THE VOICE OF HEALTH & BEAUTY

Reboot Your Booty  p.33

Sugar Crush Fantasy

O- shot Hits the Spot

Ashley Tisdale gets out of her comfort zone  p.96
Dear Readers,

Being that we live in the powerful world of social media, how important is customer service to you? With Facebook, Twitter, Snapchat, blogs, follower’s posts, etc., we are being marketed and advertised to as never before. With all this amazing technology, we can purchase products faster than ever without ever getting out of our chairs.

Mobile shopping makes everything easy, and at NEW YOU we have embraced this reality with total commitment. At our core, as human beings, we want to be cared about. Yes, you can visit a cool, eye-catching site with pretty pictures to entice you to press the buy button, but what happens if you are disappointed with your purchase?

Your attention please...

NEW YOU is a brand that stands for authenticity, value, and quality. Most of all, we are passionate about customer care and that’s more than just customer service.

The environment and culture that exists at NEW YOU has been created to gain the trust of our valued customers. It’s a reality that our way of shopping has changed forever and we expect to be treated with five-star customer service. Additionally, we stand for diversity, along with an environment of trained and caring people to handle your customer-service needs. To achieve this, all calls are answered only by our in-house or at-home dedicated call operators to enhance your shopping experience.

Importantly, we are pleased to announce that in the month of June, our NEW YOU app along with our shopping portal, Shop.newyou.com, will be ready for you to enjoy, and will feature our premium and proprietary health and beauty products.

From everyone at NEW YOU, we want to earn your trust, and it would be our honor and pleasure to serve you.

Sincerely,

Ken Meares
Publisher, New You Media
FEATURES

80 UNCOMPROMISING KAMALI
The more things change, the more design icon Norma Kamali seems to be the force to change them.

92 SHOT TO HEAVEN
The boost to female sexual dysfunction may be in a booster: Enter the O-Shot. Your sex life will never be the same.

96 MOST LIKELY TO SUCCEED
High School Musical’s Ashley Tisdale is all grown up—and forging an unforgettable path all her own.

102 SOS FOR ADHD
Over 10 million adults suffer with attention deficit/hyperactivity disorder. But help is on the horizon.
REINVENTION. IT’S A NOTION WE ALL TOY WITH THROUGHOUT OUR LIVES. THAT LEAP FROM YOUTH TO ADULTHOOD; THE MAKING OR UNMAKING OF PARTNERSHIPS; CHOOSING TO LEAVE ONE CAREER PATH TO FOLLOW INSPIRATION DOWN ANOTHER. IT TAKES FAITH TO START NEW CHAPTERS AND YET THE DIVIDENDS FOR MIND, BODY, AND SOUL ARE ALWAYS WORTH IT.

Take the ever-glamorous Norma Kamali. At 71, Kamali is a master of reinvention, revealing new sides of herself every decade with astonishing success. From her award-winning designs, to her health, beauty, and wellness ventures, to her campaign to stop the objectification of women, her accomplishments are many. Yet it is her ability to find balance and thrive in the midst of a demanding life that impresses us most. Laughter, dancing, and singing; all non-negotiable to Kamali’s life.

Then there is the refreshing Ashley Tisdale of High School Musical fame, who is methodically sculpting a life that fits her just right. On the fast track to follow in the footsteps of her idol, Jessica Simpson, Tisdale is creating her very own mini empire. From a new makeup line, to her first clothing collection, to forthcoming movies through her own production company, “Sharpay” has exponentially grown up.

But this notion of thinking and living outside the boxes we create for ourselves permeates this issue—just look at Junk Food Flip chef Nikki Dinki, who turned bad eating habits into a vibrant career behind the stove and in front of the camera, fashion blogger Kate Blue, whose knack for style now influences hundreds of thousands of Instagram devotees, and even actress Amy Bailey, who took a devastating injury as a dancer and pirouetted into star turns on stage and screen. Change is possible everywhere. You just have to have the courage to make it.

Now’s the time to look at our own lives. Are there any transformations that have been on hold for too long? Are there small steps that might get you a bit closer to what’s next? Is your comfort zone just a holding pen? As the venerable Coco Chanel said, “The most courageous act is still to think for your yourself. Aloud.” We look forward to reading your next chapter.

from our editor
Dear Readers,

At NEW YOU, our mission has been to provide valid information to improve your health, appearance, and lifestyle. We have done this for a little over three years and your response has been overwhelmingly positive. However, our experience has taught us that in order to truly make a difference, we need to do more.

We need to provide the high-quality products and resources that we promote through NEW YOU, and not just write articles about them. Our research has shown that good quality supplements and skincare products are difficult to find, and it is easy to be misled. Products must contain clean, bioavailable, active ingredients in quantities supported by good science in order to be effective.

With this in mind, we collaborated with scientists, chemists, and pharmacists to develop the NEW YOU brand of nutraceuticals and skincare products. These products adhere to the highest scientific, quality, and purity standards.

We are proud to announce that these products will be available on Shop.newyou.com in June 2016. The site is supported by an unparalleled customer service team and sophisticated technology to ensure that your user experience is informative, convenient, and worthwhile.

This has been an enormous and important project involving hundreds of people at NEW YOU, with a shared passion to assist you in becoming a healthier ‘new you.’

In closing, take time to Live, Love, and Laugh....

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AUDIT INFORMATION: AAM Membership Applied for

New You is meant to increase your knowledge of current developments in anti-aging and beauty. While we strive to take care in preparing magazine content, the publisher and editorial board do not endorse or verify claims of any treatment, product, advice, or information contained in this publication. Advertisers assume liability for all advertising content and claims. Because everyone is different, you should consult a qualified practitioner as the best guide for you.
THE MAN PLAN
Gorgeous skin is for guys, too. Learn how to nourish, tone, and protect like a pro.

SLATHER UP
We have the secrets to self-tanning techniques (and flub fixes!), moisturizing marvels, new SPF products, must-have skin mists, cellulite solutions, top vacation essentials, and glam warm-weather styles.

CITRUS SPECTACULAR
Refresh your complexion with nutrient-rich citrus fruits. From serums to sprays to cosmetics, summer citrus rules!

TIPS
Live like a star, turn back time, and try out hot summer hues.

Q&A
Rose Rollins, beautiful star of TV’s The Catch.
Anthony Sosnick, founder of the Anthony brand of men’s products.

NEWYOU.COM
Get on-the-spot celeb videos you have to see!

MEDICAL MUST-KNOWS
We are all about the latest innovations from the medical world. Learn about pioneering procedures, powerful health protocols, game-changing ingredients, and the latest in stem cell-technology.
OCEAN BLUE

By Samantha Boden

Smith & Cult (smithandcult.com) and JINsoon (jinsoon.com) offer gorgeous royal blue lacquers.

Check out butter LONDON (butterlondon.com) and OPI (opi.com) for some super cool azure hues.

If you’re searching for a vivacious blue, Morgan Taylor (morgantaylorlacquer.com) and CND (cnd.com) have you covered.

We can’t get enough of the glazes from Londontown (londontownusa.com) and Formula X (sephora.com) baby-blue hues.

For the ultimate white out, try Trust Fund Beauty (trustfundbeauty.com) and SinfulColors King Kylie SinfulShine (walmart.com) nail polishes.
Summer Musts

Summertime is all about the good ol’ sunshine-filled outdoors. Here are the summer faves we love to keep you protected and hydrated.

By Samantha Boden

IT Cosmetics Superhero Mascara

What is it: Elastic stretch volumizing mascara transforms your lashes in one swipe.

What it does: The Elastic Stretch technology volumizes, conditions, and lengthens each and every individual lash.

Where to find it: $24, ulta.com

GEN Y SKIN

Perricone MD is launching a millennial skin-care line, the Pre:Empt Series. It has patented Nrf2 Antioxidant Support Complex that specifically helps Gen Y skin by fighting the first signs of aging. The line contains a pore refiner ($60), serum ($90), eye cream ($65), and hydrating cream ($75). Visit sephora.com.

Makeup artist Jamie Greenberg, whose clients include celebrities Kaley Cuoco, Rashida Jones, and many others, shares some beauty trends to look out for this summer. Greenberg says, “This summer things are going to be fun and playful. Instead of being bare faced, you’re going to be able to play a bit. Bold lips are back, but think vibrant colors that pop.” We like Anastasia Beverly Hills Liquid Lipstick in Electric Coral ($20, macy’s.com). Greenberg also believes that eyes might skip the shadow and just go for an electric-blue liner, like Urban Decay’s 24/7 Glide-On Eye Pencil in Chaos ($20, urbandecay.com). “I love that retro inner-water rim pencil smudged ever so effortlessly.” Lastly, Greenberg says we’re going to see dewy, bronzed, and flushed skin, so make sure to moisturize! She’s been using Bonne Bell Bronzing Gel ($4, drugstore.com) since seventh grade.

ON TREND: WITH JAMIE GREENBERG
H2O+ MAKEOVER

Beauty brand H2O+, known for their paraben and phthalate free skin care, bath, body, and hair care products, is getting a major makeover. They are relaunching their formulations and packaging for 47 skus. The Milk collection combats dry skin and includes a body wash ($18), body butter ($22), and body scrub ($18). There’s also face products like Elements Fresh Powder Exfoliator ($28) and Cleansing Stick ($28). The Infinity+ Wrinkle Delay Cream SPF 30 ($58) stops wrinkles in their tracks and protects against moisture loss, while the Waterbright Illuminating Night Cream ($54) is clinically proven to enhance skin’s radiance, brightness, and texture. Pair those two with the Oasis Hydrating Eye Balm ($28), which reduces dark circles and puffiness, and you’ll be getting carded at restaurants again! The entire collection launches in June and July.

SUMMER HAIR CARE

The hair acts as a barricade between our skin and the sun’s rays, so it’s important to protect the hair follicles. For a pre-sun treatment, try Macadamia Professional’s Endless Summer Sun Shield Dry Oil Veil. It protects locks from harmful rays, hydrates, and helps minimize loss of color, dryness, and damage ($20, macadamiahair.com). After a long day in the sun, sit in the AC and relax with the Phyto Phytoplage Sublime After Sun Hair & Body Oil. Infused with a unique blend of botanical oils, this ultra hydrating product nourishes, renews, and revives hair ($40, sephora.com). Paraben-free Garnier Whole Blends Coconut Water & Vanilla Milk Hydrating Shampoo and Conditioner hydrates your locks after a sunny summer day ($4.50, garnierusa.com).

The HairMax Density Bundle consists of products to make locks denser and fuller. It includes a shampoo, conditioner, and revitalizer, which deeply cleanses and exfoliates the scalp to help hair growth ($50, hairmax.com).

Make miracles happen with Lancôme’s Miracle CC Cushion Color Correcting Primer. This liquid’s combo of corrective tones—pinky peach to combat darkness; purple to ditch dullness, yellow to conceal, and green to tone down redness—is an instant fix in one pat ($39.50, sephora.com).

La Mer’s The Perfecting Treatment is a silky gel that helps to perfect tone and texture and reduce the appearance of prominent pores ($240, la-mer.com).

Great for any skin type, Drunk Elephant’s Lala Retro Whipped Cream is an old-fashioned formula with six rare African oils, providing hydration for hours. The plantain extract restores firmness and elasticity and green tea and caffeic acid battle aging and inflammation ($60, sephora.com).

Live the hive life with Manuka Doctor’s Drops of Crystal Beautifying Bi-Phase Oil. With ingredients like bee venom and Manuka honey, this daily salve evens skin tone and brightens complexion. Plus Kourtney Kardashian is a fan of the brand ($40, cvs.com).

Tote the Ole Henriksen Facial Waters in your bag this summer to keep skin glowing, oil-free, and hydrated. Available in Truth, Grease Relief, and Nurture Me ($22 each, sephora.com).
HERE COMES THE SUN

Summer equals travel!
Get set to jet with “good for you” on-the-go products to pack in your sandy sack. By Samantha Boden
The ant is knowing and wise, but he doesn’t know enough to take a vacation.
- Clarence Day

1. **Tarte Skin Squad Deluxe Discovery Set** is an all-in-one vacay must—tinted primer SPF 30, cleansing gel, 4-in-1 mist, H2O hydrating boost, mascara, and blush ($22, sephora.com).

2. **Surya Brasil Amazonia Preciosa Gift Set** has you covered from head to toe. The vegan-centric set includes a shampoo, conditioner, shower gel, and lotion ($35, suryabrasilproducts.com).

3. Small enough to fit in your purse, **Bed Head Line Up Mini Ceramic Straightener** is perfect for quick touch-ups on the fly ($20, ulta.com).


5. **Suki Care-Active Daily Regimen trial kit** for nourishment has everything you need for your face: exfoliating cleanser, cleansing bar, masque, toner, oil, and day cream ($35, sukiiskincare.com).

6. Freshen your breath with **Boka’s natural Cocorinse**. This coconut-mint combo naturally whitens teeth, too ($20 for 14 packets, boka.com).

7. **Mineral Fusion SPF 30 Brush-On Sun Defense** is transparent and great for all skin tones. Plus it’s paraben-, phthalate-, and cruelty-free ($25, mineralfusion.com).

8. **Farmaesthetics Facial To-Go Gift Set** is a natural way to restore glow on the go ($38, farmaesthetics.com).

9. **Earth Therapeutics Elixir of Dreams Pillow Mist** calms the mind while the Dream Silk Sleep Mask blocks light ($8, $10, earththerapeutics.com).

10. **Priti NYC natural soy nail polish remover clears color in a swipe** ($10 for 10, pritinyc.com).

Photograph by Masami Adachi
SWEET SCENTS

Before you hit the beach, pool, or mall this summer, spritz on some eau d'été.

By Samantha Boden

Ralph Lauren Fragrances
Tender Romance Eau de Toilette ($96, ralphlauren.com)

Terry De Gunzburg
Thé Glacé Eau Fraîche ($170, barneys.com)

Nest Fragrances
Citrine Eau de Parfum ($68, sephora.com)

Bond No. 9
Liberty Island Eau de Parfum ($295, bondno9.com)

Jo Malone London
Nashi Blossom Cologne ($130, jomalone.com)

Aerin
Mediterranean Honeysuckle Eau de Parfum ($155, aerin.com)
FANCY IN THE FAST LANE

With Fortheloveoffancy.com, Texas blogger Kate Blue is living the new American dream—parlaying sophisticated style into an online empire. By Toni Negas

It’s a question many fashionistas ask themselves: Could my love of fashion actually translate into an online career? Houston-based glamour girl Kate Blue knew she had a special way of creating style with substance. In 2014, she bravely brought it to the masses.

Fortheloveoffancy.com and its social media presence (144,000 Instagram followers and counting) has Blue cashing in on her casual, cool Western-minded taste. Here, we chat with her about turning drive into dollars, all the while admiring her easy, breezy glamour.

NEW YOU: What trends do you love and hate?
KATE BLUE: Right now, I love all the really bright patterns and pattern mixing, like stripes with leopard. I can’t really get on board with overalls. They look so cute when I see them on other people but for some reason I just have a hard time with them.

NY: What do you think about apps like Snapchat and Periscope?
KB: I’m not on Periscope but I am on Snapchat. There’s this misconception that bloggers have a totally perfect life and everything is staged. I think a lot of followers and readers appreciate Snapchat, since it’s viewed in the moment.

NY: How often do you post?
KB: I do three to five blog posts a week. On Instagram, I post three to four pictures a day.

NY: Do you feel the more you post the more followers you gain?
KB: I see a gain. If I don’t post as much, I lose followers. People look for consistency.

NY: Is it really possible to make money from a blog?
KB: Yes, definitely. At the beginning, I did it solely as a hobby. Then I realized the potential to make money being a part of the affiliate program, rewardStyle [the invitation-only web tool that helps bloggers such as Blue to thoroughly monetize their content].

NY: What advice do you have for bloggers who are starting out?
KB: Don’t compare yourself to others. The reason you have your followers is because of who you are and people like your style. Don’t change because it seems to be working for somebody else.

NY: What would you like to say to someone with lots of potential but equal parts self-doubt?
KB: If you have a hobby that you really love doing, definitely go for it. My husband was my biggest supporter in making Fortheloveoffancy.com happen, and now it’s something we do together. I’m glad he convinced me to turn my hobby into something I really love doing. Don’t be scared to follow dreams.

@kateireneblue
Care Skincare Co-Founder, Ricardo Quintero, is a veteran of the beauty industry with a resume noting the likes of Procter & Gamble, The Estee Lauder Companies and Clinique. This husband and wife duo aims to overhaul the beauty game with its simplified luxury approach to skincare. The collection was formulated with highly effective multi-functional products addressing the skin’s most important needs using superior-grade ingredients. Also, as a clean beauty brand, all formulas were developed using only safe, proven ingredients that are fragrance-free. The line avoids retail markups and passes along the savings to the consumer by only selling online. Care Skincare is truly unique because every product was carefully formulated to provide multiple benefits. If you use them with consistency, you will see results. Isn’t that what everyone is looking for? New You had an exclusive Q&A with the founders on their creation of this new exciting line.

Question: In order to really thrive as an innovator in the beauty world, you have to love the experimentation element of formulation. Were you directly involved in the

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When Ricardo and Pilar Quintero set out to create Care Skincare, an expertly curated skincare line, their experience was second to none catapulting them into the beauty space with their simple straightforward brand of daily essentials.
Q: The word “curated” seems to be a very solid principle upon which you’ve built your brand ethos. What do you consider most important when it comes to curating the product line for Care Skincare?
A: It all started with, how do we make things simpler without losing effectiveness or safety? How do you eliminate the unnecessary and build multifunctional products that can cover multiple benefits in one application? How do we declutter and decode skincare for busy women? In a way, less is more and that is why we are keeping the line very tight. There are five essential products now, and only two more will be added: a sunscreen, which is non-negotiable for healthy skin, and another serum we have been working on for several months to address one of the major concerns of women of all ethnicities in America today.

Q: What are your most popular products?
A: The Everything Multi-level Moisturizer and Tireless, Retinoid Night Serum are the most popular products in the line. Although, Deep Moisture Fix Hydrating Water Cream is not far behind.

Q: How do you feel selling direct to the consumer has helped your brand and business?
A: We are a tiny startup, and that allows us to stay very close to what consumers are saying about the brand. Everything happens online and we have access to all the information 24/7. That doesn’t happen in traditional retail. We are constantly monitoring consumer feedback: What they like now, what they don’t, and this is very important to build a sustainable business. We actually care (no pun intended) about beauty care formulation of Care Skincare?

Answer: Absolutely. Pilar worked hand in hand with Debbie D’Aquino, who commands extraordinary knowledge and boasts over 30 years’ experience. She is a former Clinique Product Development VP. Together we established each product’s objectives ranging from benefits/function, aesthetics and packaging. Both of them worked with cosmetic chemists at our contractor’s lab to develop prototypes, test, and, ultimately, approve the final product.
our customer’s experience with our products, and we want to make sure we can help people with our products.

Q: Packaging seems important to you. Tell us how that comes about.
A: We wanted something distinctive that would pop in a sea of products—yet simple, straightforward and essential. We hired an amazing design firm called Avee, that fully understood our approach and they were able to create a strong brand identity with straightforward communication. We eliminated unnecessary messaging and foreign languages from the packaging because this line is for the US market. And, because the majority of the investment had to be in the formula, which is what actually goes on people’s skin, we opted for very basic functional packaging that was not superfluous, wasteful or expensive.

Q: How would you like to grow the brand in the coming years?
A: We want to grow profitably. We want a business that is sustainable over time and that requires financial discipline and a willingness to conduct a lot of small experiments to adjust our message that will allow us to improve our connection with people and build a customer community. We want to be successful in trial, but more importantly, we want people to come back and use Care Skincare over time.

Q: Ricardo, your background was with major beauty brands. Were there any mistakes you learned from other brands that you will try to avoid with your own line?
A: There are many benefits to being a part of a big company and brands, but there is also a bad side of big. Unfortunately, many of these brands are slow and bureaucratic. The business model requires it to be on “launch mode” all the time, introducing new products all the time, which creates confusion and clutter for consumers and retailers alike. At Care Skincare, we want to be agile and responsive, and our line will never have more than seven SKUs. If we improve one of our formulas, we will replace it, but not keep expanding the line. We are not chasing Wall St. expectations.

Q: How large of a role does social media marketing play in your launch plan?
A: Social media is very important because our brand only lives in the digital realm. Our storytelling and awareness building happens for the most part in social media. You have to be smart about who you associate your brand with and that their overall values, aesthetics, and lifestyle are aligned with the brand. Authenticity is very important, and we want to make sure that we build credibility in a sustainable way.

Q: Who are some innovators in the beauty business that inspire you?
A: We definitively have to put Mrs. Estee Lauder and her son Mr. Leonard Lauder at the top of the list. What she did is truly remarkable—essentially creating the prestige beauty business in department stores. And he took this incredible platform and built a true global business. Mr. Lauder is a true American business hero and champion brand builder and developer of the prestige beauty business on a global scale. He also has helped so many people along the way. Also, on the list, we have women like Anastasia Soare whose story is quite inspiring. She found white space in the crowded makeup category by creating a fantastic business around brows and a unique point of view. She built Anastasia Beverly Hills with a clear understanding of the power of influencers and social media with authenticity.

Q: Any secret beauty tricks we should know about?
A: I know this will sound obvious, but consistency is the key. If you stick to a regimen of quality products and apply them with discipline and consistency, you will probably see results. It’s that simple.

Q: Where can we purchase your products?
A: Our products are only available at www.careskincare.com.

Q: As a husband and wife team, was there any product that you fought over when curating the line?
A: No, we have been in full agreement as far as the product line goes. We may have had some discussion on color or texture, but, overall, we have been on the same page.

The Everything Multi-level Moisturizer is a superhero moisturizer that packs the power of a serum in the comfort of a cream. This multi-weight hyaluronic acid provides continuous hydration, supporting your skin’s natural moisture barrier, while antioxidants like turmeric and a unique peptide blend work to condition and repair. (Careskincare.com, $40)

Tireless Retinoid Night Serum is a truly transformative nighttime serum that renews and repairs skin as you sleep. This nightly serum smooths and brightens brilliantly without the irritating effects of traditional retinol products. Dark spots and imperfections are diminished, resulting in a brighter, more radiant complexion. This serum is in it for the long haul, providing remarkable benefits that multiply over time. (Careskincare.com, $45)

Deep Moisture Fix Hydrating Water Cream is a seriously hydrating gel-cream that revives thirsty skin any time of day. Hyaluronic acid and aloe team up in this addictively textured gel-cream to instantly vanish dryness and dullness, illuminating skin from within. Vitamins C and E protect and nourish, while caffeine helps firm and brighten. (Careskincare.com, $35)
THE DEFINITIVE GUIDE TO
SWIMWEAR FOR YOUR BODY TYPE

This summer, bypass the body angst and beeline straight for the swimsuits that suit your body type—and yes, the one-piece can be sexy!

By Sharon Feiereisen

PHOTOGRAPH BY TRUNK ARCHIVE
NEWYOU.COM

Now more testing the waters. The key to the perfect swimsuit is to be cognizant of your overall shape and to focus on what you’re trying to accentuate (and camouflage). As a rule, bright colors and prints, frilly embellishments, drape, and volume all draw attention to particular areas, while dark, solid colors are the best cover-ups. Here’s to breathing through the next swimwear shopping trip and get to beach frolicking tout de suite.

HOURGLASS SHAPE
➜ An hourglass shape tends to be easiest to dress. “This shape looks great with anything from a fun, barely there bikini to a beautiful one-piece,” says Katinka and Jeremy Somers. If you’re going for a season-less look, however, Rivera suggests a sexy, more supportive top paired with a moderate-coverage bottom and sticking with darker shades. Another option: retro styles. “These styles highlight the upper and lower proportions, drawing attention to the waist,” says Wise.

APPLE SHAPE
➜ “For apple shapes, draw the eyes up,” explains L*Space founder and designer Monica Wise. Go for an eye-catching bikini top with a unique print or style (think cut-outs, bandeau, or something with volume or frills). Try something that is low cut or accentuates cleavage, and pair with a more modest, basic bottom that flatters and creates balance. Avoid anything high-cut as this will draw attention to the hip-area. Wise suggests black and other darker shades for apple-shaped women. When it comes to accessories, “cover-ups that flare and fall away from the body without adding volume look best,” says Wildfox swim and intimates designer, Aurora Rivera. Monokinis with beauty shapers extreme side scoops and cut-outs give the illusion of curves,” says Rivera, who suggests staying away from conservative one-pieces that give no dimension or shape. Adjustable wrap tops, which pull together cleavage, paired with a skimpier, hipster-cut brief will also give the impression of va-va-voom curves. “They draw attention away from the waist, toward the cleavage,” says Wise. For cover-ups, look for rompers that give volume at the bust and hips and accent the waist.

BOYISH SHAPE
➜ Swimwear—believe it or not—allows straight figures to play up curves. The key: Opt for the right frills and embellishments. “Monokinis with extreme side scoops and cut-outs give the illusion of curves,” says Rivera, who suggests staying away from conservative one-pieces that give no dimension or shape. Adjustable wrap tops, which pull together cleavage, paired with a skimpier, hipster-cut brief will also give the impression of va-va-voom curves. “They draw attention away from the waist, toward the cleavage,” says Wise. For cover-ups, look for rompers that give volume at the bust and hips and accent the waist.  

APPLE SHAPE
➜ If you’re apple shaped, the one-piece will be your sartorial best friend. “A one-piece which has a beautiful print on it, something that fits the body well and makes the wearer feel comfortable and feminine should be the go-to for an apple-shaped body,” say We Are Handsome designers Katinka and Jeremy Somers. If you’re averse to a one-piece look, side ruching on a two-piece bottom is a silhouette that works for hiding a fuller tummy while still maintaining the look of feminine curves. “It’s actually a great optical illusion created in some of our high-waist bottoms,” says Wise. No matter what you opt for, however, make sure to avoid anything that’s cut across the chest (think straight neck lines), as it draws focus to the width of the body. Pair this look with a low neckline cover-up.

PEAR SHAPE
➜ “For pear shapes, draw the eyes up,” explains L*Space founder and designer Monica Wise. Go for an eye-catching bikini top with a unique print or style (think cut-outs, bandeau, or something with volume or frills). Try something that is low cut or accentuates cleavage, and pair with a more modest, basic bottom that flatters and creates balance. Avoid anything high-cut as this will draw attention to the hip-area. Wise suggests black and other darker shades for pear-shaped women. When it comes to accessories, “cover-ups that flare and fall away from the body without adding volume look best,” says Wildfox swim and intimates designer, Aurora Rivera. Monokinis with beauty shapers extreme side scoops and cut-outs give the illusion of curves,” says Rivera, who suggests staying away from conservative one-pieces that give no dimension or shape. Adjustable wrap tops, which pull together cleavage, paired with a skimpier, hipster-cut brief will also give the impression of va-va-voom curves. “They draw attention away from the waist, toward the cleavage,” says Wise. For cover-ups, look for rompers that give volume at the bust and hips and accent the waist.

BOYISH SHAPE
➜ Swimwear—believe it or not—allows straight figures to play up curves. The key: Opt for the right frills and embellishments. “Monokinis with extreme side scoops and cut-outs give the illusion of curves,” says Rivera, who suggests staying away from conservative one-pieces that give no dimension or shape. Adjustable wrap tops, which pull together cleavage, paired with a skimpier, hipster-cut brief will also give the impression of va-va-voom curves. “They draw attention away from the waist, toward the cleavage,” says Wise. For cover-ups, look for rompers that give volume at the bust and hips and accent the waist.
BUDGET DETOX

Looking for a low-investment, high-end getaway? New You has the digs.

By Sharon Feiereisen

asking in a high-end experience for a budget-friendly price isn’t a ticket to the land of contradictions (we swear!), especially if you’re flexible with your travel dates. From east to west there are a number of bang-for-your-buck hotels and resorts that make for idyllic year-round getaways. Here’s a look at some not-to-be-missed options.

WEST COAST: LAGUNA BEACH HOUSE

OPENED JUST LAST YEAR, LAGUNA BEACH HOUSE’S design reflects the laid-back California coast vibe to a tee. Expect shore-inspired décor and vintage surf and skate memorabilia throughout, including surfboards above the beds and G&S skateboards acting as towel racks. A chalkboard in the lobby displays the daily surf report (surfboards are available for purchase on-site), and the hotel has a partnership with a surfboard shaper so guests can customize their own boards. The 36-room boutique beach haven is in walking distance to downtown Laguna and Main Beach, and for some extra pampering ask for “beach con-
cierge” services, which includes towel set-up and ocean-side lunch delivery. The Beach House also has a partnership with a local spa and salon to arrange for private services in the guest rooms. In-room guests rave about the mini-bars, which include fun, usable items such as beach games like smashball, underwater cameras, umbrellas, Turkish beach blankets, and beer koozies, as well as local micro-brews and throw-back treats like s’mores kits. Note also that the hotel’s sister property two blocks south, The Inn at Laguna Beach, has a private, guests-only rooftop terrace that serves sunset cocktails with the best vantage point in town. Or stick to the Beach House for cookies and milk by the fire pit. (Rooms start at $197; visit thelagunabeach-house.com.)

**SOUTHEAST: ROYAL BLUES HOTEL**

→ THERE’S NO KNOCKING SOUTH BEACH if you’re looking for late-night partying, but when you crave something more classic American, head to Deerfield Beach and the Royal Blues Hotel. The only Relais & Châteaux-designated property in Florida, Royal Blues was conceived as an oceanfront escape for guests to experience an authentic adventure off Florida’s Gold Coast. Opened in 2014, the space offers 12 luxuriously appointed accommodations (all with oceanfront views) steps from Blue Wave-certified Deerfield Beach. The décor is demure with understated touches of a bespoke yacht (think wide-wood paneling, leather, and marble surfaces). You’ll also find a seafood restaurant, Chanson, with panoramic ocean views and an elevated 18-foot-long saltwater aquarium, wine lounge, and swim spa. On Saturdays, treat your chakras to oceanfront yoga on the property’s deck, and nearby Quiet Waters Park offers 430 acres for hiking, fishing, a skate park, and the new-to-the-U.S. cable water-skiing. Golfing, tennis, and biking are also available. (Prices start at $299; visit royalblueshotel.com.)

**MIDWEST: THE HERRINGTON INN AND SPA**

→ THE PICTURESQUE HERRINGTON INN AND SPA is a popular wedding destination, but anyone staying in this 61-room, waterfront gem will feel like it’s a honeymoon. Located outside of Chicago in Geneva, Illinois, the circa 1800s limestone building boasts romantic rooms with fireplaces, heated marble floors, wet bars, and balconies overlooking the Fox River, all within walking distance of over 150 boutiques, galleries, and restaurants. An on-premise spa offers massages, facials, body treatments, waxing, and a serenity room; in-room massages and drawn baths are available upon request. Atwater’s is the hotel’s restaurant and its

**Call Me Al (Fresco)**

Making the most of Deerfield Beach’s stunning coastline, Royal Blues gets a gold star for its Gold Coast views.
vaulted-ceiling, courtyard view dining room is open for breakfast, lunch, and dinner; winemaker dinners are hosted throughout the year and high tea, crust-less finger sandwiches and all, is also periodically available. The warm, Midwest charm extends to the bedside service, which includes chilled milk and fresh baked cookies. Little surprise the property has received AAA Four Diamond Resort hotel recognition and Jay Leno, Steve Martin, Alec Baldwin, Tom Hanks, Dennis Quaid, and Zac Efron are all fans. (Prices start at $169; visit herringtoninn.com.)

NEW ENGLAND: TACONIC HOTEL
OPENED IN DECEMBER 2015, THE 87-ROOM TACONIC is nestled in the heart of the Green Mountains. A quintessential Vermont getaway, you’ll find the perfect balance of activity and relaxation. The charming boutique hotel boasts views of the Green and Taconic Mountain ranges and easy access to award-winning ski mountains Bromley and Stratton, as well as access to local snowshoeing and cross-country skiing trails. During the summer months there are a variety of outdoor pursuits including fly fishing, hiking, mountain biking, and horseback riding. After spending a day outdoors, release your inner child with the hotel’s adult coloring book—a zen-inspired stress reliever—which features art from the Southern Vermont Arts Center. If coloring inside lines isn’t your cup of tea, retreat back to your digs for an in-room spa treatment from the hotel’s organic, eco-friendly spa services ranging from a hot stone massage and detoxifying body wrap, to a romantic couples massage. The Manchester Designer Outlets is also nearby for tax-free shopping and there’s an in-house restaurant and bar, The Copper Grouse, designed with a roomy wrap-around porch and cozy fireplace—try the rich cheddar ale soup and pan-roasted lamb sirloin! (Prices start at $269; visit taconichotel.com.)

BOOK REPORT
Drink in the drama, page by page...
—Shirley Venice

THREE-MARTINI LUNCH
by Suzanne Rindell ($27, G.P. Putnam’s Sons)
Set in New York City in the late Fifties with its jazz clubs and Beat-poet ideas, three young professionals meet to try and make it big in publishing. Rindell’s gripping story does for publishing what Mad Men did for advertising.

THE ROMANOVS: 1613-1918
by Simon Sebag Montefiore ($35, Alfred A. Knopf)
The history of the House of Romanov is one of mayhem, majesty, and massacre. Montefiore’s magnificent biography of this Russian dynasty is meticulously researched and spell binding—a great beach read.

IN TWENTY YEARS
by Allison Winn Scotch ($15, Lake Union Publishing)
Winn Scotch’s highly anticipated, thought-provoking, and emotional sixth novel tells the story of complex yet relatable characters questioning the paths they have chosen in life (and who can’t thoroughly relate to that?).
BRINGING UP THE REAR

Kick that pancake posterior to the curb—buttocks enhancement will give your bottom a boost and bring your summer look full circle. By Beth Landman
Pop culture certainly touts the popularity of a generous derriere. In music, artists like Nicki Minaj, Meghan Trainor, Jennifer Lopez, and Iggy Azalea have all cashed in on the boost of their booty. The internet exploded when *Paper* magazine released Kim Kardashian’s cover photos, highlighting her ample posterior. According to the American Society for Aesthetic Plastic Surgery, buttocks augmentation saw an increase of 21 percent from 2015, with buttocks lifts showing a significant increase of 32 percent.

**BACKSIDE, FRONT AND CENTER**

It is indeed the year of the rear, but it’s not just trend-seeking augmentation; it’s also those with the desire to retain their youthful figures. “As we age, we lose fat from our bottoms as well as our faces, hands, and breasts,” explains Constantino Mendieta, M.D., a Miami-based plastic surgeon specializing in buttocks augmentation. “Everything starts drooping. It’s in vogue to re-shape and lift the butt.”

“People now come in asking for one of four types of butt,” explains Dr. Mendieta. “There is the perky Jessica Biel, the in-between Jen Selter, the more ample Kim Kardashian or J. Lo, and, the most extreme, Nicki Minaj. Three years ago I was performing about 200 gluteal augmentations a year; now I’m doing about 350.”

**CHOICE CUTS AND BUTTS**

So what are the options for a designer derriere? The gold standard for buttocks enhancement is gluteal fat transfer, also known as the Brazilian Butt Lift. It involves the removal of fat using liposuction from the stomach, love handles, or other areas of excess and then re-implanting the fat into the buttocks. It can be done under local anesthesia in two to three hours. The result? A rounder, fuller looking derriere.

“Transferring fat is not 100 percent predictable in terms of how much will remain after it’s been injected, and how long it will last,” reports Z. Paul Lorenc, M.D., an aesthetic plastic surgeon in New York City who performs fat transfer. “It has a 50 to 75 percent retention rate, but there is some individual variability. We are getting good results—but I’d be happier if we got it to 100 percent.”

These results have improved over the years due to refinements in the procedure, such as adding more stem cells to the fat. Cell-assisted fat transfer involves removing fat from one area of the body and dividing it into equal parts. Stem cells are
obtained from one part using a series of procedures that separates them from the fat and then is reintroduced into the fat graft. This technique, perfected by Dr. Kotaro Yoshimura in Tokyo, Japan, has demonstrated 35 to 40 percent greater volume retention compared to traditional fat transfer.

Richard Greco, M.D., a Savannah, Georgia-based plastic surgeon, says sculpting the back and flanks above the buttocks, along with the hips and legs, enhances the operation’s results. “That helps improve the harmony and shape,” says Greco. “By carving above and below the buttocks, you create the appearance of more prominence. You would have to make the buttocks much bigger to get the same overall appeal if you didn’t sculpt.”

Injection technique is another key to the operation’s success, according to Howard Sobel, M.D., a Manhattan cosmetic dermatologist. “It’s important that the doctor layers the fat properly so you don’t get irregularities,” he maintains. “Layering also helps the fat develop a blood supply, which improves its retention. Over time, 10 to 30 percent of the fat will be re-absorbed,” he notes.

“You have to warn patients that they will look a little bigger at first,” he says. “You don’t want to overfill too much to compensate for fat loss, because then they will look ridiculous.”

Other gluteal augmentation options are more invasive and include implants or a buttocks lift. Buttocks implants (silicone) are inserted via incisions in hidden areas of the backside. A buttocks lift is performed under general anesthesia and it removes excess backside or thigh skin. Both surgeries require more recovery time and are more costly than fat transfer.

**Rear Recovery**

Risks from buttocks implants include infection, opening of incisions, implant rupture or migration, scarring, nerve damage, and fluid accumulation. Fat transfer is a relatively safer procedure with less recovery time. However, in inexperienced hands, the risk of a fat embolism is possible. A fat embolism occurs when fat is injected into the bloodstream and causes inflammation in the lungs.

Dr. Lorenc says he stopped using implants five years ago: “They have a significant complication rate and a complex recovery.”

Recovery time for buttocks enhancement is about one week for fat transfer and up to three weeks for surgical procedures. For about two weeks after the procedure, it is recommended that you wear a control garment, avoid prolonged periods of sitting, use a cushion, and sleep face down or on your side to reduce pressure on the surgical site and promote better results.

As always, due diligence in selecting a provider is key. Make sure your choice is a board-certified cosmetic or plastic surgeon with experience in buttocks enhancement. Research the provider and the facility. Ask to see before and after photos and speak to patients who have had the procedure. Expect to pay anywhere from $5,000 to $15,000 for your designer derriere. If it’s glamorous glutes you seek, it is possible (and just in time for swimsuit season)!
The Diet-Sleep Connection
Caffeine isn’t the only culprit. New research shows that eating an unhealthy diet (with less fiber, more saturated fat, and sugar) triggers less restorative, more disrupted sleep, says a study published in the Journal of Clinical Sleep Medicine by Columbia University researchers. Clean up your eating and you may be able to stop counting sheep.

NOT-SO-SWEET NEWS ABOUT BREAST CANCER
Eat more processed sugar and your risk of breast cancer goes up significantly, says a new study published in the journal Cancer Research. Funded by the National Institutes of Health, the study found sugar intake increases your risk of this top cancer as well as the risk of lung tumors. The study found that fructose in table sugar and high-fructose corn syrup were the biggest culprits, triggering inflammation in the body and contributing to cancer growth.

Eat More Fiber, Breathe Easier
Fiber may keep you regular, but it may well keep your lungs healthy, too. People who eat more fiber (17.5 grams or more a day) from fruit, vegetables, legumes, and whole grains are less likely to develop lung disease, say researchers at the University of Nebraska Medical Center. This easy dietary change also reduces inflammation in the body—a risk factor for lung disease (as well as heart disease and cancer). In fact, boosting your fiber intake may be just as important to healthy breathing, say researchers, as is not smoking.

One Simple Change
Have more sex as you get older. A healthy sex life beyond the age of 50 may keep your brain sharp as you age. Researchers believe the hormones released during sex may be the key to cognitive health.*
Organic Milk Makes a Heart Pump Healthier

Omega-3 fatty acids are essential for the cardiovascular system, where they can help lower heart-disease risk. These polyunsaturated fatty acids—which must be sourced from food—are typically found in fish. Now, an international team of 24 researchers has found that organic milk and organic meat are 50 percent higher in these essential fatty acids than conventional milk and meat (although organic milk and meat are lower in iodine, an essential element found in seafood).

One Simple Change De-clutter your kitchen to lose weight. Cornell University researchers found that a disorganized kitchen can cause stress that leads to out-of-control snacking. Clean up the dishes and get organized and you may find you binge less—and drop pounds without even trying.
THE VEGGIE WHISPERER

The Cooking Channel’s Nikki Dinki offers advice on making easy, healthy meals and finding true vegetable love.

By Linda Childers

NIKKI DINKI

Who she is: It’s hard to believe Nikki Dinki, 33, co-host of the Cooking Channel’s Junk Food Flip with Bobby Deen, was a veggie hater when you see her wondrous ways with produce. Look for her book, Meat on the Side: Delicious Vegetable-Focused Recipes for Every Day this June.

What she does: On both the show and her blog, NikkiDinkiCooking.com, she turns high-cal splurges into healthy meals. “I cook primarily on the side, focusing on vegetables as the center.”

What drives her: “As a child, I hated vegetables and existed on bread and cheese.” It wasn’t until Dinki was in her early twenties that her diet proved problematic. “I had digestive problems and low energy levels. I wasn’t getting the protein and other nutrients that I needed.”

What’s her secret: If she tried a new food five times, Dinki found she no longer hated it. After eating a new veggie 25 times, she craved it. “Eating vegetable-based dishes instead of processed foods made me feel stronger and healthier.”

Her meal favorites:

BREAKFAST
“I start each day with a smoothie. I’ll take whatever veggies I have and combine them with pumpkin seeds, goji berries, and healthy Greek yogurt.”

LUNCH
“One of my favorite go-to lunches is a healthy vegetarian version of a hot dog marinated with stock, soy sauce vinegar, liquid smoke, chili powder, paprika, and ginger. It’s simple, healthy, and delicious.

DINNER
“I love having friends and family over for dinner and one of my favorite dishes to make is my carbonara with Brussels sprouts, pears, and chard. I love taking classic dishes and increasing the nutritional value while enhancing flavor. I’ve also learned how to cut calories by substituting ingredients, such as Greek yogurt for sour cream or mayo.”

SNACKS
“I like to make homemade cheesy kale chips or parmesan zucchini chips that I can take with me and snack on during the day. If I’m craving something sweet, I make my gluten-free chocolate chip and peanut butter cookies. I also enjoy tea or a warm glass of apple cider.

Kale Egg Cups*

<table>
<thead>
<tr>
<th><strong>Kale Egg Cups</strong></th>
<th>1 tablespoon olive oil</th>
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</thead>
<tbody>
<tr>
<td>1 medium yellow onion</td>
<td>½ teaspoon kosher salt</td>
</tr>
<tr>
<td>1 red bell pepper</td>
<td>½ cup shredded mozzarella</td>
</tr>
<tr>
<td>4 fully cooked breakfast sausage patties</td>
<td>8 large eggs</td>
</tr>
<tr>
<td>8 large kale leaves</td>
<td>8 teaspoons grated Parmesan cheese</td>
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</tbody>
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METHOD

1. Preheat the oven to 375 degrees F. Grease an 8-cup muffin pan and set aside.
2. Chop the onion and bell pepper and cut the sausage patties into ¼-inch pieces. Place a medium saucepan of water over high heat and bring to a boil.
3. One at a time, hold each kale leaf by its stem and dip it into the boiling water until it turns bright green, about 5 seconds, then lay it on some paper towels or a clean kitchen towel to drain.
4. Heat the oil in a medium skillet over medium heat. Stir in the onion, bell pepper, and salt and sauté until tender, about 5 minutes.
5. Transfer the muffin pan to the skillet over medium heat. Bake until the eggs are set.
6. Put 1 tablespoon of the pepper and cut the sausage into the boiling water until egg. Crack an egg into each cup and then sprinkle one teaspoon of the Parmesan cheese over the egg. When all 8 cups are filled, place the egg in the sausage and sauté cups cool for 2 to 3 minutes.
7. Just until it turns brown, 2 to 3 minutes. Run a table knife around the inside edge of each cup to release anything that might be sticking. Gently lift out a paper towel. Cut away its stem and then cut the leaf cross-wise into 3 pieces. Enjoy them hot!

PHOTOGRAPHS BY ELLEN SIVERMAN

*Adapted from Meat on the Side: Delicious, Vegetable-Focused Recipes for Every Day by Nikki Dinki.
FRESH HEIR

Ugly is the new pretty (delicious). Multicolored, gnarly-skinned heirloom variety tomatoes may grab the spotlight for their oddball aesthetic, but it’s their natural sweet taste that will win your healthy heart. These bygone treasures contain all four major carotenoids (alpha- and beta-carotene, lutein, and lycopene), are rich in potassium, and are best eaten simply: sliced with a little coarse salt on top.

By Shirley Venice

FAMILY HEIRLOOMS
Classified for their seeds that have been passed through several generations, treat these antique toms reverently by enjoying them all on their own. Ask your local farmer at the greenmarket to slice a family heirloom in half for you and eat it as you would eat a fresh peach.

COMMERCIAL HEIRLOOMS
Tomato varieties of commercial heirlooms have been in circulation for more than 50 years. These are “open-pollinated,” meaning the seeds will generally breed true without much cross pollination. When baking fish, try adding some slices drizzled with oil to add zip to a ho-hum white fillet.

MYSTERY HEIRLOOMS
Ah, the good, ol’ tomatoes of yesteryear, grown organically with their shape, color, and ultimate taste left to the whims of natural cross pollination. With their unusual colors and forms, nothing is more fun (or delicious) than building a tower of different shaped tomatoes interspersed with mozzarella and basil. Drizzle first-press olive oil and aged balsamic over the top for an instant conversation piece at any dinner party.

CREATED HEIRLOOMS
This is a process of crossing known parent tomatoes that are either two heirloom seeds or one heirloom and one hybrid seed. The resulting seed is known to take eight years or more to become its own individual heirloom tomato. Place a slice over a frozen puff pastry round, sprinkle with salt, pepper, and olive oil, and bake according to the puff pastry instructions on the packet.
NOT SO SWEET

Do artificial sweeteners promise skinny but actually make you fat?

Recent science suggests that these modern-day waist whittlers are actually doing just the opposite.

By Scott Olson

At first glance, artificial sweeteners make perfect sense. You get your cake but you dodge the calories. Food scientists who concocted calorie-free sweeteners had just this notion in mind: provide sweetness minus the calories. It seemed that artificial sweeteners were the perfect answer to our collective sweet tooth and ever-growing waistlines. We could all rejoice as we downed as much diet soda and sugar-free cookies as we desired.

But there was a nagging question in the back of our minds every time we tipped that sugar-free soda toward our mouths: Is this stuff really good for me?

Sure, doctors and health organizations such as the American Heart Association and American Diabetes Association suggest that we use artificial sweeteners to avoid calories. From that perspective, artificial sweeteners are the clear choice, but are calories the whole story?

SACK THE SACCHARINE?

Recently, health scientists have been asking the question: Does getting our sugar fix from artificial sweeteners translate into better health?

Susan E. Swithers, Ph.D., a professor of psychological sciences and a behavioral neuroscientist at Purdue University wrote a paper on artificial sweeteners that appeared in the journal Trends in Endocrinology & Metabolism. She suggests, “It is not uncommon for people to be given messages that artificially-sweetened products are healthy, will help them lose weight, or will help prevent weight gain. The data to support those claims are not very strong, and although it seems like common sense that diet sodas would not be as problematic as regular sodas, common sense is not always right.”

Early clinical studies did show people gain less weight when they use artificially sweetened beverages. Recently, a few large population studies have thrown cold water on those early results. These large studies linked frequent consumption of artificial sugars to overall poorer health—including weight gain.
Real sugar has long been linked to weight gain, metabolic syndrome, type 2 diabetes, heart disease, and stroke. But here is the strange thing: Studies now point to the startling notion that artificial sweeteners have exactly the same health risks.

**THE SWEET SPOT?**

Theories abound about why artificial sweeteners are no better than white sugar at supporting health. Maybe it is enough to say that we simply can’t trick our bodies. Researchers, though, have started to explore the mystery.

Using brain scans as people consume artificial sweeteners (sucralose), scientists noticed that the fake sugars failed to activate brain regions involved in food reward. We eat artificial sweeteners but we don’t feel satisfied. This, in turn, leads to overeating other foods.

Studies in animals have suggested that artificial sweeteners dampen our response to the taste of sweet things, which also causes overeating.

Yanina Pepino, Ph.D., an assistant professor of internal medicine and nutritional science at the Center for Human Nutrition at Washington University School of Medicine in St. Louis, Missouri, investigated how artificial sweeteners alter our blood sugar and insulin response.

“When study participants drank sucralose, their blood sugar peaked at a higher level than when they drank only water before consuming glucose,” Dr. Pepino suggests. “Insulin levels also rose about 20 percent higher.”

Changes in insulin and blood sugar can have a big impact on our health and may be responsible for the poor health of those who choose artificial sweeteners, but there may be more.

Artificial sweeteners also can change our gut bacteria, which can alter our blood sugar, too, according to Eran Elinav, M.D., of the immunology department at the Weizmann Institute of Science in Rehovot, Israel, and the principle investigator of the study appearing in the journal *Nature*.

“Our relationship with our own individual mix of gut bacteria is a huge factor in determining how the food we eat affects us,” he writes of his findings in the study. “Especially intriguing is the link between use of artificial sweeteners—through the bacteria in our guts—to a tendency to develop the very disorders they were designed to prevent. This calls for reassessment of today’s massive, unsupervised consumption of these substances.”

Although it seems like common sense that diet sodas would not be as problematic as regular sodas, common sense is not always right.

**MORE SWEET GONE SOUR**

The reason you would reach for an artificial sweetener is that you are looking for a healthy alternative to sugar. What studies are showing is that artificial sweeteners are not the benign chemicals we thought they were. In fact, they are the opposite.

Aspartame breaks down into methanol. If that’s not bad enough, it is then converted into formaldehyde in our bodies. Scientists have calculated the formaldehyde exposure to be around 61 milligrams for every liter of aspartame ingested, which is many times over what would be considered a safe level. Our brains are especially sensitive to this exposure: When mice are fed methanol, they develop symptoms of Alzheimer’s disease. This has led many health scientists to speculate that artificial sweeteners may be behind the rise in Alzheimer’s disease and Parkinson’s disease.

There is also the looming cancer question. In the 1970s, saccharin was linked to bladder cancer in laboratory animals, but only in very high doses. Aspartame has been suspected of being associated with brain cancer and, more recently, with lymphomas and leukemia. None of these links are proven, but they may be yet another reason to avoid these chemical sweeteners. Still, saccharin and aspartame remain approved by the FDA.

**WHAT TO USE?**

If all artificial sweeteners are out, what can you do? You can try a natural sweetener such as Stevia or xylitol.

Stevia is a herb extract that is 200 to 300 times sweeter than sugar. Studies have shown Stevia actually helps control blood sugar. Stevia has an aftertaste that some people don’t like and it is difficult to use in baking because you only use a small amount (which changes the ingredient’s measurement). It also doesn’t brown or caramelize like sugar does.

Xylitol is a sugar alcohol that doesn’t appear to change blood sugar and seems to reduce cavities. Xylitol tastes great, but it can lead to stomach upset in some people.

What you may find is that going cold turkey is your best option. While it can be difficult, your cravings tend to fade over time and the thing you thought you couldn’t do without may well become a distant memory.
Got a sweet tooth? It might be time to reevaluate that habit—sugar may taste delightful, but it’s extremely damaging to our health. By Scott Olson

There are two schools of thought about what sugar does to your body: Sugar is bad for you and sugar is super bad for you.

In one camp are health experts (that include the sugar lobby) who suggest that sugar is harmful simply because it contains calories. In the other camp are those who think that sugar is a toxic molecule.

The evidence for the first argument is fairly substantial.

**THE BITTER FROM THE SWEET**

Marie Detillier, clinical nutrition manager at Texas Health Presbyterian Hospital in Plano, Texas, definitely agrees that sugar causes harm. “Even though it is a natural carbohydrate source, it is empty calories—meaning it does not contain any vitamins, minerals, phytonutrients, or any other positive nutritional benefit,” she says.

Those empty calories add up quickly, especially when we drink them. “The problem is that we are drinking sugar quickly and not even thinking about it,” adds Detillier. She points to morning smoothies that can contain 50 to 120 grams of sugar, or flavored coffee drinks that have 50 grams of sugar, not to mention our addiction to soda.

A recent article appearing in the
Once you have insulin resistance, though, the mystery is over: You are headed for poor health and the dreaded apple shape.

Scientists who study this note a strong association between the sugar we eat and the development of insulin resistance. Insulin resistance is a risk factor for many diseases, including obesity, diabetes, heart disease, cancer, and even poor memory and cognitive health.

Insulin resistance is so bad for our brains that some researchers are calling Alzheimer’s disease “type 3” diabetes.

Sugar sweetened beverages may be the perfect storm of harmful effects.

Scientists can create Alzheimer’s disease in animals by creating insulin resistance in the brain, and moderate the damage by giving drugs to help control insulin resistance.

INFLAMMATION

When your blood sugar spikes after drinking or eating something sugary, inflammation comes along for the ride. Inflammation and insulin resistance are like peas in a pod: Where you find one, you find the other.

Inflammation is now considered one of the leading causes of many of the diseases and issues we worry about, including heart disease, cancer, Alzheimer’s, joint pain, and many others.

SUGAR TOXINS

Advanced Glycation End-Products (AGEs), or glycotoxins, naturally form in our bodies and food when sugar binds to proteins or fats. This changes both the structure and function of cells in our bodies and increases inflammation and damage to these cells and anti-bodies.

In our skin, AGEs form in collagen and are one of the reasons we wrinkle (sun damage is not the only culprit).

In fact, scientists suggest that AGEs are largely responsible for aging and almost all chronic diseases. When AGEs form in our heart and blood vessels, they increase the risk for heart attack. Eating a high-sugar diet or foods with AGEs in them increases the risk for Alzheimer’s disease, autoimmune diseases, cataracts, cancers, and many other diseases.

Sugar has a powerful grip on our minds and bodies and it is a grip not easily escaped. Sugar calories, though, are calories you want to avoid.

Sugar is a hard habit to kick, no doubt, but there are some tricks that can help you. First, you should be aware that “natural” sugars such as honey and agave are no different than regular white sugar, so look out for these.

Try reducing sugar instead of eliminating it altogether. Sugar has less of an effect on your body when it is combined with other foods. Proteins, fats, and fiber all slow down the absorption of sugar—so if you want something sweet, eat it near a meal. Fruit is another good option, especially low-sugar fruit like berries.

Some people swear they can tamp the siren song of sugar by brushing their teeth after eating, drinking water, or getting some exercise, but everyone is different and you have to find what works for you. Remember that sugar is an addiction every bit as strong as cigarettes, alcohol, or other drugs and can take time to kick. Keep working toward your goal and you will find that you don’t need sugar as much as you think you do.
In-Dulse Yourself

Look out, Paleo-approved bacon; there’s a new (vegan) health craze in town: Dulse. Pronounced like “pulse,” this ocean-fresh seaweed superfood is red and leafy, harvested in both the Atlantic and Pacific, and rich in antioxidants, vitamin C, iodine, good fatty acids, and minerals. When cooked, it takes on the smoky, umami flavor profile of—you guessed it—bacon. Available in health food stores and larger chains like Whole Foods, dulse comes dried in powder, flake, or whole-leaf form to pan-fry just like...well, you get the idea ($7.50 for 2 oz, whole-leaf dried dulse, seaveg.com).
WALK ABOUT

An unexpected fade to black marks the return of bright, sunny days and warm weather. From frames to kicks to skin-saving picks, *New You* has the gear to get you going, head to toe.

By Richard Handsome

1. Abercrombie & Fitch
   Printed windbreaker in Navy Print ($98, abercrombie.com)
2. Beautycounter
   Charcoal cleansing bar ($24, beautycounter.com)
3. Anthony
   No Sweat Body Defense ($20, anthony.com)
4. Greats
   Suede Royale Chukka in Ox Blood ($169, greats.com)
5. Timberland
   6-inch Premium waterproof boot in Two-Tone Blue Nubuck ($190, timberland.com)
6. Flight 001
   F1 Spacepak toiletry bag in grey ($42, flight001.com)
7. Manready Mercantile
   Mayron’s Goods Sun Stuff zinc-based SPF 30 sunscreen ($24, manready.com)
8. Shwood
   Frames in Canby Osprey Feather ($250, shwoodshop.com)
Back Pain Relief
The best way to prevent those twinges and pain in your lower back: Get moving and keep moving. Australian researchers found that a combination of regular, moderate physical activity was enough to significantly reduce the risk of lower-back problems. In fact, when people regularly work out and learn exercises to help strengthen the back, they were 45 percent less likely to experience a back injury.

One Simple Change
Eat a banana or pear before working out. Researchers at the Appalachian State University Human Performance Laboratory in North Carolina found that eating these fruits before or even during a workout resulted in faster performance times, an improved rate of recovery, and reduced inflammation in the body. Both fruits are high in natural sugar, which boosts both your energy and nutrient intake.

Brainy Workout
New studies say exercise is good for the body and the brain:
→ Depression Cure A Rutgers University study says doing 30 minutes of meditation followed by 30 minutes of exercise twice a week for two months reduced depression symptoms by 40 percent. The combo therapy also cuts anxiety, boosts motivation, and improves overall outlook.
→ Sharper Mind University of Maryland School of Public Health research found that regular, moderate exercise increases the thickness of the brain’s cortex, the part that usually deteriorates due to Alzheimer’s disease.
Swimmer’s Ear
Do swimming laps seem tedious or boring? Try the Duo Underwater MP3 Player—basically, waterproof earphones. The battery-powered device uses patented Bone Conduction Technology, which sends sound waves along the cheekbone to the inner ear. It syncs with iTunes (it has 4GB of storage and comes with a USB cable) and has a whopping seven hours of battery life. Sync up, attach to your google straps, and swim to the beat ($120, finisinc.com).

Material Defense
Does the potential for gym germs give you the heebie jeebies? Towel Tech ($25, toweltech.com) helps you avoid colds, flu, and other nasty health invaders you might pick up while working out. Made from Tencel, a special patented fabric, it’s resistant to most forms of bacteria and microbes. What’s more, there’s a mesh zip pocket for keys and ID, and a magnet to attach the towel to gym equipment so it doesn’t fall on the floor.

One Simple Change
Munch on a mission. Non-GMO and gluten-free, This Bar Saves Lives uses its proceeds to get food to children in need, and comes in flavors like Madagascar Vanilla Almond & Honey (12 bar box, $25, thisbarsaveslives.com). Available at Target nationwide.

Targeted Pain Relief
Gone are the days of a simple ice pack. Pain relief is more focused than ever.

➜ Pulse Therapy
The remote-control sized truMedic Deluxe TENS Unit ($140, trumedic.com) comes with harmless electrodes to deliver massaging pulses to tight, sore muscles. It’s battery powered (two hours of use per session) so you can use it anywhere.

➜ Patch It Up
Forget the pills. In the next year or two you’ll be able to apply an ibuprofen patch directly to the pain. Created by scientists at the University of Warwick in the UK, this transparent adhesive patch delivers ibuprofen through the skin at a consistent dose over 12 hours.

Wake Up and Smell the Coffee
Love to hit the snooze when it’s time for your morning workout? Program the Sensorwake ($109, sensorwake.com) to release the smell of coffee to get you moving. This clock uses no alarm or irksome beeps. It simply diffuses your favorite scent to gently rouse you. Other aromas include peppermint, croissant, chocolate, seaside, and lush jungle.
MAKE IT PERSONAL

When it's your job to care for other people, take care of yourself first. By Angela Arsenault
Being a personal trainer is like being a parent. It’s your responsibility to teach those in your care how to best take care of themselves. That way, when you set them out into the world, they won’t just survive, they’ll thrive. A trainer helps clients to work through the mental and physical roadblocks that inevitably pop up along the path. But just like a parent, a trainer can’t do her job well unless she takes care of herself, too.

Many trainers say the work is immensely rewarding, especially when they have the opportunity to watch lives transform before their eyes—but the job is incredibly taxing. Dedicated trainers make themselves available to clients on a nearly round-the-clock basis. It makes you wonder: What are some of the good habits a skilled trainer might practice to keep her own health and wellness at the top of her priority list?

Here, we check in with three busy, hard-working celebrity trainers to learn how it’s possible to care for others and still keep enough energy and time reserved to do what it takes to be the best—and your best self.

**ANNA KAISER**

→ High-profile trainer Anna Kaiser founded her studio, AKT InMotion, in 2013 in New York City, and her celebrity client list is as dazzling as Times Square at night: Shakira, Kelly Ripa, and Sofia Vergara are among the bold-face names (and fantastic figures) who swear by Kaiser’s methods.

**NEW YOU:** How do you make health and fitness a priority in your life?

**ANNA KAISER:** There’s so much energy and focus put on others, and not just on my clients but on my team and the people I’m working closely with at AKT InMotion, as well as their clients because they’re also an extension of me. It can be all-consuming sometimes. I started making myself a priority because I’ve realized that I can’t help others unless I keep myself in check, too. Making sure to restore and recover is as important as working your tail off and keeping yourself in shape.

**NEW YOU:** How does that manifest in your life?

**ANNA KAISER:** Once a week I always make sure I do something therapeutic just for me, whether it’s a massage or a facial. I also started getting into meditation; five minutes at a time, 10 minutes at a time. If I feel like I’m getting overstressed or unable to focus, or focusing on too many things at once, I take a minute, recalibrate my system, and then everything is easier again. I also limit the amount of time that I stay out late at night; I try and get more sleep. There’s no way I can be efficient with my day if I’m not well rested.

Another small trick that helps me ground myself is I always have a candle lit when I’m working. Whether it’s at home or at the office, or when I’m traveling. It kind of brings the earth into the space because electronics can be so overpowering.

**NEW YOU:** What about nutritional supplements?

**ANNA KAISER:** I make sure that I supplement my diet because I work out really intensely. Things like B vitamins, magnesium, folic acid, multivitamins allow my body to recover much quicker. Essentia is a really wonderful find for me. It’s an alkaline water that allows my body to recover much more quickly and I have more energy throughout the day without having to caffeinate myself.

**LACEY STONE**  

→ Los Angeles-based Lacey Stone trains a roster of high-profile Hollywood clients, that includes Kelly Osbourne, Amanda Seyfried, and Mary-Louise Parker. In addition, Lacey is an indoor cycling instructor at Flywheel.

**NEW YOU:** What do you view as the key to wellness?

**LACEY STONE:** I break it into three different segments: your personal, your professional, and your physical. Basically, for your physical, it’s healthy eating. What are you putting in your body to take care of yourself? I try to...
fit nesse pros

You need to look into your personal life in terms of your LS: segment of the equation in focus? For the body to process.

Water and lime. It’s easiest to drink tequila mixed with clear liquor. I drink, have clear liquor. I drink tequila mixed with water and lime. It’s easiest for the body to process.

NY: How do you keep the personal segment of the equation in focus? LS: You need to look into your personal life in terms of your friends or who you’re dating.

Are they supportive? Are they helpful? Are they positive? Do they add energy to your life, or are they energy suckers? Treat the people in your life like people you’d want to have on your team, and if they’re slackers or people who make you feel bad, you need to consider not being around them.

NY: How does the professional part of your life fit into that philosophy? LS: Professionally, do you like what you do? I love what I do, so it’s easy. Sometimes I get exhausted, but for the most part I don’t have a hard time working the extra hour.

ERIN OREAPA
→ This former U.S. Marine served two tours of duty in Iraq. Now, she uses her military training in Nashville for clients like country stars Jennifer Nettles and Carrie Underwood. Her book, The 4x4 Diet, came out in February from publisher Harmony Books.

NEW YOU: When do you work out for you?
ERIN OREAPA: Everyone’s like, “Oh, you get to work out all day.” Well, not necessarily. I’m at work all day just like everybody else, but I’m not necessarily working out. I work 12-hour days just like a lot of people and so I have to fit it in. The Fitbit is a huge thing for me. I love, love, love getting steps in, so I do it any chance I get. If I get to a client early and I have five minutes, I might jump rope for that five minutes and that’s going to get me some steps. If someone cancels in the middle of the day, I will run into the gym, or I’ll do several rounds of Tabata workouts, which are my favorite style of training.

My kids play very competitive level sports, so we’re always at sporting events for them and that’s where I get in a lot of my workouts. Why just sit and watch a game when you can jump rope for an hour or an hour and a half while their soccer game goes on? I got my steps in, and I got to watch their game.

NY: Have you inspired other parents to do the same thing? EO: I get people who say, “Oh, I should do that. You’re making me want to do it!” Then they think, “My kids would be embarrassed.” Don’t worry about what your kids think. Worry about your health, because if you’re healthier you can better raise your children.

GET-FIT GAME PLAN
Make your own health and wellness a priority with this trio of steps to success.
1. CHOOSE THE RIGHT FUEL: You wouldn’t expect your car to run properly on the wrong kind of fuel; don’t ask it of your body, either. Oprea suggests making whole-food meals and snacks ahead of time to avoid the hunger trap and keep healthful options in front of you.

2. DISCOVER THE RIGHT FITNESS OPTION FOR YOU: Oprea plays soccer. Kaiser swears by spinning. Kaiser has always been passionate about dance. There are countless ways to move your body and one of them (or more than one) is right for you. Take a little time to explore your options with a light heart and a playful attitude. It’s no secret that the more fun you have doing something, the more likely you are to do it. It’s also true that if you actually enjoy your workouts, you’re improving way more than just your physical fitness. Exercise is a proven mental-health booster.

3. SHOW UP: Kaiser says that just showing up is 80 percent of the fitness equation. If regular workouts are not already a part of your life, start small. “Twice a week is amazing. See how it feels but really commit to it. Make it a habit,” she offers. Tell yourself that nothing is going to get in the way of these two hours that you will take for yourself each week. Do this for at least three weeks, and then consider tackling on just 15 minutes a day to those two workout days.
How to look better this summer? New You knows what to eat, the hottest class, the sexiest sports bras, and more. Plus, how to stay fit when you’re stuck inside the office. By Valerie Latona
CIRCULAR THINKING

Forget traditional yoga mats. The newest trend is travel-friendly round mats that accommodate all your standing poses with ease—and even double as a meditation spot. The handy, reversible red-and-black colored Chum Mat ($22, thegrommet.com) fits in most tote and gym bags. It’s designed with non-toxic phthalate-, latex-, PVC- and BPA-free materials, and can be thoroughly washed in your machine on the delicate cycle.

BEST. BUTT. EVER.

Look better from behind with Equinox Fitness Clubs popular new 45- to 60-minute toning class, Best Butt Ever. The class focuses on resistance, thanks to loop bands you strap around your ankles and slide/gliding discs (which work your butt and leg muscles hard) and body-weight exercises with step platforms and those dreaded planks. Expect to do plenty of lunges and squats—as well as some core work. You will feel the burn!

For more information and a class near you, go to equinox.com.

FITNESS FINDS

Fitbit lovers, there’s a new way to decorate your wrists so you can track your steps while staying stylish: Bezels & Bytes new charms clip right onto your Fitbit Charge HR band (from $30, bezelsandbytes.com). All are made from 12K gold, rhodium, or rose-gold plated brass—and work from office to evening.

B HEALTHIER?

The latest trend among workout buffs: taking a puff—with vitamin B12, not cigarettes. VitaminVape (three for $27, vitaminvape.com) is a disposable vitamin B12 inhaler that gives instant verve. Vitamin B12, a key energy vitamin, can be absorbed into the body via inhalation—but don’t go vaping all day. Your body only needs 2.4 micrograms daily—found in just 10 healthy puffs. (One vaporizer has 14 day’s worth.)
BRINGING SEXY BACK

Tough but delicate is the motto of the sexy new sports bras that are meant to go from gym to beach. L*Space’s bralettes come in a range of colors from nude to black ($88, lspace.com), while Lululemon’s True Self Bra II ($54, lululemon.com) and Phat Buddha’s Park Avenue Bra ($73, phatbuddhawear.com) have removable cups. All are made with sweat-wicking Lycra, are best for A/B cups, and offer light to medium support.

YOU work out hard—and do your best to eat healthy—but still have a bloated belly. Blame it on stress and hormones, says New York City–based celebrity trainer and wellness expert David Kirsch, author of Ultimate Family Wellness (Fair Winds Press). Cortisol is the main stress hormone responsible. When it spikes, you instinctively reach for more junk food (particularly if you’ve been losing sleep, too). “Fatty, processed junk food takes longer for your body to digest,” explains Kirsch, “and thus, your belly is fuller longer.”

How else can you successfully banish the bloat? Kirsch’s 10-step plan:

1. **Cut down on starchy carbs** like bagels and pasta, which, says Kirsch, “cause your body to retain water and give the appearance of bloat.”

2. **Limit dairy**, which can be highly inflammatory and causes embarrassing gas.

3. **Take a daily probiotic** to properly balance the bacteria in your intestines.

4. **Cut down on gassy foods** in your diet, like broccoli, cauliflower, and cabbage.

5. **Limit your daily sodium** intake, as it causes too much water retention.

6. **Eat cooked vegetables** rather than raw, which are high in insoluble fiber—too much of which can cause gas.

7. **Limit or avoid carbonated beverages**; the “bubbles” can build up in the belly making it look distended.

8. **Get some sleep**. You’ll find you reach for fewer sweet treats and processed foods.

9. **Find a way to reduce stress**, to stop cortisol levels from spiking in the first place.

10. **Do this exercise**. Kirsch recommends trying outside plank oblique crunches. To do it, lie on your right side with your legs straight, left leg on top of the right. Your right forearm arm should be flat on the floor supporting the body. Place your left hand behind the head. Bring your left elbow in toward your belly and then return to the starting position. Do 15 reps, then switch sides.

BABY STEPS TO FITNESS

If you’re not into the walking treadmill desk, there’s a new less-intrusive way to stay active at work: Cubii, the under-desk elliptical ($347, thegrommet.com). It makes little to no noise, making it a perfect stay-active option while on conference calls, and has adjustable resistance. It’s easy to use while you’re seated, too. Plus, it syncs your steps to your Fitbit via its app.

BEAT THE BLOAT

PHOTOGRAPH BY GETTY IMAGES (CRUNCHES)
**Insulin Smart Patch**

Researchers from the University of North Carolina at Chapel Hill and North Carolina State University have developed a painless, smart insulin patch for those suffering from diabetes. This quarter-sized patch has tiny microneedles that, when applied, form a connection to small blood vessels in the skin. The microneedles deliver beta cells (insulin producers in our bodies) as well as a glucose-signal amplifier complex, which allow the beta cells to respond to blood sugar levels. Animal studies using the insulin smart patch showed quick response times in lowering blood sugar levels for up to 10 hours without side effects.

**HOPE FOR MS**

An FDA trial is underway in the U.S., U.K., Sweden, and Brazil utilizing adult stem cells for the treatment of multiple sclerosis is showing amazing results. Multiple sclerosis (MS) is an autoimmune disease where the body attacks its own nervous system. In the study, patients’ stem cells were taken from their bone marrow. They then received chemotherapy to kill the damaged cells, followed by a reinfusion of the cells back to the body, which produced new, disease-free immune cells. This study is groundbreaking not just for stopping the disease in its tracks, but for reversing MS symptoms—in some cases, to the point of remission.

**Selfie Surgery**

According to the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS), 64 percent of facial plastic surgeons saw an increase in demand for cosmetic surgery or injectables in patients 30 and under in 2015. The reason? Social media. Millennials are becoming more self-conscious due to increased photo posting, as well as the fact that we cannot always control the amount of photos that get posted or how we look in them. The hottest trends? Rhinoplasty (nose job), botox, and filler injections.
LIGHT-SPEED BODYSCLPUTING
There are some areas of stubborn fat that just won’t go away. SculpSure by Cynosure brings the science of light to the art of non-invasive body contouring by attacking those areas of stubborn fat, disrupting the fat cells, and allowing the body to naturally eliminate these disrupted cells over time (about 6 to 12 weeks). A single 25-minute treatment results in a 24 percent reduction in stubborn fat. Even better news? The treatment is safe and effective for all skin types and colors.

Dawn of the Diva
New technology addressing vaginal rejuvenation means women no longer have to suffer with just so-so sex. The game-changing diVa By Sciton is a laser that offers immediate vaginal resurfacing and tightening with no downtime. The laser’s design provides a 360-degree customizable treatment. A pilot evaluation of the diVa showed improved vaginal tightness in 72 percent of subjects as well as a resolution of urinary incontinence in 77 percent of subjects. For best results, three procedures spaced four weeks apart are recommended.

BACK TO THE FIBROBLAST FUTURE
The idea of incorporating growth factors into skin care is a seductive concept, but one that has not been free from controversy. Regenica (Suneva Medical) skin-care products with next-generation growth factor technology MRCx are designed to enhance your skin’s natural repair mechanisms and supplement growth factors in your skin that are lost over time. MRCx technology (multipotent signaling complex) are proprietary fibroblasts conditioned to act like younger skin cells, whose growth factors stimulate the repair and rejuvenation of collagen and elastin, building blocks of vibrant, healthy skin. Clinical studies show that Regenica improves the appearance of fine lines, skin tone, and wrinkles, and reduces pore size, too. Regenica is only available from a physician’s office.

THE AMOUNT AMERICANS SPENT IN BILLIONS ON COMBINED SURGICAL AND NON-SURGICAL COSMETIC PROCEDURES IN 2015—A $1.5 BILLION INCREASE FROM 2014.
SOURCE: AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

13.5
THE AMOUNT AMERICANS SPENT IN BILLIONS ON COMBINED SURGICAL AND NON-SURGICAL COSMETIC PROCEDURES IN 2015—A $1.5 BILLION INCREASE FROM 2014.
SOURCE: AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

PHOTOGRAPH BY HERVE DUNOYER / THE GENIUS PROJECT
MORE THAN SKIN DEEP

How your nutritional habits can affect your skin and what foods are best for your body’s largest organ.

By Karen Asp

Turns out, you really are what you eat, especially when it comes to your skin. Sure, you can slather on pricey products to improve appearance, but you might want to consider methods to make that beauty radiate from within.

“You can’t have healthy, beautiful skin if you treat it only from the outside,” says Nicholas Perricone, M.D., a Connecticut-based clinical and research dermatologist. “The right food choices are critical to youthful, beautiful, and radiant skin.”

So what should you feed your face? The answers may be simpler than you think.
You might not automatically associate good nutrition with better skin health until you understand this fact: Your skin is an organ, the largest one of the body, and like all of your other organs, it has certain requirements. “It needs the nutrition, oxygen, and amino acids, the building blocks of DNA,” says Christine Choi Kim, M.D., a medical and cosmetic dermatologist and clinical research investigator at the Clinical Science Institute in Santa Monica, California.

Without those essential items, your body can develop nutritional deficiencies—and your skin is one of the first places they show up for all to see. “Think of the skin as a window to the inside of your body,” Dr. Kim says.

While you can blame the standard American diet (e.g., too many processed foods, excess sodium) for causing problems, which are especially tough on those prone to acne, rosacea, and eczema, women in particular are guilty of making two nutritional mistakes that impact the skin: Not eating enough protein and being overly strict about your other organs is good for the skin, too. That’s why dermatologists recommend eating a diet high in antioxidants, potent compounds in food that fight skin-damaging free radicals in the body, and choosing foods that are anti-inflammatory in nature.

Inflammation, after all, is a driving force in every age-related disease, even aging itself. On the skin, chronic inflammation can manifest itself in the form of wrinkles, sagging, discoloration, enlarged pores, and lack of radiance, Dr. Perricone warns.

Foods that increase inflammation are those commonly found in the standard American diet, especially sugar-rich items. “Sugar increases stress hormones in the skin, which can create an inflammatory state,” says Elizabeth Tanzi, M.D., founder and director of Capital Laser & Skin Care in Chevy Chase, Maryland, and assistant clinical professor of dermatology at the George Washington University Medical Center in Washington, D.C. Eventually, that can lead to the breakdown of collagen, a protein in the skin that naturally decreases with age.

Yet by switching to an anti-inflammatory diet, your skin may show significant improvements. “In just three days of eating an anti-inflammatory diet, your skin will look healthier, more radiant and less wrinkled,” Dr. Perricone says.

Like the Mediterranean diet, an anti-inflammatory diet will load your body with antioxidants and nutrients that can bolster skin health. For instance, vitamins A, C, D, and E have proven effects on the skin, Dr. Kim says. So, too, do omega-3 fatty acids, which are in fish, and even a compound called resveratrol found in red wine and green tea.

To that end, experts recommend avoiding processed foods as much as possible, which are loaded with excess salt or sugar (or both), Dr. Tanzi says. Instead, focus on high-quality protein like fish, shellfish, tofu, and poultry. When it comes to carbohydrates, opt for low-glycemic ones: “A low-sugar diet helps give the skin a healthy glow and prevents inflammation,” Dr. Tanzi says. That means add in more colorful fresh fruits and vegetables; low-glycemic grains (quinoa, for instance); and legumes like lentils. Then make sure you’re eating healthy fats, like cold-water fish (especially wild Alaskan salmon, halibut, sardines, herring, and anchovies), nuts, seeds, and extra virgin olive oil.

And while hydration, key for overall health, is often touted as the cornerstone for healthier skin, drinking the recommended eight servings of 8-ounce glasses a day doesn’t guarantee healthy skin. “You can’t drink your way into beautiful skin,” Dr. Tanzi says, adding that some people drinking that amount still suffer from problems like acne. Yet in Dr. Perricone’s view, “Water helps keep the skin soft and plumped up.” No matter, though, your body still needs plenty of water throughout the day, so keep tabs on your hydration. Remember, too, that foods like fruits and vegetables, and soups contain water, which count toward your hydration needs, Dr. Kim says.

While your skin is getting healthier from eating a derma-friendly diet, so is the rest of your body, making it a win-win situation for all of your organs.
An anti-inflammatory diet will load your body with antioxidants and nutrients.
Ever since I can remember, music has been a huge driving force in my life. As a small child, my mother exposed us to every genre. I remember dancing to her turntable playlist while she cleaned the house to everything from the Beatles to the Jackson 5. I sang in a few bands and managed some others in my twenties, and have spent countless hours in and around the music business. You might say that I am a music fanatic. I’m certainly not alone: According to a Nielsen survey, 93 percent of the U.S. population listens to music at least 25 hours per week.

While I have always understood the emotional connection on a personal level, I often wondered: Does my love of music do more than just make me feel good? Can it, quite literally, make me—and you and everyone else—well?

So why does music seem to soothe so many beasts of burden? Brain imaging studies performed at Massachusetts Institute of Technology (MIT) show that there are neuron pathways in the brain that react specifically and exclusively to music, regardless of the genre. These pathways are completely separate from the circuits that process sounds. Additionally, speech and music path-
ways are located in different parts of the brain, but they may overlap when responding to music with lyrics. This in part explains that unique connection we feel when listening to a melody.

Enjoying music has many other positive effects on the brain. Scientists at McGill University in Montreal, Canada, showed that listening to your favorite music for just 15 minutes a day causes your brain to release dopamine, the “feel-good” chemical in our brains. Additionally, according to the Journal of Psychology, listening to upbeat music improves mood, provided you desire to be happy.

**MUSIC RX**

According to Bonnie Berk, R.N., and a certified clinical musician, “Music greatly affects medical outcomes because of the way the brain processes sound, rhythm, and vibration.” In fact, a review of 400 research studies in Medical News Today showed that music increases the antibody immunoglobulin A and natural killer cells, which play an important role in attacking bacteria, infected cells, and cancerous cells. Music also assists in reducing the levels of the hormone cortisol, often called the stress hormone. Approximately 60 percent of all illness or disease is rooted in stress, so music may play a proactive role in prevention. ➔ **With all this good evidence, it’s no wonder that music therapy is being used more and more in traditional medical settings to improve patient outcomes in many medical conditions.** Music therapy has been proven very effective in cancer patients, geriatric patients, and patients in intensive care in dealing with pain. Researchers at Drexel University in Philadelphia, Pennsylvania, showed that music was more effective in reducing pain in cancer patients than standard treatments. Other studies tout the benefits of music therapy as a pain remedy as well; the common thread being the type of music: classical, meditation music, or personal favorites. ➔ **For patients with dementia and Alzheimer’s disease,** music therapy—and live music in particular—is very effective. “As a certified clinical musician, I often play [harp] for those suffering from dementia and Alzheimer’s. Playing songs that held meaning for them can stimulate brain pathways that may still be active but unreachable by other forms of communication,” Berk says. “Sometimes, I can help decrease a patient’s agitation level by playing a few chords that are pleasant sounding to the ear.” Music therapy has also proven effective in restoring cognitive function post-stroke.

**Chronic Pulmonary Obstructive Disease (COPD)** is a debilitating disease affecting lung function and is the fourth leading cause of death in the United States. When used with standard medical treatment, weekly music therapy for a six-week time frame resulted in an improvement of symptoms, psychological well-being, and quality of life compared to medical treatment only counterparts in a study at the Louis Armstrong Center of Music and Medicine at Mount Sinai Beth Israel Medical Center in New York City.

Music can also play an important role in relaxing and de-stressing patients both before and after surgery. A German study found that relaxing music was more effective than sedatives in relaxing patients before undergoing surgery. Other research showed that listening to relaxing music following heart surgery left patients more relaxed and experiencing lower stress levels than those who went music-free.

**If you’re having trouble catching those zzzs,** there is evidence that shows listening to music may fight insomnia. A sleep study among college students showed that a dose of 45 minutes of classical or meditative music before bedtime improved sleep quality as well as improved symptoms of depression. ➔ **Want to drop a few pounds?** According to a study from Cornell University, soothing music (and soft lighting) makes diners slow down at meals and actually eat less. Take it a step further and apply it to your workouts, too, if you aren’t already! Popping in those earbuds at the gym can greatly enhance your athletic performance. Ever notice how many professional athletes enter the arena with an iPod in tow? Turns out that listening to music before sports activity is not just a psychological strategy. A study of basketball players who failed at the free-throw line improved their shot percentage by listening to upbeat music and lyrics. Another study in the Journal of Strength Conditioning showed that long-distance runners who listened to motivational music ran faster, enhanced endurance, and improved workout motivation. It has also been shown that listening to music post-workout improves your physical recovery.

In fact, the right tune has been shown to aid in performance anxiety in high-pressure situations at work, too. Listening to music enabled subjects in an Oakland University study to successfully complete test questions in a timely fashion, and their test scores were better compared to their non-listening counterparts.

**A SONG IN YOUR HEART**

**Music** means many things to many people. It was religion for Jimi Hendrix, a force for Ray Charles, the mediator between a spiritual and sensual life for Beethoven, and the strongest form of magic according to Marilyn Manson. Whatever your musical taste, music is an intensely primal form of communication and will always be an integral part of our culture. So why not make a meaningful attempt at incorporating music into your health routine? Based on the evidence, it may prove as effective a treatment as some traditional therapies—and will feed your heart and soul in the process.
I think music in itself is healing. It is an explosive expression of humanity. It’s something we are all touched by. No matter what culture we are from, everyone loves music.

-Billy Joel
Design icon Norma Kamali doesn’t just try on style for size: Decade after decade, she makes it. As she zealously creates another seismic shift in the lives of women with her Stop Objectification campaign, Wellness Café, and her new Invincible beauty line, this fierce fashion icon shows us that change isn’t just inevitable, it’s glorious.

by Ruchel Louis Coetzee • photographs by Fadil Berisha
Norma wears Norma Kamali for the shoot.
Up a forested winding path hidden among the hills of Mount Kisco, New York, lies a Richard Meier architectural masterpiece joined at the hip to a Seventies stone cottage. At the door, Norma Kamali’s personal assistant instructs me to take off my shoes and put on paper booties before leading me down the staircase of the stone home to a suite all done up in white leather. There, buried between rows of black and gray clothing in the vast dressing room, I locate a petite yet incredibly toned Kamali in signature oversized sunglasses, looking more like a wild, grinning kid in the world’s most chic candy store than a woman who’s logged seven decades on this planet. ❝Spirit defines age,❞ she laughs. But when it comes to Kamali, she’s done much of the defining herself, thank you very much. After all, this prolific and iconic 71-year-old introduced some of the world’s most symbolic looks of the Seventies and Eighties: the Sleeping Bag Coat, Farrah Fawcett’s red swimsuit, shoulder pads (they’re back!), and the Parachute Dress. ❝But believe it or not, these are just tiny blots on the canvas of Kamali’s life. The past few decades have given rise to other colorful brushstrokes. After receiving an honorary doctorate from her alma mater, New York’s Fashion Institute of Technology (FIT) in 2010, Kamali became inspired to bring a little egalitarianism to couture, launching her super affordable KAMALIKULTURE line, giving women not on a bon-bon budget the opportunity to have design, fit, and high-quality clothes within reach. Two years later, she simultaneously resurrected her ahead-of-the-curve Eighties collection, Sweats, which made a prophetic statement about wearing casual clothing, and kicked off her new complementary Active collection, too. Not content to decorate the body, Kamali used her own age-defying habits to create her recent skin-care line, aptly named Invincible. And then there are the multiple nods in the fashion industry, among them several Coty and CFDA awards and the recent CFDA 2016 Geoffrey Beene Lifetime Achievement Award, all strong validation to her creative vision. ❝Kamali isn’t just dictating the architecture of a lifestyle. She’s living it.❞

From the Inside Out

Every decade since the start of her business in 1967, Kamali has reinvented herself, always staying ahead of the curve. She was there in London in the Sixties, living in fashionable Chelsea and frequenting the same clubs as the Beatles and other soon to be discovered super-star musicians. “London at the time was very gray—gray clothes, gray rain—and there was this little area that was like a blast of color you never could imagine,” she says of her old London neighborhood. “I saw that colors started to take over and then the gray was gone. Everything that happened before that was Mad Men, all girdles, corsets—I hated it! And all of a sudden, [there was] freedom like you could not imagine.”

What this translated to for Kamali was a kind of exciting disruption; a shaking up and out of the old to make room for the new. “That same disruption is happening now, but completely different,” she says, prophesying as only a fashion guru of her stature can. “I think it’s motivated mostly by our mobile devices and our ability to communicate in a way that nobody could have imagined. Every business that exists today and every person that’s functioning on the planet today will have their lives changed, and the important thing is that you have to be the one that makes the change.”

It’s a modus operandi that has served her well. “I had to understand what being a brand was before people were talking about what being a brand was,” she says. “And I realized the brand was me.” Indeed, the name Kamali has practically taken on a life of its own. Her brand and passion have evolved over the years, spawning into beauty, health, and wellness, with an overarching, well-stitched theme of helping women feel strength through self-esteem.

“That dress that they put on is not going to look as good unless they feel good about themselves, spiritually and emotionally,” she says. “A lot has to do with what you’re feeding your body and how you treat your body. It’s so connected—fitness, health, beauty, and style. That’s really the key.” For Kamali, self esteem and body image are entirely wrapped up in healthy habits and attitude. So passionate is she about this idea, that her latest venture, the Stop Objectification campaign, adopts the mission statement of bringing awareness to the detrimental effects of objectification on women’s self-esteem and body image.

“I didn’t have a desire to have children or feel I could be good with children if I was so involved with my work,” says Kamali with her trademark honesty, “so I made the decision to put that energy into discovering things that can change women’s lives and make them feel good about themselves.”

The idea was born after Kamali watched a scene in the movie Bridesmaids where the lead character, Annie Walker, played by Kristen Wiig, is in bed with a love interest and pretends that she doesn’t care that it’s a one-night stand. “I’ve observed that...
women crave being loved more than a man can totally understand,” says Kamali. Following that, she began conducting informal surveys, asking women whether they had ever been in any situation where they had felt objectified. No matter the age, the answer was always a resounding, “Yes.”

Kamali created a website (Stopobjectification.com), which urges women to post photos of themselves, adding to each of them a personal, heartfelt empowerment message. “Instead of being embarrassed by a body part [I want to know] what’s the favorite part of you because we are judged by our physical. It could be your fingernail or your nose or your butt....whatever. I want [women] to take that picture and post it and then put out a proclamation of who you are.”

Kamali made short films for the campaign, too. One called “Hey Baby” shows a beautiful woman walking down a street with the camera zooming in and stopping at her breasts. The words, “Ph.D. in neuroscience” flash across her chest. “I think if every father heard his daughter’s stories of objectification, he would become the best advocate,” she says. “He would then share the stories with friends and other young men. If he was ever with a guy who was objectifying a woman, I know that his memory of his daughter’s story would end that situation from happening.”

But these scenarios aren’t theoretical; it comes directly from Kamali’s first taste of adulthood in the Sixties. “I started to think of situations where I was objectified and it was like a landslide of memories that I would never speak about,” she says.

One such incident was her very first job interview at 18. Armed with a degree in fashion illustration from FIT and the recommendation of a critical instructor, Kamali recalls with visceral feeling the day she walked through the door of a potential employer in the garment industry. “There’s a guy sitting with feet up on his desk, eating tuna fish. I’m there with my huge portfolio but he asks me to put it down and come toward him. Then he said to me, ‘Turn around.’ I just remember like white noise thinking, I’m going to cry. I need this job. I turned around and I was so humiliated and horrified that I feel every emotion right now as I tell you. I grabbed my portfolio, ran out, and never told anyone about it.” Like many women of the world, it wouldn’t be the last time something like this happened to her. With this campaign, she wants to try to change that by getting women to share and own their tales, too. “By releasing your story,” she offers, “you have incredible freedom.”

Finding Her Joy

Step into her swanky, all white, zen-like West 56th Street office in Midtown New York and you will be confronted by rows of skillfully cut leisurewear you could pluck off the rack and wear to the office straight away. But this isn’t just fashion for fashion’s sake—behind Kamali’s success is the idea that life is truly about simplicity, goodness, and truth; your
Behind Kamali’s success is the idea that life is about beauty, goodness, & truth. Clothes should help you embrace that.
Simply Bold. Khloé Kardashian rocks a black Kamali maillot as seen in her her book Strong Looks Better Naked. Miley Cyrus looked stunning and sexy in this Kamali cut-out number at the 2012 VH1 Divas in L.A.

“Authenticity is really important. What we each have is so much better than what anybody else has because it’s ours.”
clothes should help you embrace that. “Authenticity is really important so that we all can understand that what we each have is so much better than what anybody else has because it is ours,” she implores. “It’s our unique kind of contribution. I think being authentic, keeping it simple, and trying for balance is a great trio and sort of a life concept.” For Kamali, it’s that very simplicity and clarity that have been the tools to earning (and enjoying) her incredible success; one that was, indeed, hard won.

Two years after marrying her first husband, Mohammed Kamali, at 19, they opened the Norma Kamali clothing enterprise with her at the design table and him overseeing business development—and, according to Kamali, “living out his fantasies.” Five years later, they divorced. “It is never easy to leave a relationship especially when your world is your business and everything is wrapped in it. I was at my cutting table thinking, How am I going to leave all of this, I don’t know how to do this, and the ceiling fell literally down on top of me. I said to myself what Confucius says: ‘When ceiling falls on your head, it’s time to leave.’ I left with $98. That was one of the biggest challenges of my life but the best I could have ever done.”

What Kamali learned during that transition as she reached out to friends and other industry people took her by surprise. “I am ever so grateful for people who are generous and really care about anyone who is in need or has a mission. I didn’t think people were that generous, but it was great to see.” In the decades that followed, the trust that had been broken in her first marriage left her content to single-mindedly focus on her brand and business. After all, she was still Norma Kamali. But it took a walk into the world of eastern medicine and the power of Neuro-Emotional Technique to finally release emotions buried deep within her and open her heart up to someone again. Four years ago, an ex-boyfriend introduced her to attorney Marty Edelman, and her eyes still light up whenever she talks about him. “I never thought I would ever meet my soul mate and never really understood what that meant. I think a soul mate is someone who gets you and you get them and if that happens simultaneously, it’s sort of like a miracle. I’m really lucky to have him in my life.”

The Culture of Kamali

That you start to realize about Kamali is that there are many things in her life that are cut from the same pattern. Although she projects a culture of cool, calm, clear simplicity, it’s this combined with her ability to change that’s kept her current, cutting-edge, and thoroughly relevant. But that ability and openness has also held sway in her personal life and health regime, too. The haute couture isn’t so far from holistic.

It was during the excesses of the Eighties that Kamali began to place more emphasis on what she ate and her level of fitness. “I love to eat! I could eat a ton of food and always be thin, but then...
I put energy into discovering the things that change women’s lives and make them feel good about themselves.
I realized that there’s something smarter about [how] you eat and working out in an appropriate way.” She began keeping in her cupboard only healthy foods that make her feel good. That way, nothing would be off-limits because nothing would be harmful to her well-being. “When I eat bad food, I feel sick,” she says with a simple shrug.

I wondered at what point in her life she realized she had to adopt a healthy lifestyle. “Probably around 1980,” she answers. “Before that I was dancing every night with very little sleep—that was my exercise.” Being a very physical person and always on the move, Kamali began exercising to Jane Fonda tapes and doing Pilates long before it became mainstream. “I also never drank, never did drugs—intuitively, my survival instincts were always there.” She credits her mother for that intuition. During the Fifties, her mother was exercising to Jack LaLanne and already adopting a healthy diet as part of her lifestyle. “When I realized she was different, I begged her to stop doing facial exercises when my friends were in the house,” she laughs. “She was so on it, I didn’t have to think about it because that was my frame of reference. But she was totally eccentric and sometimes ‘oh my God, what’s that about!’” Kamali says, holistically, she has learned from her parents that nothing is impossible, everything is possible, and that people from different worlds should really try to understand who the other person is because you may have more in common than you realize.

The journey to explore Eastern medicine accelerated when her curiosity about acupuncture facelifts came to the forefront. For someone who has always maintained a very natural approach to health and beauty, Kamali was determined to hunt down the best acupuncture doctor she could find. “I found the best doctor in Philadelphia and I asked [Jingduan Yang, M.D., F.A.P.A.] if I could get an acupuncture facelift and he said no and I said ‘What do you mean? I drove two hours here!’ He told me I had to learn about Eastern medicine before I have an acupuncture face lift, so I told him I would agree if he would allow me to tape the sessions.”

The resulting work of this six-month period Kamali spent learning about acupuncture with Dr. Yang, a fifth-generation practitioner of Chinese medicine, is a comprehensive Eastern medicine reference handbook called Facing East: Ancient Health + Beauty Secrets for the Modern Age. It’s an engaging dialogue from both Dr. Yang and Kamali that morphs ancient methods of healing for the modern age. “This is really his book, but I am doing a book that might coincide with this project and it’s a book about fitness, health, beauty, and style. I’m really excited about it,” she says modestly.

In keeping with Kamali’s quest for all things natural and timeless, olive oil plays a very dominant role in her health and beauty life, and that of her new online Wellness Café as well. “My mother was Lebanese, my father was Basque; clearly, there was olive oil flowing,” she laughs. “When I opened my Wellness Café after 9/11, I decided to make olive oil one of the key product categories.” She also loves to keep the stress at bay by working out each day and making sure she gets enough sleep. “I love my bed! And I love the process of just getting into bed, feeling good in the space, and then having a great night’s sleep so that in the morning, I’m energized and ready to go.”

She’ll need the rest—Kamali’s beauty, health, and fitness ventures promise to garner even more attention. This year, her new skin-care line, Invincible, launches with the same passionate thought and dedication she has afforded her award-winning designs. Besides a cleanser, serum, and night cream, what sets her line apart is the product Glow, an everyday moisturizer with a sunless tanner, and her Booster cream for a daily all-natural glow. With its signature all-white design (and the best advertising of all: Kamali’s age-defying self!) Invincible is certain to become routine for all card-carrying Norma Kamali fans.

It’s hard to imagine when Kamali isn’t ready to bust a move. The layers she’s built of her life, both personal and professional, seem to encounter no bounds; she certainly has never let a single one stop her. It left me with one challenge to present to Kamali at the end of our visit: Could she possibly describe herself in five words? She paused and looked down at her hands. She silently counted out four fingers on her right hand, looked up at me, and smiled. True to Kamali’s pursuit of simplicity, she didn’t even need five: “I. Am. Norma. Kamali.”

“I had to understand what being a brand was before people were talking about what being a brand was. And I realized the brand was me.”

“I had to understand what being a brand was before people were talking about what being a brand was. And I realized the brand was me.”
shot to heaven
Has your sex life gone from “Oh!” to “Ouch!”? The O-Shot might be the cure that turns your bedroom blues into red-hot romps—but what’s it all about? *New You* gets the stimulating details. by Janette Daher
Much ado has been made about the inconvenience of impotence. In fact, modern medicine has come such a long way in the treatment of male sexual dysfunction, it’s impossible to turn on the TV without seeing an ad for a sly-grinning silver fox with his obviously giddy partner. But, hey doc, how about some love for the ladies? When it comes to female sexual dysfunction, our choices have been extremely limited. From unhelpful advice (‘Just relax!’ “Fantasize about your favorite movie star!”), to steroid creams for sufferers of lichen sclerosus, to hormone replacement therapy for the post-menopausal. That’s left a lot of once sexually active and happy women to suffer in discontented silence. That is, until recently. Enter the O-Shot.

the va-va voom vaccine

The Orgasm Shot—or O-Shot—made quite an auspicious debut last year when a certificate for the procedure was included in the Oscar swag bag. But what is this booster for the boudoir-challenged—and does it really work? The O-Shot was created by Charles Runels, M.D., the Alabama-based physician whose “vampire facial” skyrocketed to fame when Kim Kardashian decided to try it out on national television for Kim and Kourtney Take Miami. But wacky (and, possibly unfortunately named) as that procedure may have seemed, its base—taking a patient’s own blood and separating out the platelets—inspired the O-Shot’s sweet relief.

“The O-Shot is a complete game changer, improving sexual response and experience. It complements everything else I do for my patients,” comments Lisbeth Roy, D.O., an expert, educator, and researcher of the O-Shot procedure, which she uses for her patients suffering with sexual dysfunction at the Doctors Studio, which she founded in Boca Raton, Florida.

Simply put, the O-Shot uses a quick and easy strategic injection of platelet-rich plasma, or PRP, into the vaginal and clitoral area in order to help restore sexual function in women. There are many reasons a woman might experience sexual dysfunction: dryness caused post-pregnancy and during breast feeding, serious illness, medications, hormonal fluctuations, and the thinning of the vaginal lining due to age.

The O-Shot is basically a form of regenerative injection therapy, also used for sports injuries where tissue has been damaged. It uses PRP obtained from a patient’s whole blood, which is treated and spun in a centrifuge to separate the components. The platelets found in PRP contain bioactive proteins and growth factors. When activated, they initiate connective-tissue healing, promote the development of new blood vessels, and stimulate the wound-healing process. The platelets initiate repair and attract the assistance of stem cells.

Using regenerative injection therapy allows for vital growth factors to be released into the “injured” site. The injected platelets release the growth factors and facilitate the process of regenerating the tissue.

o-spot on

So how, exactly, does that work for your own sexual parts? The PRP is injected into the clitoris and upper vagina. Once injected, the platelets release growth factors that activate the cells, making them resemble younger cells.

For women who have decreased sensitivity, the O-Shot can improve sensitivity in the vaginal and clitoral regions, improving sexual experience and intensity of orgasm in as quick as one week post-procedure. According to Dr. Roy, many of her patients report increased libido, increased lubrication, and increased receptiveness of the tissue. For those in menopause, Dr. Roy recommends combining bioidentical hormone replacement therapy or a topical hormone cream to better improve results.

“Virtually anyone can benefit from the O-Shot,” comments Dr. Roy. “Women who experience pain during sexual intercourse or those experiencing sexual dysfunction, whether it is related to menopause or post-partum can benefit from the procedure.” Dr. Roy also uses the O-Shot as a preventative treatment for patients experiencing lost libido.

An added bonus of the O-Shot is that many patients have experienced resolution of their urinary incontinence. “Urinary incontinence is a great concern for many women. Forty-three percent of women suffer from urinary incontinence and it is the number-one reason for female nursing-home admission. It is actually a bigger deal than sexual dysfunction in women,” she says. “We are seeing remarkable results in women suffering from both stress-type and urge-type urinary incontinence.”

This is huge for these patients because of the quality of life issues associated with this condition. Also, until now, most treatments have been surgical in nature with little resolution and no guarantee of success. Additionally, research by Irwin Goldstein, M.D., of San Diego, California, has shown promise in the treatment of lichen sclerosus, an inflammatory condition of the skin and vulva, using platelet-rich plasma.

healing netherland

The procedure itself is actually very simple and requires no down time. A small amount of blood will be drawn in order to obtain the platelets. While the platelets are being processed, topical anesthetic and a numbing injection is administered in the treatment area. The provider will then take the processed PRP and
perform some injections in the vaginal and clitoral areas. The entire procedure takes about 30 minutes and costs approximately $1,200 to $1,500.

Patients can resume normal activities (yes, including sexual) the same day of treatment. Dr. Roy recommends that her patients use an Apex pelvic exerciser 10 minutes daily for two weeks to help stimulate and build strength in the pelvic floor muscles, which helps to enhance treatment results. It is also recommended that repeat treatments occur at one year.

There is no downtime associated with the O-Shot. Since the treatment involves the use of your own platelets, there is no risk of allergic reaction and, so far, no adverse side effects have been reported with the treatment.

What you can do to make sure you get back in the saddle as quickly and safely as possible is to find the right physician. As always, do your due diligence before making a decision to undergo any medical treatment.

"Not all PRP is created equal and the right PRP makes a difference in treatment results," warns Dr. Roy. She recommends that patients make sure the doctor performing the treatment uses a PRP system that yields a platelet baseline concentration of four to six times normal blood.

Make sure that your doctor has experience with women’s health and women’s sexual dysfunction. Find out if he or she has received training in performing the procedure and find out how long the doctor has been providing that treatment. You should also check your potential doctor’s standing with the medical board in the state in which he or she practices.
Ten years after graduating from High School Musical, Ashley Tisdale is too busy finding glee in her new roles as designer and producer—not to mention a plum part opposite Jason Biggs—to bask in the glory days of yore. Here, she tells us how she keeps hitting the high notes. by Ruchel Louis Coetzee • photographs by Fadil Berisha
I’VE ALWAYS BEEN A REALLY INDEPENDENT PERSON.
AS A WOMAN, I’VE JUST NEVER WANTED TO RELY ON ANYONE SPECIFICALLY.
EVERY

ACTOR DREAMS OF CREATING CHARACTERS LARGER THAN life; roles so thoroughly iconic and memorable, it’s as if they animate themselves to the point of stepping off the screen and into a life all their own. If she didn’t know any better, affable, adorable Ashley Tisdale might be convinced that Sharpay—the unforgettable popular girl she inhabited for High School Musical, with a whopping 13.1 million Twitter followers 10 solid years after that film’s debut—might actually be her living and breathing alter ego. But Tisdale, 30, is just that good—and she’s not stopping there. ☛ The talented actress, singer, and producer has graced both the big screen and small and produced shows such as Young & Hungry through her production company, Blondie Girl. And when detractors prepared to down on her debut album, Headstrong, in 2007, she silenced them by entering the Billboard Top 200 Chart at number 5. If that wasn’t enough, Tisdale recently embarked on an entrepreneurial path poised to set the fashion and beauty worlds on fire. In April, her new makeup line, Illuminate by Ashley Tisdale, was launched to social media fanfare while her role as active creative director for Signorelli translated into her first comedy collection in January. Oh, and she’s a newlywed, too. NEWYOU caught up with marvelous, multifaceted Tisdale in the City of Angels to talk about her new indy comedy, Amateur Night, co-starring Jason Biggs, finding beauty from within, and letting the world around you be your guide.

NEW YOU: How did Illuminate by Ashley Tisdale come about?
ASHLEY TISDALE: I love to do my own makeup and I wanted to be able to share my secrets and tips with my fans. I met with BH Cosmetics, the company doing Illuminate with me, because they just know how to do makeup so well and at such an affordable price, which is so important for my audience. I’m very hands-on, so it’s nice to see the reaction of how people are loving it.
NY: Why do you insist on being so involved?
AT: If I’m going to put my name on something, it has to be something that comes from me. I’m a very creative person. I have a production company [Blondie Girl], I have The Haute Mess, which is like an editorial site, and I am now a creative director of Signorelli T-shirts. I like to do a lot of things and that’s just because, as an actress, we really are kind of at the whim of other people. I love coming up with ideas, whether that’s shows or whether that’s makeup. The packaging itself was all my idea and it was inspired by an Elle beach cover.
NY: What’s the best secret you’ve discovered about applying makeup?
AT: When I was younger I thought of makeup as putting tons on, especially when I was in middle school. I learned that it’s better to be natural and if you want to do a crazy color, there’s a way to do it. The reason I called it Illuminate is I feel like makeup is supposed to illuminate you. It’s supposed to enhance your natural beauty. I am someone who loves a glowy, beachy look.
NY: Tell us about your role as creative director for Signorelli.
AT: We expanded the T-shirt line for Fall 2016 into layering and jackets. So we’re heading into more pieces in the line, which was always the goal. [Signorelli] has been allowing me to be free and to be the creative director of that. Just the fact that I was like, “I think we need to change up the logo,” and it was me on a computer just playing with different fonts. I found this brush stroke font and I loved it, and so they were just like, “Okay.”
NY: You know, that’s good because a lot of people think, “Oh, she’s just putting her name there,” but that doesn’t sound at all like your M.O..
AT: No, there’s a lot of hard work that comes with everything that I do. Anything I’ve endorsed in the past, it’s always something that I use, or needs to make sense. I’m not just going to put my name on something, but specifically with the clothing and with the makeup and obviously production, it’s a piece of me.
NY: Tell us about your role alongside Jason Biggs in the independent comedy Amateur Night, directed by Lisa Addario and Joe Syracuse.
AT: I am one of the prostitutes. It’s based on a true story; the director’s story. I always love challenging myself as an actress and in this part of my life right now, I just like to do things that people don’t expect from me. So when I heard about the character, Fallon, that she is a real person who is a prostitute and who was saying that the women weren’t victims... It was their business and that it was very much the card that they were dealt and they decided to be businesswomen about it. Fallon is grungy and a rocker. I drew on [the music of singer and rapper] Kesha. I listened to her music before I would get to set and it brought me into that moment. Fallon is one of the prostitutes. It’s based on a true story; the director’s story. I always love challenging myself as an actress and in this part of my life right now, I just like to do things that people don’t expect from me. So when I heard about the character, Fallon, that she is a real person who is a prostitute and who was saying that the women weren’t victims... It was their business and that it was very much the card that they were dealt and they decided to be businesswomen about it. Fallon is grungy and a rocker. I drew on [the music of singer and rapper] Kesha. I listened to her music before I would get to set and it brought me into that moment.
NY: What did you take away from this role?
AT: One of the lessons I learned was being free and just going for it rather than being scared. I think a lot of the time, we’re like, Oh, I wonder what people are going to think about this role? or I wonder how this is going to come out? Amazing things come when you get out of your comfort zone.
NY: What have you learned as an executive producer?
AT: I’ve had the company [Blondie Girl] for around eight years. When I first started, I just knew I wanted to produce because I have a lot of ideas. So I teamed up with a producing partner and through the years I learned as a producer. Young & Hungry is one of the first scripted shows out of the company and it’s been really
NY: What surprised you about being on that side of the process?
AT: For us, as a company, we’re really about women’s empowerment. Our main stories always have a woman character. When you think this is right, but other people validate that idea, you’re like, “Oh, yeah I totally know what I’m doing!” It feels like you’re finding yourself in that.

NY: Sounds like you found a whole new side of yourself.
AT: I’ve always been a very independent person. As a woman, I just never wanted to rely on anyone specifically, except for myself. I remember we produced a Disney channel movie called Cloud 9, and we changed the ending based off me being like, “I don’t want her to do it for the guy. She’s got to do it for her.” I love what’s happening right now because it’s really important for our younger generation. I have a niece who’s five years old. For her to look up to strong women? That’s amazing.

NY: Do you spend a lot of time with family?
AT: Family is super important. We actually do Sunday night family dinner and it’s something that we all love. It’s really nice to have parents who aren’t in this business. I’ve been in this business since I was three, so my mom has been on this journey with me for a long time. I obviously do things on my own, but it’s nice to be able to call her when I’m having a bad day and just have her advice. It is the same with my dad. He used to coach Pop Warner football, and so whenever I’m kind of having a rough day, he just comes at it like a coach. He’s like, “This is what you have to do...” and it’s very inspirational. It nice to have parents who are really supportive and are always there for you; they keep me grounded.

NY: What would you like people to know that they don’t know about you?
AT: I love to sing and I am in the studio right now, kind of just playing around and seeing where it takes me, but there’s no immediate future. I want to make sure everything has its time.

NY: You write about heartbreak and love in your songs. Is it tough to have a relationship in the spotlight?
AT: I wouldn’t say it’s tough. I’m very private about my relationships. I’m a huge social media fan, but I think there’s a fine line of keeping what you want and what’s close to your heart private. I choose what I will put out there. Once you feel like you’ve given everything away, it’s hard to get that back.

NY: How did you know your husband, Christopher French, was the one?
AT: It’s just one of those things that is very natural after being in relationships where you’re trying so hard to make it work and then you’re just like, “This is not right.” When you meet the one you’re like, “Oh! This is what it supposed to be like!”

NY: Tell us about your work with St. Jude Children’s Research Hospital.
AT: My aunt passed away from cancer, my grandma survived breast cancer, and I know a lot of people who have had their parents go through it, but to see children go through that is really hard. My husband and I went there two years ago and we made cookies with the kids. I love to visit with them and bring their spirits up. Just a couple of months ago we went back and one of the little boys who was going through chemo two years ago was walking out cancer-free. I didn’t recognize him at first and he was just like, “Hey I made the cookies with you two years ago.” He was so healthy and beautiful, just so sweet and happy and positive. I mean, that’s what they bring to these kids. There are kids laughing and they’re having fun. I think that’s what helps them get through it. It’s pretty amazing to see what they do.

NY: What is the hardest thing you’ve had to go through this year?
AT: From an outer perspective it looks like, oh wow, it’s just so easy to do what she does. Until you’re living in someone’s life, it’s hard to assume. I remember being 18, doing pilot after pilot and not getting picked up. And I was like, “I don’t think I’m meant to do this.” Then Suite Life of Zack & Cody came in and I auditioned and that changed my whole career because then I went on to High School Musical. I think right when people are at the moment where it’s the hardest is when stuff happens. If you want to do something, you’ve just got to keep going for it.”
“I love challenging myself as an actress... in this part of my life, I like to do things that people don’t expect from me.”
SOS for ADHD
For the millions of adults with ADHD, the right treatment can control symptoms and change life for the better.

By Catherine Winters
What Causes ADHD?

People with ADHD often have other psychiatric conditions such as depression, bipolar disorder, anxiety, or substance abuse. And they may have trouble getting diagnosed because their symptoms are attributed to their psychiatric condition or a problem such as a thyroid disorder, sleep apnea, or hypoglycemia.

“We know it’s a brain disorder,” says Dr. Goodman, assistant professor in the department of Psychiatry and Behavioral Sciences at Johns Hopkins School of Medicine in Baltimore, Maryland. In people with ADHD, he says, the frontal lobes, which are involved in thinking, planning, and decision-making, mature two to three years later than they do in people who do not suffer from the disorder. Low levels of dopamine, a brain chemical that regulates movement, emotional response, and sensitivity to rewards, may also be involved.

While there have been many theories about causes, including mercury exposure, vaccinations, and food additives, they have not been proven, most likely due to the difficulty of testing. Most toxicology research centers around the effects of high levels of substances, not low-level exposure, which some experts say could be the culprit. However, researchers have identified some associations. If a person has ADHD, chances are someone else in the family tree does, too. Exposure to lead or other toxins may play a role. Women who smoke or drink during pregnancy are more likely to have a child with ADHD. And low birth-weight babies and preemies are also at greater risk.

How Is Adult ADHD Treated?

Treating ADHD is a delicate balancing act because if someone has another psychiatric disorder, such as anxiety, depression, or substance abuse, that also has to be addressed. And a clinician has to make sure that the treatment for one condition doesn’t worsen the symptoms of another, or he may find that treating ADHD first in people with mild anxiety actually increases the anxiety.

Two classes of drugs have been approved for treating ADHD. Stimulants, including methylphenidates and amphetamines, are considered the front-line treatment for ADHD, but non-stimulants are also prescribed. The medications can be short- or long-lasting.

Depending upon the drug, side effects may include headache, decreased appetite, insomnia, dry mouth, agitation, anxiety, nausea, and sexual problems. Stimulants may also slightly increase blood pressure and heart rate, or in rare cases, trigger a serious cardiovascular event, such as heart disease or heart failure. So some people may need an electrocardiogram before starting them.

Despite possible side effects, for many people medication is a game changer. “There can be a rather substantial improvement in cognitive ability,” says Dr. Goodman. “And you can tell if it is going to help within a day.” He typically prescribes a low dosage to start, gradually increasing it until the patient experiences relief. If a patient is skittish about taking medication, Dr. Goodman recommends giving it a try to see if it helps. “The disorder won’t go away,” he adds. “The goal of treatment is to obtain the best quality of life and performance.”

Can Therapy Make a Difference?

Some people with ADHD may have difficulty planning, organizing, managing time, prioritizing, and executing tasks,” says Dr. Goodman. Cognitive behavioral therapy (CBT), a form of talk therapy, can teach people techniques that address those problems. Therapy serves another purpose: Adults with ADHD may be resentful they weren’t diagnosed.
and treated earlier in life, explains Dr. Goodman. “They may feel regret for opportunities squandered and lost,” he says. CBT helps them come to terms with these feelings. The result: “They realize their future can be written in a way they never conceived,” he says.

Alternative Approaches

Here are also alternative strategies that may improve the quality of life in people suffering in silence from ADHD.

“Multiple issues can conspire to cause ADHD,” says neurologist David Perlmutter, M.D., of Naples, Florida, author of Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—For Life. “You have to come at this situation with a multi-pronged approach.”

Here are the integrative strategies he and other physicians recommend for trying to manage symptoms:

➜ **Ease inflammation.** One theory is that inflammation in the gut contributes to ADHD. “A diet that’s higher in sugar and lower in fat and lacks fiber sets the stage for changes in gut bacteria that turn on inflammation,” says Dr. Perlmutter. Among the inflammation-lowering foods he recommends are omega-3 fatty acids (the kind found in fish, walnuts, leafy veggies, flax seed, and flaxseed oil); good fats like those found in olive oil, avocados, nuts, grass-fed beef, and chicken; and fiber (30 to 40 grams of per day is recommended). On his list of no-no’s are sugar and sweet stuff like honey and agave nectar; artificial sweeteners; and foods containing gluten. And while carbs are okay, limit intake to 80 grams per day.

➜ **Get enough vitamins and minerals.** Psychiatrist and brain disorder expert Daniel Amen, M.D., founder of the Amen Clinics, advises taking a daily multivitamin to compensate for dietary shortfalls. “We don’t get the nutrients we need,” he says. And instead of loading up on supplements willy-nilly, Dr. Perlmutter prefers “correcting deficiencies.” For instance, boosting blood levels of good-for-the-brain vitamins D and B12, if testing shows they’re low, is critical, he adds.

➜ **Do regular aerobic exercise.** “It boosts blood flow to the brain and improves energy, concentration, and decision making,” says Dr. Amen. His Rx: A half hour of aerobic exercise per day with short bursts of intensity. For example, if walking’s your thing, break it up with some one-minute jogs.

➜ **Chill out.** Try meditation or a calming cup of lemon balm tea, says Dr. Perlmutter. In mindfulness meditation, you focus on body sensations, thoughts, and feelings. Research at the UCLA Mindfulness Awareness Research Center shows that this meditation technique may improve attention, impulsiveness, and emotions in people with ADHD.

➜ **Get your zzzs.** Being tired makes it hard to focus. Aim for seven to nine hours per night. And if you want to try melatonin, a natural sleep aid, ask your doctor to recommend a product and dosage.

➜ **Consider neurofeedback.** A form of biofeedback, it strengthens and conditions the brain. During the therapy, brain waves are assessed and then sounds, lights, or games are used to signal when brain waves are following an orderly pattern and when they aren’t. “It’s like working out your frontal lobes,” says Dr. Amen.

While some experts extol the benefits of non-traditional approaches for managing ADHD, they may not be right for everyone or they may need to be paired with medication. If you prefer to start with complementary and alternative medicine (CAM) therapies, “set a timetable,” says Dr. Goodman. “If it helps at the end of a few months, great,” he says. “If not, move on.” But even if medication is the best choice for your symptoms, continuing good-for-your-health practices, such as a good diet, meditation, exercise, and sleep, makes sense and may also help. “I don’t take anything off the table,” says Dr. Perlmutter.

What Adult ADHD Looks Like

Like kids, adults with ADHD are dogged by hyperactivity, impulsivity, and inattentiveness. Here is a rundown of some symptoms that should raise a red flag in adults, according to Dr. Goodman.

- Trouble paying attention
- Making careless errors
- Being easily distracted and forgetful
- Trouble finishing tasks or concentrating
- Disorganization; always misplacing things
- Restlessness
- Holding down more than one job
- Working long hours and preferring active jobs
- Feeling overwhelmed
- Excessive talking
- Changing jobs on impulse
- Interrupting others
- Getting frustrated easily
- Driving too fast
Jewels of the Sea

We’ve unburied a trove of glamorous treasure for head-to-toe swimmy summer style.

by Helen Cannavale
**WET Swimwear**
Lucy One-Piece Swimsuit ($147, wet-swimwear.com)

**Alexis Bittar**
Faceted Rock Crystal with Mesh Bib ($595, alexisbittar.com)

**Ippolita**
18K Yellow Gold Rectangle Double-Drop Earrings ($1,795, saksfifthavenue.com)

**Kendra Scott**
Kriss Bangles ($150, kendrascott.com)

**Ayaka Nishi**
Coral Hair Pin ($240, ayakanishi.com)

**Bavna**
18K Rose Gold Ring with White Rose Cut Diamonds ($68,950, bavna.com)
ARIES (March 21-April 19)
Continue to glean what knowledge you can from your most recent experiences, Rams. Let these revelations and discoveries propel you forth with a bold yet clear-headed confidence on the widest but wisest road to your goals.

TAURUS (April 20-May 20)
Double your fun while cutting your own work load in half, Bulls. Partner up with folks whose talents complement your own. Work together with the ones who can match as well as temper your own strengths to thrive.

GEMINI (May 21-June 20)
Practice using other methods of expression, Twins. You're too bored with the old hat and those tricks are losing their effect. Be willing to explore alternatives. Discover a novel approach by simply being open to it.

CANCER (June 21-July 22)
This is a cathartic time, Crabs. Certain out-dated cycles are coming to a close. Allow yourself to feel the salace and renewal of the release. Surrender to the self's pure desire to find personal power.

LEO (July 23-August 22)
Don't refrain from engaging in your passions, Lions. Take your creativity to its outer limits. Relax your grip and let your bright fires reveal their full glow. Feel both relieved and inspired through your most genuine anticipations.

VIRGO (August 23-September 22)
Switch roles and allow yourself be the one who is nurtured for a change, Virg. Agree to be fed with the love, grace, wisdom, and joy given to you by others. Consider it the universe's way of thanking you for your dedication.

LIBRA (September 23-October 22)
You might as well jump. Scales. You have nothing to lose and much to gain from the opportunities that come from leaping forward. Don’t look back. Just put one foot in front of the other and walk on.

SCORPIO (October 23-November 21)
You need a proper place to plant that golden seed, Scorp. There is indeed a more suitable home for your ideas—a fertile ground that could better support your dreams and help manifest your agenda. Get there ASAP.

SAGITTARIUS (November 22-December 21)
Take a step back in order to gain a much needed perspective, Archer. Give your normal routine a break in exchange for greater insight. Let the bigger picture reveal the options you have to work with.

CAPRICORN (December 22-January 19)
Lighten your load, Gdats. Balance critical thinking with play time. Take a spa day and let the pressure roll off your shoulders. Adding pleasure to your days will only make it easier to do your thing.

AQUARIUS (January 20-February 18)
I'm happy to see you taking all that heavy armor off, Water Bearer. Now relax so you can enjoy the benefits that come with letting your guard down. Stretch out and unwind as you inhale fresher air.

PISCES (February 19-March 20)
Let your personal projects remain the top priority, Fish. Steal away from the crowds, even if you have to skip the party. Take what space you need away from who and what distracts you from the tasks at hand.
Following her 1966 film debut, Fantastic Voyage, raven-haired siren Raquel Welch earned her spot as a twentieth century icon in films like Myra Breckinridge, Bandolero!, and 100 Rifles—and who could forget the doe-skin bikini she wore in One Million Years B.C.? In true Welch va-va-voom form, Cuban-American superstar Eva Mendes sizzles in the movies Hitch, The Women, and Ghost Rider with smart, sexy performances. And this Revlon spokesperson shows her heart as a breast cancer awareness advocate and mom to her daughter with doting boyfriend, Ryan Gosling, too.