you haven't recognized you've gotten off track or are trying to back out, Russo says. Science supports this: When people sent weekly goal updates to a friend, more than 70 percent reported finding success-compared with 35 percent of the men and women who didn't share with pals, per a study from Dominican University. *Texts mom now.*



UPHILL BATTLE "I've failed in the past, so why bother now?"

Some people use the tactic of self-shaming in the hope that focusing on past failures will motivate them to do better this time, says Serotkin. But the strategy is a trap, as the fear of history repeating itself can end up holding you back instead of powering you forward.

CLIMB IT Use your previous failure as data.

Review your last go-around from a place of neutrality. "Failures are information," Russo says. "What do you need to learn from this experience?" That's a reset allowing you to proceed differently next time, she adds. To that point: People who make concrete contingency plans for hurdles and temptations on the road to a goal are more likely to achieve big wins, according to a new study in *Personality and Social Psychology Bulletin.* For example, if your halfmarathon training didn't go well last time because travel interrupted weekend long runs, bookmark jogging routes in locales you know you'll be visiting.

How She Did It

Four next-level busy women offer the hot tip that helped them make their missions come true in the face of, well, life.

SAY NO OFTEN.

► "Be selective about what you say yes to," suggests Georgina Miranda, CEO of She Ventures, who has climbed some of the world's highest peaks, including Mount Everest (twice). To make time for her training, she declines endless networking events and projects and chooses only the ones that support her life and company. From there, she prioritizes sleep and wellness.

HAVE ONE PERSONAL OBJECTIVE AT ALL TIMES.

► Think marathons are hard? Montana mom Cynthia Laura Arnold set a new stroller record last year, pushing three kids 26.2 miles (at the same time!). She approaches running as she does brushing her teeth or showering: as a nonnegotiable act of selfcare. "Being able to work on a personal goal is important for your mental health, which is just as important as your physical health," she says. BLEND YOUR WORLDS. • Entrepreneur Gabby Slome, the co-owner of Ollie, a dog food company, launched her business and had a baby all in the span of a year. After her daughter came early, she brought her to key business opps already on the books but also asked folks to work around *her* needs. "I made a news agency change location to come to my apartment and film," she says. "I breastfed between takes." SET GOAL "MEETINGS." • Listen up if you're considering a career pivot: *All American* exec producer Nkechi Okoro Carroll was an economist before moving into media. Her biggest tip? Be intentional about your calendar. "While working at the Federal Reserve, I scheduled blocks of writing time like they were meetings—and canceling them was not an option," she says. "I'd stop whatever I was doing."



My Mother's Secret

For years, *WH* assistant editor **Alexis Jones** thought she was clumsy. But in high school, she learned she had cerebral palsy and that her mom had stayed mum about her condition her whole life. Now? Alexis considers this one of the greatest gifts she's ever received.

I fall down a lot. More than

the average person, who might trip over a shoelace or the curled-up edge of a shag rug. For as long as I can remember, it's always felt as if a gust of wind were trailing behind me, waiting for the perfect moment to blow me over.

I fell so often as a kid that I developed a habit of immediately yelling "I'm okay!" from wherever I'd land in the house. My mom would listen for these words, then return to her task, anticipating the next thump or clang.

Fast-forward to the evening of my high school graduation: As I prepared to walk with my graduating class of 70 students, I realized a trip would never go unnoticed. So I strapped on the safest heels I owned and headed to the living room, where my family was waiting, to practice my stride. As I came downstairs, my cousin grabbed me and pulled me close to his chest. "Alexis, I'm so proud of you. You've come such a long way since the CP diagnosis," he said. "*What?*" I replied, with a stare. "Since the cerebral palsy...you didn't know?" he asked. Um, no, I didn't.

I ran upstairs to my mother's bedroom, where she stood putting the finishing touches on her mother-ofthe-grad look. "Mom, do I have cerebral palsy?" I asked, as she clasped her necklace shut. Cerebral palsy, often called CP, is a group of disorders that affect movement, balance, and posture and can develop from a brain injury in early childhood. But that wasn't me, I thought. And it wasn't as if I hadn't asked about my excessive falling before. Each time, my mom would make light of it, saying something like, "Your balance is just a little off."

Not this time. "You were born with mild cerebral palsy," she said. As I sat there on her bed, still in my grad cap, I started piecing things together: my failed swim lessons, the physical therapists who pulled me out of class twice a week so I could practice my balance...it all made sense.

"The world is hard enough without a 'disorder,'" my mom said. The words stuck with me. I appreciate that my cerebral palsy didn't hold me back—a possible issue for some, according to *WH* advisor Chloe Carmichael, PhD. Labels can feel like limitations, she says.

I didn't have a label, so it never had the chance to limit me. I became adaptable, in school and in life. So what if running bases in softball wasn't the easiest thing for me to do? My mom signed me up for the golf team. When I realized I couldn't hold a pencil correctly, we purchased penmanship paper, and I practiced for hours a day until I figured out how to grasp the wooden stick that would eventually help me write my first poem, short story, and very brief (but bound!) childhood novel. And just look where I am now: I'm an assistant editor at a global health and wellness brand, and I'm writing this story!

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If you've ever felt more like a toy dressed in a costume than a rock-star [insert job title here], this one's for you. Read, rethink, and take a bow, my friend.

By Marissa Gainsburg Photographed by Jarren Vink

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THE MIND YOUR Health Sumn

Presented by Women's Health and the 92nd Street Y on October 6th, 2019, the first-of-its-kind summit took a whole body approach to mental health and wellness.

Kicking off Mental Health Awareness Week, MIND Your Health brought experts in the wellness space together with attendees who engaged in talks, panel discussions and workshops on topics ranging from nutrition to fitness, to sleep and meditation, and much more.

Speakers included Women's Health Editor-in-Chief Liz Plosser; New York Times bestselling author Cheryl **Strayed**; Born This Way Foundation President Cynthia Germanotta; New York Times bestselling author Bob Roth; Melanie Whelan; co-founder of SlooMoo Institute Karen Robinovitz; psychiatrist, bestselling author and television commentator Dr. Gail Saltz, and many more.

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I will never forget the day my best friend, a physical therapist with a doctorate from NYU, called me after her first session with a bigdeal international celeb (so maj, I can't even spill the name). We were both super excited-this was monumental for her, just three years into her career!-so I was shocked when she broke into tears. "I feel like a fraud," she said. "What am I doing here?" I cried with her, because those same words had run through my head a few days earlier. I'd just been promoted, and while I believed I deserved it, I wondered if other people thought I did too.

At 29, with nearly a decade in publishing under my belt, I still have moments of trying to persuade myself and the world that I, a public-school girl from Baltimore, belong in a shiny tower in NYC, working at a glossy brand, managing and mentoring a team of younger staffers. I thought I'd grow out of those selfdoubting days, that they'd disappear with time and experience, but I was wrong. Impostor syndrome, as it's frequently (and mistakenly) called—it's actually "impostor phenomenon"—was coined by two PhD psychologists in the '70s, and it knows no age limits. "You'd think the impostor feeling goes away as you climb the ranks and hit new markers of success, but it can, surprisingly, get worse," says Ash Ambirge, author of The Middle Finger Project.

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You can't fake **delicious**.



"You have to become comfortable taking up more space and being seen, but doubt makes you want to do the opposite."

PRETENDER PLAGUE

Experts labeled the sitch well before the age of social media and 24/7 connectedness. But all the Instaexposure to others' livespaired with increasing and competitive-as-ever work demands-has turned impostorism into a modernday epidemic. "We are perpetually overloaded on the professional front, but we don't see much of the process of success," explains Valerie Young, EdD, author of The Secret Thoughts of Successful Women. "So if you're questioning your talent while everyone else posts about theirs, you can feel like even more of an impostor." Great.

About 70 percent of people will experience the feeling, according to a study, but Ambirge estimates the number to be much higher. "Most high-achieving women strive to be the best, to live up to everyone's expectations of what would make them skilled at their role," she says. "It's pretty much inevitable that at some point, you're going to feel you're not good enough, because how do you define 'the best'?" Save for athletes, who are ranked against their competitors, you can't. In that way, impostor syndrome is tied to perfectionism, or at least ambition-which means you shouldn't write it off. "It's not about embracing or ignoring the feeling," says Young. "You want to normalize it so it doesn't stop you from growing." Students, women in male-dominated fields, and those working from home are most at risk, she notes, so your environment matters too.

COSTUME CHANGE

That's the real issue here: When you feel like a fake, you have to find a way to deal with the anxiety of being exposed. Some people will fly under the radar, keep ideas to themselves, stay in jobs they've outgrown, or never scale their business to avoid humiliation or failure, Young explains. Others will do the opposite-overwork to prove their worth—which can lead to burnout, chronic stress, and a host of health issues. The toll on your self-esteem could keep you from chasing what you want in life beyond work as well.

That's not to say humble folks who don't experience the phenomenon are always getting promoted or are stress-free; nor does it mean they're more intelligent, capable, or confident than everyone else. They simply have different thoughts in nerve-racking situations, and none involve one thing: shame. "If you're thrown a new project or role, the impostor response is, 'OMG, I have no idea what I'm doing," says Young. "The nonimpostor is like, 'I've never done this, so l'm going to learn a lot.'" Feedback after a screwup isn't confirmation that they're not good enough-it's information that'll make them better.



of people will experience impostorism, per a review in the *International Journal of Behavioral Science*. But that number may be even higher.









SHAKE THE SHAM

To shift your mindset, "you have to change your goal from 'being the best' to 'making an honest contribution,'" Ambirge says. "Your job is just an opportunity to help solve a problem you care about." Adopt that perspective and you remove a lot of the perfectionist pressure that fuels self-doubt.

And realize that even the peeps at the top "aren't wizards with all the answers; they're humans making educated guesses," she says. "You'll start to feel you're on the same level around 'the higher-ups.'"

The only time you're *really* a fraud is when you straightup lie. So if you're ever tempted to cover up what you don't know, ask for advice instead. "You gain credibility when you request help because it takes courage and drive to figure something out," notes Ambirge. Try: "I'm really excited about X, but I'm missing a few things to pull it off. Can you point me in the right direction?"

If you're still feeling like a fake, remember that to be in the position you're in, someone—a lot of someones—had to believe in you. So trust them. Sure enough, when my bestie got a call back from the Celeb Who Shall Not Be Named, and I told her more details about my promotion, we said the same thing to each other: "You're so legit." And for the first time in a long time, we genuinely felt it. The truth: You're everything you believe yourself to be.

You can't fake **delicious**.



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The Art of Listening

I'm not what anyone would call a good listener. I interrupt, ask unnecessary Qs, and, on the wine-infused occasion, derail the conversation entirely. At least I'm not alone. "In the age of digital distraction, *really* listening is a rare thing," says psychologist Seth Gillihan, PhD. "Yet it's one of the most healing experiences—feeling that someone hears you and, through hearing you, sees you." It's also a skill that strengthens relationships, professionalism, self-awareness...you know, *all the things*.

If you're similarly challenged in this department, good news: Reworking your attentiveness is simpler than you'd think. Just listen to me...

By Lindsay Geller

DITCH THE DISTRACTIONS

You're doing your thing when your S.O. or colleague says they've got something on their mind. Before they begin, you have work to do. If just hearing those words makes you grunt (as it might when you're in the middle of a pressing task), ask for a reasonable amount of time to finish up: "I just need X minutes so I can give you my full attention." Then, when you're ready, do just that: Stash your phone, turn off the TV, or close your laptop, says Gillihan. "This signals that you're present," he explains. Turn to face them with an open posture—unfolded arms, uncrossed legs-to signal you're receptive to what they're about to say.

Next, whether you're across from your partner, a new intern, or the CEO, show your ego the exit. You want to be attentive and open-minded, no matter the speaker, says Leslie Shore, author of *Listen to Succeed*—which requires axing your internal agenda and judgment. Pretend you're a younger, underexperienced version of yourself, and embody that headspace before hearing the other person out. You'll be hardpressed to dismiss them once you've tapped into a less know-it-all you.



If your partner or colleague is discussing something that's bothering them, chances are this isn't the first time they've thought about it. Trust that what they have to say is important, necessary, and will actually accomplish something. Okay...but what?

Gillihan suggests asking yourself what they might need—a compromise? support?—especially if you're starting to feel tense, uptight, or defensive. "This can have a real humanizing effect, because we all have needs," he explains, "and it can totally change the place you're listening from and put the other person at the front of your mind."

Another tip for your 9-to-whenever: Ask your coworker to define their intentions from the jump, suggests Shore. This can set you up for better listening because "it lets you know the mindset they're starting with." Try: "How do you want me to listen?" Do they want advice or new ideas, or do they just need to vent? This not only honors the speaker but also shows you legitimately care, says Shore.

GETTY IMAGES

MUTE YOUR INNER MONOLOGUE

As fascinating as your own thoughts might be, getting wrapped up in your reaction to what the other person is saying can block you from truly hearing them. You might miss the subtle nuances and even misinterpret their message if you're too busy planning your next move.

To listen mindfully, purposely take in their entire delivery, Gillihan says. Notice their hand gestures, really see their eyes, examine their expressions. If that makes you zone out on their actual speech, check in with yourself to see what's going on in your own body. If your shoulders are tensing or your stomach feels tight, that's a sign that what they're saying packs crucial intel. Let that acknowledgment bring you back to the present.

At work, Shore recommends jotting down a few key words (not full sentences, which will take you out of the moment) whenever your colleague says something that sparks a reaction. Then let it go (for now) and refocus on their next remark. Peep your notes only when they've finished.

INTERJECT TO CONNECT

When your partner "needs to talk" (the horror!) or your boss "has something they'd like to discuss" (the professional horror!), you might get defensive before they finish their first sentence because you don't like where you think they're headed. But remember: You don't know the content yet!

"It's hard enough to listen if you're neutral, much less if you're slightly antagonistic," notes Gillihan. He suggests resolving—in advance—not to interrupt. Once they've let it all out, check in to make sure you understood them, and even invite them to say more if they'd like.

The only time you get to interrupt? If they're throwing a lot at you and you're either losing interest or not sure you're understanding their major points. Try something like, "I want to make sure I get this part. It sounds like you're saying..." That's interrupting with intention, rather than stopping them from expressing their feelings or beliefs so you can air your own. "Being a good listener is the best gift you can give someone," says Gillihan. It's a gift for you too: You can't improve yourself—or your 'ships—otherwise.

5 PUT THOSE WORDS INTO ACTION

Now that you've gotten through the hard part (listening, duh), write down your main takeaways, says Gillihan, even if it's in the Notes app on your phone. Then look for ways to incorporate what was said into your everyday life. Your partner wants you to take more responsibility for chores? Schedule times in your cal so you don't fall back into old habits. If it's a long-term request, like spending more time with your in-laws, place reminders of why it matters somewhere you pass by regularly (say, hang a family photo in your entryway).

At work, effective listening gives you the chance to "find out more about who your colleagues are, what their life perspective is, and how they handle certain situations," says Shore. That means you can more easily spot when they're agitated or excited, because they have the same look as the last time you chatted. Reach out and ask, "Are you okay?" or "How's it going?" It offers them another chance to speak up—to someone they know will truly listen.

"You'll become known as the person who has a finger on the pulse of what's going on," Shore says. "If you're the teammate people like to have around for that particular reason, that's leadership in action." The next words you'll be listening to? "We're promoting you..." How 'bout dat?!



WOMENSHEALTHMAG.COM START YOUR WORKOUT HERE.



Being sick sucks.

But what's worse is not knowing the reason you feel crappy. Finding a diagnosis for some conditions can mean traveling from doctor to doctor and enduring a slew of tests, some of which may be uncomfortable and invasive. Negative results can mean starting back at square one—a new guess at what the illness might be, a new set of providers, and even more poking and prodding-like the world's worst game of Chutes and Ladders.

Most of the people experiencing this confusing healthcare back-and-forth are women—who are more likely to suffer from hard-to-diagnose conditions ranging from fibromyalgia and autoimmune diseases to reproductive issues like endometriosis and polycystic ovary syndrome (PCOS). Scientific research has historically excluded women, which piles onto the problem, explains Alyson J. McGregor, MD, cofounder and director of the Division of Sex and Gender in Emergency Medicine at Brown University and author of the forthcoming book Sex Matters: How Male-Centric Medicine Endangers Women's Health and What Women Can Do About It.

If and when a diagnosis does come? Depending on what that "label" is, a woman may face a barrage of unique biases. Women are described in studies as more sensitive to pain than men, and women with pain are perceived as more emotional. (Or, you know, maybe we're just on our periods! Eye roll.)

The women here—who represent a spectrum of hard-todiagnose or underrepresented conditions—can all speak firsthand about these obstacles. But they also know what it's like to confront the frustration and misperceptions headon in order to control their own stories. As Pame Clynes, one of the powerhouse ladies you're about to meet, puts it: "Let's break the silence. Let's do it together. And let's advocate for your condition."

PAINFUL PERIODS ARE NOT THE NORM."

"Let's dispel the Myth that only Smokers get Lungcancer."



MONTESSA LEE, 41 **OCTORS** misdiagnosed me twice before figuring out I had small-cell lung cancer. I finally got an X-ray after I went to the ER for coughing and stabbing chest pain, and they discovered a tumor the size of a cantaloupe covering three-fourths of my lung. It was 2006, and I was 28 years old. I was also a nonsmoker—something I tell people along with my diagnosis, because I know they're going to ask.

When my oncologist first told me I had small-cell lung cancer, I looked it up and learned the fiveyear survival rate was 7 percent. I had to take time off from my job as a special-education teacher during my treatment because of the high levels of chemo and chest radiation I was receiving, as well as the resulting fatigue I had to deal with. I had nothing to do during chemo and radiation, so I sent messages to legislators, asking for research funding. I went to a lung cancer research summit in 2008 and started networking and speaking on panels.

At first, I did all of this because I was mad. I wanted others to know that young people who are not smokers can be diagnosed with lung cancer and deserve research to help improve the outlook. Then, when I learned that cancer is deadlier for African Americans, I was angry about that too. Overall, about 161 people out of 100,000 die of cancer each year. But for African Americans, that rate is 185.6, higher than for any other race.

A lot of the disparity has to do with health-care access, and I've recently started to talk about this more with people I know. Patients should be getting the same care wherever they go, whoever they are.



remember being 18 and missing college classes because of my heavy periods. My cramps were so bad I would be nonfunctional for a day or two. When I complained, doctors would usually tell me something like, "Oh, that's what a period is."

In February 2012, after at least *four* other appointments over the years



with gynos who dismissed my symptoms, I underwent a surgical procedure called a laparoscopy, which is used to look at the outside of the uterus, ovaries, and other organs. When I woke up, the doctor told me there was nothing wrong with me, that maybe I was depressed. So I sought another opinion. The new doctor really listened to my symptoms and said he thought I had endometriosis, a condition in which tissue grows outside of the uterus, causing symptoms like pelvic pain, bleeding, and cramping. He repeated the laparoscopy and then told me my insides were fused together; I had stage 4 endometriosis. For the past decade or so, in addition to working in child welfare, I've been writing about women's health and other issues that affect the Muslim community. Writing is a form of activism for me.

I hope my experience can keep someone else from having to go through the endo hell that I have endured.

"THE PCOS Conversat Needs to Change."



LAURA E. BURNS, 37 **D** 'D EXPERIENCED irregular periods, rapid weight gain for no apparent reason, and extreme difficulty losing weight since I was a teenager. But I didn't see a doctor about these issues for years. I'd had a lot of negative encounters with providers who said things like they wouldn't take me as a patient since I was above their weight threshold. I didn't think it was worth the time or trauma to try.

When I finally sought medical help about two and a half years ago because I couldn't ignore my symptoms anymore, I was diagnosed with polycystic ovary syndrome, a condition in which an imbalance of reproductive hormones causes ovarian cysts, irregular periods, body hair growth, and more.

The doctor said something like, "You should try to lose some weight," and sent me on my way. Even though weight loss doesn't resolve PCOS—there is no cure—I've spoken with a lot of other people who, unfortunately, say they've had experiences similar to mine.

As a result, social media posts about the condition often focus on dieting. But as someone who is in recovery for binge eating disorder, that type of messaging was triggering for me. So I started talking about PCOS online to change the conversation.

After my diagnosis, I began posting videos on YouTube about what I go through with PCOS, and also using PCOS-related hashtags on Instagram to start a community that doesn't push weight loss and body shaming. And since I'm a yoga teacher and bodyliberation coach, something I've been doing for about five years, I posted a video on You-Tube about yoga specifically for people with PCOS, and I plan to add guided meditations.

I try to talk candidly about how the condition impacts my life so other people can be open and honest too. My one little voice is not going to make this entire world less fatphobic—hopefully, we'll get there in time—but I hope it can convince someone to see a professional sooner. I'm definitely glad I finally chose to go to a doctor, even if it wasn't a perfect experience: Now I have an actual diagnosis, medication, and someone to help me figure out how to care for my body.



"WE HOST A PODGAST

ABOUT LIVING WITH Type 1 Diabetes."

e were diagnosed with type 1 diabetes at very different times in our lives: One of us [Miriam] was 6, whereas the other [Emily] had almost two beautiful decades with a working pancreas before an autoimmune reaction caused it to stop producing insulin. Still, our experiences have been similar in so many ways.

When we first got a label for our chronic illness, no one really talked to either of us about how it was going to change our





EMILY GOLDMAN, 26, AND MIRIAM BRAND SCHULBERG, 30 lives emotionally, socially, and psychologically. We always felt there was a void there. That's a big part of why Miriam became a mental health counselor and it's why we cohost our podcast, Pancreas Pals, together.

Diabetes is a challenge, and people are often insensitive to our needs in surprising ways—like when airport staff are jerks about the fact that we have to carry medical supplies on planes. We shouldn't have to advocate for ourselves in situations like that, but we do because no one else is doing it for us. And that's what our podcast is all about: advocating for yourself and helping others with type 1 diabetes realize that educating people about the disease doesn't have to mean giving a formal presentation to all your friends. Instead, you do it by sharing bits and pieces of what it's like to live with your condition.

STRUGGLE WITH 11 MY SCHIZOPHRENIA TIN THE OPE

OWARD the end of high school, I discovered something called a pulsar—a type of neutron star-with another student. I also helped represent the United States in the International Space Olympics in Russia and attended a program at NASA. At the same time, symptoms I'd had for a while-like hearing and feeling things that weren't there, such as voices and shadowy figures-became more pronounced.

I felt as if I were losing my mind-and my future. I worried that if my symptoms continued to get worse, I wouldn't be able to succeed in college or even just function. I didn't want a mental health diagnosis to embarrass my family, either, so I decided not to talk to a doctor about it. It was all too much to deal with, so I attempted suicide my freshman

year at Penn State. It was a difficult time for me, but I got through it.

Eight months later, I was having dark thoughts again. At that point, though, I had started opening up to some friends about what I was going through. They supported me, believed I had a medical condition that could be treated, and gave me the courage to finally seek help. That's how I got a diagnosis of schizophrenia.

I didn't know at the time if treatment would help, but now I know that it definitely does. My college was beyond supportive too; I was allowed to reduce my class load and take some courses that were a little less stressful.

I feel so lucky to have met people who've been positive and understanding about my diagno-



25

sis—so I founded the organization Students With Psychosis around a year ago to help ensure that others experiencing these kinds of mental health issues have a similarly supportive community. Last fall was our first semester expanding outside of Penn State, and we now have more than 60 student leaders across the world who are interested in getting involved at their schools.

Among my favorite outreach events are our silent discos, where everyone dances but has headphones on and is listening to their own music. It's really fun, and it also helps spread awareness about audio hallucinations, which can occur with schizophrenia. What I've finally realized is that hiding my condition doesn't help anyone-but speaking out does.

"TALKING ABOUT VULVAR PAIN SHOULDN'T BE TAB00."

few years ago, my post-work ritual looked like this: rush home, rip off where I continued to try my jeans and underpants, to get help. I was lonely and ice my vaginal area. That was the only thing that helped with the burning pain I felt down there.

I was working on a master's in fashion marketing and interning in New York City when I first started experiencing these issues,

but I eventually moved back home to Mexico City, in NYC, plus there was always a bit of a language barrier, so it made sense for me to deal with my health in my home country. No one there could tell me what was wrong, though. Most of the doctors I saw were men, and





When dealing with your health issues, you want your doc to *really* hear you—but it can be intimidating to speak up or push back on a professional opinion. "It becomes very difficult to trust yourself when an expert in a white coat who's been to medical school for years is saying that your own experience of your body is not accurate," says journalist Maya Dusenbery, author of *Doing Harm: The Truth About How Bad Medicine and Lazy Science Leave Women Dismissed, Misdiagnosed, and Sick.*

We asked Dusenbery what to say to get your doc to listen. And if you still don't leave satisfied, don't be afraid to seek out a second opinion, "or as many opinions as it takes to get the right diagnosis," Dusenbery says.

IF YOUR PROVIDER SAYS "That's normal."

FOLLOW UP WITH **"This may be** normal for someone else. **but I know** what's normal for me, and this is not something I've experienced before." For example, if a doctor tells you it could just be stress, Dusenbery suggests explaining what stress typically looks like in your body and how these symptoms are different from that.

IF YOUR PROVIDER SAYS "We don't need to test for that."

FOLLOW UP WITH "How did you arrive at that conclusion?" This one is tricky, admits Dusenbery, because medical overtesting is a real issue. That said, you are most definitely entitled to ask your doc to explain their reasoning.

IF YOUR PROVIDER SAYS "Maybe you're just not getting

enough

sleep/ exercise/ etc."

FOLLOW UP WITH

"This is how my symptoms are functionally impacting my life." Dusenbery says it's harder for doctors to disregard how a symptom like fatigue or pain is objectively affecting you versus how it's making you feel subjectively. So if you are too tired to walk your dog or take a shower, say that explicitly.

IF YOUR PROVIDER SAYS "Let's give it some time."

FOLLOW UP WITH

"Here's when I started experiencing the problem, and here's how it's progressed since."

The idea, says Dusenbery, is to emphasize that you feel you've already waited and still haven't improved (or maybe have even gotten worse), to encourage your doctor to deal with the problem now, not in a few weeks.

they often suggested therapy, implying that I had experienced sexual trauma.

In 2015, I was rewatching an episode of *Sex and the City* that mentioned vulvodynia, the term for chronic pain in the vaginal area for which you can't pinpoint a cause. I Googled it and found the National Vulvodynia Association website, and I was like, "This is what I have." I saw specialists in the Miami area, where my dad lived, and in 2016, a gyno confirmed I had vulvodynia and pelvicfloor dysfunction.

I tried a bunch of treatments: nerve blockers, pelvic-floor therapy, other medications, acupuncture. Some worked and some didn't. But the biggest lesson I learned is that knowledge about your condition is power. My pelvic-floor physical therapist in Miami asked me what it was like to be treated for vulvodynia in Mexico, and after hearing about my experiences, he pushed me to start advocacy work. In my culture, it's taboo to talk about conditions like vulvodynia,

so there's not a ton of info or support available.

To help address this, I created the social media account @peacewithpain and posted information about vulvodynia in Spanish to make it accessible to more women. Two years later, the account has more than 10,000 followers—and we won't let shame silence us.



PAME CLYNES, 36 PROMOTION



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"MY FIBROMYALGIA INSPIRED ME TO BECOME A TRAVEL BLOGGER."



N MY EARLY 20s

■ I was a CPA in New York. I really hated my job, and I was always just going, going, going.

Then, in December 2012, I began feeling a stabbing sensation that went from my lower back all the way down to my left foot. The nerve pain spread all over my body, even in my face, and I began having chronic muscle tension, cystic acne, and bad digestion issues.

I went through a ton of tests, and everything was ruled out: arthritis, diabetes, heavy metal poisoning. It was a couple of years before a doctor even mentioned fibromyalgia. People who have it have often gone down similar paths of being tested for other conditions and then informed they have fibromyalgia when nothing else comes up positive.

I was in so much pain, and I was irritable and overworked. I thought, This is the time to move and try something new. My now-husband and I were engaged at the time, and I asked him to request that his company relocate us. But when they moved us to Amsterdam in 2015, I was on the couch for 8 to 10 hours a day, and I depended solely on my husband, both financially and physically. My hands hurt so badly that I couldn't do the dishes. I'd leave the door open when I took a bath, in case I needed to call

for him to help me climb out of the tub.

I needed to figure out what I could do from the couch. So I started blogging, and that's how my travel blog, *Lust 'Till Dawn*, came to life. Now I wake up and look forward to working. When I'm not feeling well but need to take photos for a client, I push myself to get out there and do it. If it weren't for the blog, I wouldn't know I was capable of that, but I am.

I've also been going through a lot of therapies in the past four years, and this year, I finally found a group of doctors who work well for me. I can see the difference: When I went to Lisbon in 2016, I took a ton of Ubers. Now, I can walk.

MARCH 2020



With a fresh outlook on life (and a hot new love!), the actress, activist, and mom is prioritizing her physical and mental health so she can get it all done.

PHOTOGRAPHED BY

STYLE EDITOR



There are a few things to know about Rosario Dawson: She's usually the last one to leave a party (hey, she loves to chat), she's not big on routine, and she'll rise to the occasion when her 17-year-old daughter, Isabella, challenges her to do a cartwheel into a split. "I got up slowly," the 40-year-old says with a laugh, slipping off her black Burberry trench coat at a café in Venice, California, as she recalls how she recovered after landing the move. "It was like, 'Damn it! Thanks for letting me know I won't be doing *that* forever.' But I can still do it!" Enjoying right where she is in life is something the New York City–bred actress has come to appreciate. "I have that East Coast energy of just go, go, go," she says. "But it really is beautiful when you take your time."

With her first television series lead role in the USA crime mystery *Briarpatch*, a growing relationship with Isabella (whom she adopted when the now-teen was 11), and a steady romance with New Jersey senator and-at press time-2020 presidential candidate hopeful Cory Booker, or Cab, as she calls him, Rosario has plenty to bask in. She credits this more laid-back attitude in part to her father, who underwent surgery for pancreatic cancer late last year. "So much of life has gone by so fast," says Rosario, who made her on-screen debut at age 16 in the 1995 indie drama Kids before appearing in movies like Sin City, Rent, and Seven Pounds, in addition to scoring the recurring role of doctor Claire Temple in the Marvel Cinematic Universe. "But moments with my dad—just, like a meal—are the most amazing thing. I want to be present. It's waking me up to really loving my life and therefore being okay with the good, bad, and ugly."

What Rosario calls "being in my gratitude" has not only helped her tap into her happiness but is also, she hopes, making her a better mom. "Kids don't listen to you; they emulate you," she says. "I was always looking around the corner, wondering when my life was going to properly start. I'm in a different space to enjoy it now. I need to model that."

As a parent, Rosario describes herself as "weird" and "funny" and admits that forging a strong kinship has been a challenge. When Isabella came home with Rosario in 2014, "she was a very whole person," says the actress. "We're building up trust even still." Waiting to get Isabella a cell phone and keeping her off social media has helped.

PREVIOUS SPREAD

Iceberg top and shorts, iceberg .com; Adina's Jewels earrings, adinasjewels.com; Via Saviene ring, viasaviene.com

THIS PAGE Alix NYC bodysuit, alixnyc.com; Diana Lecompte rings, leffrontee.nyc; Lady Grey earrings, lady greyjewelry.com

OPPOSITE PAGE BCBG Max Azria top, bcbg.com; Dion Lee x Carbon38 skirt, carbon38.com; Machete earrings, shopmachete.com

BEAUTY TIP

Keep your underarms dry and fresh during yoga with Degree Advanced Protection Dry Spray (\$6, target.com). "I think it would have been difficult to bond so late in her life, and in our lives together, if we'd had technology between us. My daughter looks me in the eye, and we talk to each other. I think that's important."

They see a family therapist, which has strengthened their connection and encouraged Rosario to unpack some rough experiences from her childhood. "I've learned so much about trauma, and I've started looking at my own," says Rosario, who opened up in 2018 on the podcast Morado Lens about being raped and molested as a kid. Now, she says, she's keen to get a therapist for solo sessions, seeing how much the joint appointments with her daughter have helped their relationship. "My go-to place was being angry," she says of how she's channeled her emotions in the past. "I want to stop that."

Lately, wellness has been top of mind for Rosario. Wanting to ensure her father is as health-conscious as possible following his diagnosis (hello, veggies and protein!) has led her to take a closer look at how she takes care of herself. Prioritizing the "moments I steal for myself," she says, is paramount. "I will take a bath or do a face mask or read something poetic that's just for me," says Rosario, who also meditates regularly. But self-care isn't something she's always felt comfortable doing. "It's only been in recent years where I'm like, 'Let me get a massage.' It's actually necessary. If I don't prioritize mindfulness, I am not going to be there for everybody in the way I need to be."

Also high on her priority list: moving her body. "I'll dance in my house for hours to Afrobeat, '80s music, or house music and break a sweat," she says, adding that having a regular gym routine isn't really for her. "Going for a long hike and talking with someone—I can do that any day of the week." She also started learning kung fu. "I'm excited," she says, "because it's a full-body workout."

What she puts into her body is also essential. As part of her mostly plant-based, vegan diet, she enjoys oatmeal for breakfast, while other

meals consist of foods like yams, spinach, potatoes, and vegetable stew. Fish also makes its way onto her plate. (As we chat, she's eating a smoked salmon tartine with capers and avocado.) "I've been reading about how the algae fish eat is good for your mitochondria," she says. And even though she enjoys cooking, the personal chef Rosario hired to whip up healthy meals for her dad while he recovered from surgery at her home in L.A. has changed the game. "I just had fresh fucking beet juice a second ago!" she raves. Rosario maintains a household free of meat and dairy, both of which were staples in her predominantly Puerto Rican-Cuban family growing up, but she does allow herself a few simple pleasures. "The joys of a peanut butter and jelly sandwich," she says with a sigh.

Rosario is open to cutting other things out of her life, especially if they curb her lucidity. So, this year, she has decided to not smoke weed or drink. "I feel so contaminated by the planet, and seeing my dad going through this journey, I want

> THIS PAGE French Connection bodysuit and skirt, usa.french connection.com; Pamela Love earrings, pamela love.com



THIS PAGE Adam Selman Sport one-piece, carbon38.com; Twenty Montreal crop top, twenty montreal.com to cleanse my body," she says. "I want to have as much clarity as possible and be very intentional about every day." Still, she admits she may not be able to resist marijuana entirely. "Four-twenty [as in April 2020] might be the month where I CBD out," she says.

It may be out of the norm to hear someone who is dating a high-profile politician talk so openly about cannabis use, but Rosario can't help but keep it real. (For the record, no, she and Cory, who have been dating since late 2018, aren't engaged, but they have discussed marriage.) "I could be asked to serve my country, and that's scary to me because I'm a wild person," she says. But that doesn't mean Rosario-who advocates for voting, women's rights, and anti-violence and also runs the CFDA award-winning sustainable clothing line Studio 189 with

cofounder Abrima Erwiah–isn't up for it. "We are excited about what we can create together," she says of Cory and herself, adding that one of their goals is to open community centers in underserved areas.

She's enthused to be in a relationship with someone who truly has her back. "Every morning that we don't wake up together, he sends me a song, which means every morning he holds our relationship in his mind and his heart for a few minutes before he goes off into his big day," she says. She wears an anchor pendant, a gift from Cory, who expressed wanting to be a source of stability in her life. "I feel a lot of life ahead of us. It's been beautiful feeling nurtured and taken care of," she adds. "I've never been this close to someone. We make sure we connect. That's something I've taken for granted in the past."

Rosario certainly won't be taking anything for granted in the future not in her personal life and especially not in her career. Behind the scenes, as a producer of documentaries about issues such as youth homelessness and an upcoming feature centered on an African American veteran, she is dedicated to telling the stories of those who are often marginalized.

Fortunately, her platform continues to grow. "This job [on *Briarpatch*] was the first time I was number one on the call sheet. The responsibility and excitement of that are powerful," she says. "I've put in the time, and I'm still raising the bar."

HAIR: Makiko Nara at Walter Schupfer Management using Oribe. MAKEUP: Vincent Oquendo for Shiseido. MANICURE: Sarah Chue for Exclusive Artists using Deborah Lippmann. PROP STYLING: Ward Robison.



YEP, STRESS CAN MAKE YOU BREAK OUT. BUT UNDERSTANDING THE CONNECTION BETWEEN YOUR EMOTIONS AND YOUR SKIN CAN HELP YOU *FINALLY* GET IN THE CLEAR. *WH* BEAUTY DIRECTOR KRISTINA RODULFO REPORTS FROM EXPERIENCE.







In the days leading up to the worst breakup of my life, something terrible was brewing in my skin. It started with a colony of tiny

It started with a colony of tiny whiteheads. Then, right at my emotional breaking point, they expanded into bulging cysts. In the span of 48 hours, I ended a four-year relationship, moved out of our shared apartment, found a friend's couch to crash on, and hosted a beauty video series at work as if nothing had happened. As my life exploded, so did my skin: I woke up one morning and counted 22 stubborn cystic pimples on my chin and jawline. It was the worst I'd seen in my decade-long struggle with acne. As if my self-esteem weren't already low, the helplessness and shame that came with the breakout made me feel as if I were trying to climb out of the bottom of a sinkhole.

I immediately saw a dermatologist to have every zit zapped with cortisone injections, and I started a regimen of prescription topicals and oral medication. I thought it would take several months to see the full results, but then something miraculous happened: Just two weeks out of my toxic relationship, my skin started clearing up! While I was convinced the 180 in my complexion was a response to feeling lighter and freer, the skeptic in me suspected it was just a coincidence. Was it possible that a more positive outlook helped quell my pimples? Or had I succumbed to woo-woo thinking in my vulnerability?

It seems I was onto something. "Any underlying struggle, either medical or psychological, can manifest in the skin," says Evan Rieder, MD, an NYU Langone dermatologist who's also board-certified in psychiatry. "For some people, having acne that's scarring makes them psychologically distressed, depressed, or anxious. But it can work the other way too. Stressful life episodes can initiate and worsen an acne flare-up."

I know—so fun, right? More on how that mind-body connection works:

YOUR LIFESTYLE HABITS

FALL BY THE WAYSIDE. The causes of acne are multilayered and include bacterial overgrowth, clogged pores, hormones, and genetics-but "there's certainly a relationship between stress and skin," says Dr. Rieder. For me, the bad breakup triggered stress, and the stress was exacerbated by the subsequent loss of sleep, lack of exercise, glasses of wine, and pints of ice cream I consumed in the days following. Bad move: "Dairy products and foods with a high glycemic index can make acne worse," Dr. Rieder says.

YOUR BODY PRODUCES MORE OIL THAN USUAL.

"Your skin is an extension of your nervous system," says dermatologist Melissa K. Levin, MD, founder of Entière Dermatology in New York. And since skin can process physical signals like heat, cold, and pain, is it possible those same sensory fibers can detect and react to *emotional* signals too?

Sorry, but yes, says Dr. Levin. The reason lies in the body's hypothalamic-pituitary-adrenal (HPA) axis. I'll spare you the science jargon, but think of it as the control center for your stress response. The skin has its own HPA system, so it can be doubly triggered to produce hormones that cause a local inflammatory response, which can increase oil production and clog your pores, leading to the breakouts you hate. So. Freakin'. Much.

YOUR CORTISOL LEVELS SPIKE LIKE CRAZY.

"Stress hormones like cortisol can cause inflammation across your body—and also in your skin," Dr. Rieder says. 'K, so? "Cortisol decreases your immunity and ability to fight infection, so theoretically, that can increase the load of bacteria in the body like *C. acnes*, which is responsible for acne." In fact, Dr. Rieder says, studies show that wounds heal poorly when people are super stressed—and the same goes for breakouts.

"The skin is a reflection of what's going on in your underlying state, whether that be medical, physical, or emotional," explains Dr. Rieder. "That's why you need to think about skin care synergistically and holistically."

Don't pop! Ask your derm to extract your zits safely.



The Psychological Effects of Acne

How's this for a vicious cycle? Stress may cause acne, and acne *def* causes stress. Dermatologist Elyse Love, MD, is painfully familiar with the emotional toll zits can bring.

Women's Health: What's your personal experience with acne? Elyse Love, MD: I suffered from nodulocystic acne [a severe type with oversize cysts] from 9th to 12th grade and a bit during college. It really wasn't until my acne cleared that I realized the huge impact it had on my mental health.

WH: What are some ways having acne affected you emotionally? Dr. Love: In addition to the physical pain caused by the lesions, I lived with constant anxiety that people saw only my breakouts when they looked at me. So I made myself small and invisible: I moved to the back of the class, I stopped raising my hand, and I isolated myself socially. During senior year of high school, I met a dermatologist I credit with changing the trajectory of my life. She cleared my skin, but she also helped me find the outgoing, opinionated woman capable of manifesting my dreams-the woman I am now.

WH: What are the effects you've seen in your practice?

Dr. Love: My experiences with my patients echo what we know from the literature: There's a higher rate of anxiety disorders, depression, and social isolation among patients with acne compared with their peers who don't have acne. People with break-outs are more likely to detach from friends and family and are

also more likely to experience bullying in adolescence. Teens with severe pimples have a longer delay before their first romantic relationship.

WH: How would you address the psychological downside of acne? Are there any wellness measures you'd recommend on top of medical treatment?

Dr. Love: Stress management is essential, and joy is a key part of my regimen. Often, patients find themselves in a cycle where stress flares up their acne, then acne causes even more stress. Sometimes, my simple reassurance is enough. Other times, I suggest seeing a mental health professional, not just a dermatologist. I also think fitness is a great way to relieve stress. I personally love running; I turned to it during a difficult period of my life, and it transformed my selfesteem. Just remember: Wellness is a long-term commitment. There will be times you fall off the wagon, and that's okay. The most important thing is to be kind to yourself.



PERCENT OF WOMEN'S HEALTH READERS SAY ACNE STOPPED THEM FROM GOING OUT. Source: WomensHealthMag.com poll

Accutane and Depression: The Truth

You've probs heard warnings about Accutane (a now-discontinued brand name of isotretinoin) and its effects on mental health, but here's the tea: People reported 17,829 negative psychiatric events (depression, mood swings, anxiety) with isotretinoin use from 1997 to 2017, a 2019 study reveals. But other research shows zero difference in depression symptoms associated with isotretinoin use—meaning the low feelings may be from the acne itself. "When you look at the thousands of people who've been on this medication, they have never found a real association with mental health issues," Dr. Rieder says. And though Dr. Levin offers the Rx to patients with mood disorders, she coordinates with their psychiatric pro. "All my patients on isotretinoin see a therapist monthly, in the same way they see me monthly."
Treat Acne the Holistic Way

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When conventional treatments aren't working, it's time to consider not just the magic elixirs that you're putting on your face but also what's going on in your diet and daily life. Ahead, some tips from Jeanette Jacknin, MD, a San Diego-based dermatologist who approaches treatment from a holistic perspective.

Take a Closer Look at Your Meals

Sorry to break it to you, but everything you've heard about quitting dairy and sweets for better skin is legit, Dr. Jacknin notes. She also says to avoid fried food, soda, alcohol, and anything else you'd consider *junk.* "A Mediterranean or whole foods-based diet, with a lot of fresh vegetables and fish like salmon, is ideal," she says. "Several studies show low-glycemicload diets improve acne."

Practice More Mindful Activities

There's no one-size-fits-all method for calming down and cutting stress, so Dr. Jacknin works with her patients to see what gets them in their Zen zone. Is it a HIIT class with your friends? A solo hike in nature? A morning meditation sesh? Find your outlet, but know that adequate sleep, regular exercise, and speaking to a mental health professional are pretty much a 10/10 across the board.

Integrate Natural Remedies

Dr. Jacknin combines botanical actives and Rx ones, depending on severity and preference. More intense cases may require a prescription, but on milder spots, she suggests applying 5 percent tea tree oil—a natural antibacterial—twice a day. Also clutch? Ingredients like green tea and resveratrol (an antioxidant found in grape skin), which are known to reduce inflammation. Try Estée Lauder Advanced Night Repair Intense Reset Concentrate (\$80, esteelauder.com).

The Life Cycle of a Cystic Pimple

Cystic breakouts linger the longest and can be very frustrating to treat. Here's your day-by-day plan from Shari Marchbein, MD, a clinical assistant professor of dermatology at NYU and expert in adult female acne.

DAY ONE

That familiar throbbing beneath your skin starts. Nothing has come to the surface yet, but you know a big cyst is on its way. Hands off, please!

DAY THREE

Most derms will tell you to stop by for a cortisone shot ASAP especially if you've got a big event on the cal (talking to you, brides). The steroid deflates your pimple in just 24 to 48 hours. It decreases swelling and redness and helps it heal faster.

DAY FIVE

Your zit has died down (finally!) and come to a whitehead. While it's tempting to do a DIY extraction, resist! Apply an acne patch to protect it. "I like medicated ones that have salicylic acid in them," Dr. Marchbein says. Try Peace Out Acne Healing Dots (\$19, sephora.com).

DAY SEVEN

If your cyst left a mark (ugh), Dr. Marchbein says to look for brightening ingredients like kojic acid, licorice, or niacinamide. You'll find licorice in Repêchage Biolight Brightening Serum (\$75, repechage.com).

DAY TWO

The cyst has emerged, red and bulging, and you're ready to go to war. "Blue and red LED light can help decrease inflammation," Dr. Marchbein says. Buy an at-home device like Dr. Dennis Gross Skincare's SpotLite Acne Treatment (\$52, dermstore.com).

DAY FOUR

Say you just can't get to the doc's office and your zit is still hanging around, big as ever. Apply a benzoyl peroxide-based spot treatment, like La Roche-Posay Effaclar Duo Acne Spot Treatment with Benzoyl Peroxide (\$30, dermstore.com).

DAY SIX

You're almost in the clear, but the sun isn't so great for scarring. Apply SPF 30 and a vitamin C serum, which protects against solar damage, to avoid dark spots. A good option: L'Oréal Paris Revitalift 10% Pure Vitamin C Serum (\$30, lorealparisusa.com).

Stress Busters

Sit Tight This app has guided meditations that help you breathe slowly and quell your mile-aminute mind. Calm App, \$60/year, calm com

Sleep Soundly The soothing scent of lavender, vetiver, and chamomile will lull you into a deeper night's rest. ThisWorks Deep Sleep Pillow Spray, \$29, thisworks.com

Quiet Down Pop two of these gummies daily for a hit of L-theanine, which tells your brain to keep calm. Olly Goodbye Stress Gummies, \$15, amazon.com

Treat Skin

Stressed-out skin can look red, but the magnesium in this moisturizer reduces splotchiness. Glow Recipe Banana Soufflé Cream, \$39, sephora.com





Embrace warmer weather and, ahem, your banging body—in these dare-tobare looks. The only rule? Wear 'em proudly.

"YOU DON'T NEED PERMISSION TO WEAR REVEALING CLOTHES."

Growing up, my self-esteem came from the trophies I'd earned as a swimmer and runner. But by the time I reached college, I'd found other passions, like writing, which glued me to a computer most days. Fastforward three kids and three novels, and I'd lost the body-or more accurately, the body confidence—I once had. I'd glance wistfully at pictures of myself in crop tops and think my bellybaring days were over.

Oh boy, was I wrong. I began working with a trainer, who had me lifting heavy weights for the first time. Within weeks, my glutes got rounder; my abs became defined and my back chiseled. Again, I saw my body as a source of power.

One day, I came home from the gym and took a selfie wearing leggings and a red Y-back bra (one of my fave styles). I posted it, but then started worrying that the photo was in bad taste. Would people think I had crossed a line? That it was inappropriate? Too sexy? I took it down.

Months passed. I got stronger still, physically *and* mentally. I wanted to embrace my increased power in every sense of the word, so I posted another daring selfie—except this time, I didn't delete it.

See, my pic wasn't in "bad taste"; it was me saying, "I won't be invisible, and I refuse to be ashamed of myself." You may fall somewhere else on the comfortable-showing-skin spectrum, but I encourage you to come out of hiding in your own way, sports-bra selfie or not. STRAIGHT-UP CHILLIN Flaunting your stuff isn't reserved for nights out, as shown by this casual-cool look that doesn't take itself too seriously.

Priscavera jumpsuit, priscavera.com (for similar styles); Saski Collection sports bra, saskicollection.com; Eric Javits hat, eric javits.com; Keane earrings, keanenew york.com; Grace Lee Designs bracelet (top), gracelee.com; Ben Amun by Isaac Manevitz bracelet (middle), ben-amun .com; Rainbow Unicorn Birthday Surprise bracelet (bottom), rainbowunicorn birthdaysurprise.com





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LIGHT AND BREEZY Flash a little—okay, a lot of—leg in this peekaboo asymmetrical skirt. P.S. Dreamy pastels are super on-trend this season. Iceberg dress, iceberg.com; Jade Swim bottom, jadeswim.com; Melissa Shoes heels, shop601.com; Machete earrings, shopmachete.com; Try Powers ring, fry Powers ring, fry powers.com; Roxanne Assoulin anklet, roxanne assoulin.com





beauty tip

A Sat Artes

EPIC PROPORTIONS Play with scale to turn bras into wear-anywhere garments. Exhibit A: this oversize button-up over a sports bra.

Cynthia Rowley jacket and pants, cynthia rowley.com; Solid & Striped top, solid andstriped.com; Sorel sandals, sorel.com; Wasted Effort earrings, wastedeffort .ca; Keane rings, keanenewyork.com

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Barnette for Orlando Pita Play Products at The Visionaries. **Makeup:** Misha Shahzada using Hourglass Cosmetics at Forward Artists. **Manicure:** Michina Koide using Essie at Art Department. **Model:** Roosmarijn de Kok at Women Management. 10 During

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Some of the most famous abs in show business (think: Shakira, Kelly Ripa) share one secret weapon: trainer Anna Kaiser, whose comprehensive workouts leave no abdominal muscle untouched.

That's because Kaiser's sculpting philosophy is a 360-degree approach to training. "You need multiple types of muscular contractions and angles, as well as tempos," she says. "If you do the same motions over and over, you're not going to get the full benefit!" But by doing the exercises here, you'll target all the muscles in your midsection-the transverse abdominis (deepest layer), the rectus abdominis (middle layer), and the external and internal obliques.

Your transverse abdominis, for example, benefits most from isometric exercises like planks where you hold a contraction for long periods of time. Meanwhile, moves that require you to rotate your torso (either quickly or at a slow and controlled pace), like bicycles, are major game changers for your side abs.

See what Kaiser means by swapping your go-to moves for these exercises that work your core from back to front. Do two sets of the designated reps for each move, switching sides as instructed. Crush this workout three times a week to see Kaiser's signature payoff.

Aim for a neutral spine.

Keep an eye on your booty

during workouts to make

sure it's not sticking out,

or caving in during moves like planks. This will help

you engage your core

in your lower back.

without putting excess

stress on the natural curve

Kaiser's

ABCs for

Carving Your

Core

Be mindful of your navel. When it comes to stabilizing

Stackshouldersover

hipstoinstantly

engage abs anytime.

your core, you'll get bettei results by keeping your transverse abs engaged throughout the day (in addition to during workouts). The easiest way to do this is by drawing your navel toward your spine.

Cut down on sweets.

Kaiser tells clients to reduce ar intake, includin g wine_. if they want to see definition. Those foods layer on belly fat, covering up the muscle beneath. No abs in sight? Core strength reaps plenty of invisible benefits you'll enjoy either way.

PASSÉ ROLL

Lie faceup with left leg straight and hovering above floor, right leg bent with sole parallel to floor, and hands cradling head raised to look at thigh **(a)**. Maintain shape while rocking back to lift hips off floor for one count **(b)**, then slowly roll back to start position for two counts. That's 1 rep. Do 10 reps per side.



OBLIQUE CURTSY

Stand with left leg back, crossed slightly behind right, hands clasped behind head, elbows wide (a). In two counts, bend knees to 90 degrees, with left heel high, while reaching right hand down toward floor (b). **Keep shoulders** and hips facing forward and abs engaged. Return to start in one count. That's 1 rep. Do 15 reps per side.

SCREWDRIVER

Start in forearm plank with right arm in front of left **(a)**. In two counts, rotate torso right into side plank, bringing right hand to hip **(b)**. Return to start in two counts. That's 1 rep. Do 10 reps per side, resting one minute between sides.





SIDE SWIM

Start in right side lunge, torso extended over right thigh, gaze up, left arm over head, right arm toward floor **(a)**. Engage abs and lift right arm to frame face in two counts **(b)**. Return to start in two counts. That's 1 rep. Do 15 reps per side.

STYLING (ALL PAGES): ANN WANG, STYLING: HANNAH DEELY, HAIR: LE

MODEL: NNEOMA AT ONE MANAGEMENT. ALLIE HOLLOWAY (EXERCISE MOVES). ONARDO MANETTI AT ION STUDIO NYC, MAKEUP: JENNIFER NAM AT HONEY ARTISTS

Carbon38 bra and leggings,

carbon38.com;

Chromat x Reebox

sneakers,

chromat.co



Lie faceup, legs lifted up and over to left, right arm on floor above head, left arm at shoulder level, palm down (a). In two counts, press through left palm and bend knees to sit up onto left hip, right arm reaching for toes (b). Lower back for two counts. That's 1 rep. Do 10 reps per side.



Splits59 bra and leggings, splits59.com; Adidas by Stella McCartney sneakers, adidas.com



Stand with arms bent, elbows wide, and abs engaged **(a)**. Jump high, rotating hips left and keeping chest forward as you land **(b)**. Reverse move to return to start. That's 1 rep. Do 15 reps per side. Incharge

HOW TO BE #INCHARGE

FASHION DESIGNER AND BUSINESSWOMAN

Diane von

Furstenberg

At age 73, the fashion icon is inspiring young women to lead with confidence and conviction—because owning who you are never goes out of style.

EMBRACE THE POWER OF YOU

"Being #InCharge is never about acting aggressively toward others. The only thing you have control of is your character. You can lose your health and your wealth, but never your character."

EXERCISE YOUR

BODY AND MIND "I'm a big swimmer, and I spend quite a few months a year in a boat. When I swim a mile, that's my best meditation there's the sea, the sky, and I'm in between."

AS TOLD TO AMY WILKINSON PHOTOGRAPHED BY COREY MAYWALT

SEEK

INSPO FROM YOUR SISTERS

"I've never met a woman who wasn't strong, even if she didn't always show it. More and more, I'm inspired by women: women throughout history, women writers, women characters, women's stories."

1974

The year DVF created her now-iconic wrap dress. She would go on to sell 5 million of the classic in just two years.

"The most important relationship in life is the one you have with yourself. Once you strengthen that, any other relationship is a plus, not a must."

