

best

health

Best-ever
BBQ
Marinade

**SECRETS
YOU SHOULD
NEVER KEEP**

**TIPS TO HELP YOU
TAKE CONTROL
OF YOUR IBS**

**SAY GOODBYE
TO TOXIC
FRIENDS**

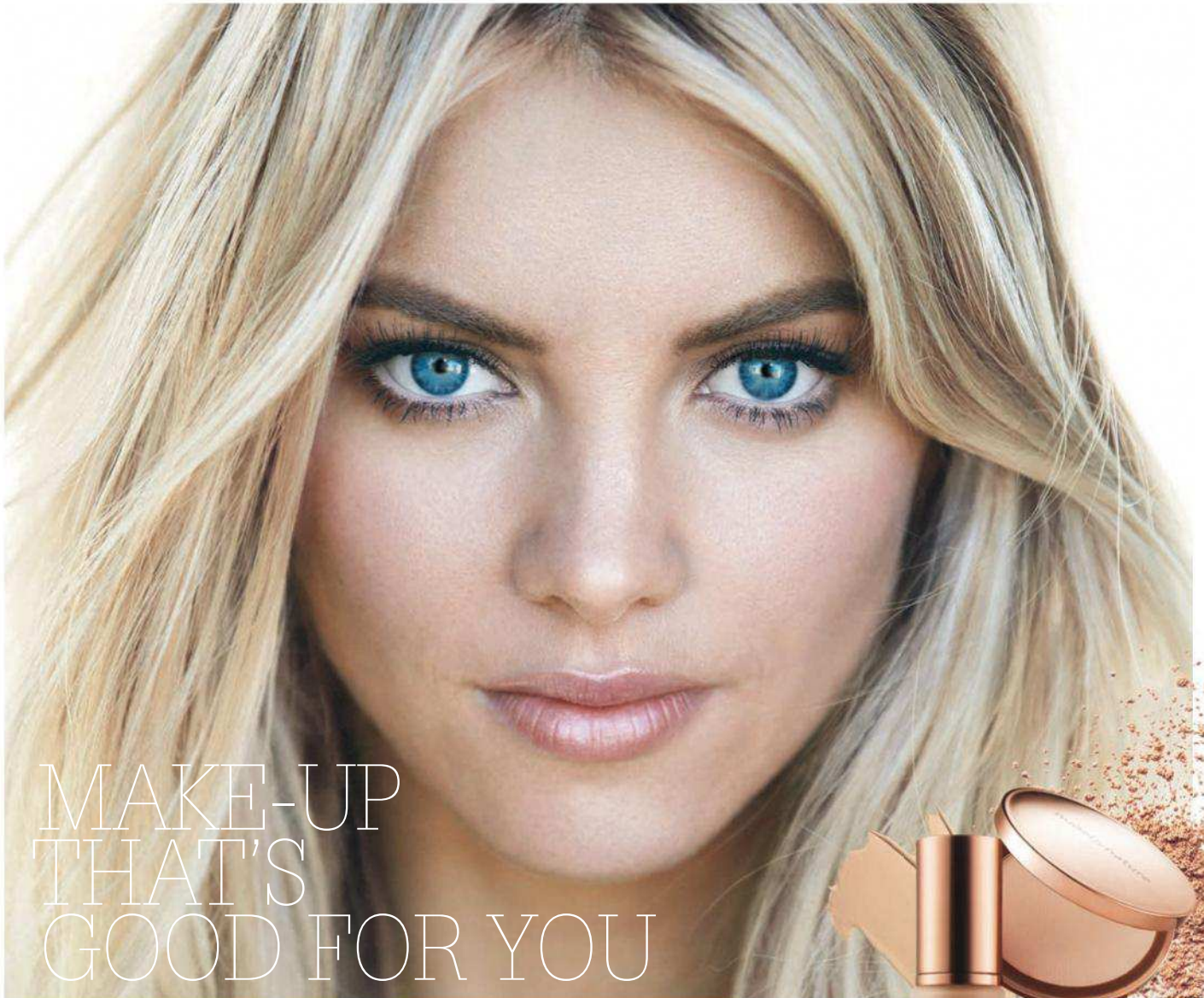
**Summer
starts
here**

**EASY IDEAS
FOR FUN
IN THE SUN**

**"EXERCISE
SAVED MY LIFE"**

**ANOREXIA @ 40
THE ILLNESS
NO ONE
TALKS ABOUT**

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THAT'S
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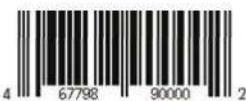
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Summer Tips

FOR HEALTHY LOOKING SKIN

This summer give yourself a gift: invest in healthy-looking, radiant skin! It can be difficult to maintain beautiful skin during the summer as excess heat can cause damage resulting in burns, dark spots, pigmentation issues, and a dull complexion.

Needless to say, the weather brings a new level of complexity to your beauty routine. So how do you show off your best skin for summer? To avoid the harsh effects of the sun on your skin, here are some top health and beauty tips to keep your skin looking naturally radiant.

5 WAYS TO KEEP YOUR SKIN LOOKING & FEELING RADIANT EVERYDAY



DID YOU KNOW
EVERY MINUTE YOUR SKIN SHEDS OVER **30,000** DEAD CELLS

Look at your routine

Look for products with soy-derived ingredients as they offer antioxidant properties and ensure you follow the correct process: Step 1, cleanse. Step 2, tone. Step 3, moisturize. Step 4, spot care.



Don't over cleanse

Yes, that's a thing; it's not just the products you use that affect your skin, but also the frequency you use them. Twice a day is perfect.



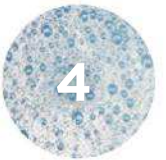
Be gentle

Exfoliating is the key to healthy-looking skin. Be gentle with the scrub to avoid injuring your skin and say hello to glowing skin!



Stay soap-free

Use soap-free products to help preserve skin's resilience. A mild body cleansing bar will help protect skin's natural defenses.



Hydrate your skin

To keep skin looking healthy, be sure to moisturize your body often, especially right after you wash. Applying moisturizer to damp skin helps seal that dampness into the skin.



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The only Total Soy Complex Body Wash that unlocks your skin's natural radiance. This luxurious, exfoliating body wash is enriched with soy and natural exfoliants and gently washes away dry, dull skin to reveal softer, smoother skin. This soap-free, hypoallergenic body wash leaves skin feeling radiant and beautiful.



THE EXPERTS SAY...

"The secret weapon for smooth skin is an exfoliating body wash. Not only will it help shed scaly, dry skin but it also helps prevent ingrown hairs, and makes skin instantly glowy so you're ready for your warm-weather wardrobe."



Jill Dunn
Beauty Expert



SUMMER LIFESTYLE CHANGES FOR HEALTHY-LOOKING, RADIANT SKIN

When the summer sun has started to coax out the skin-baring dresses, skirts, and tank tops, you can adjust a few simple things in your daily life to have the best looking skin possible.

1. HYDRATE, HYDRATE, HYDRATE!

Dehydration plays a large role in your skin's overall appearance. If you're basking in the sun all summer long, you'll need extra hydration to support your skin's elasticity, appearance and texture. Aim to drink at least 8 glasses of water per day to help keep your skin refreshed and revitalized. For a little extra flavour, add fresh lime slices, a splash of fresh fruit juices, or mix in some coconut water.

2. INDULGE IN SUMMER SUPERFOODS

Have you ever noticed a difference in your skin after eating oily or unhealthy food? That's because there is a direct correlation between your diet and your skin's appearance. Try incorporating seasonal superfoods such as blueberries, spinach, salmon, walnuts and kiwis into your diet, while skipping the overly processed snack food. Meals that are rich in vitamins, minerals, antioxidants and omega-3 fatty acids work together to support a healthy youthful glow.

3. NEVER SKIP THE SUNSCREEN

Basking in the heat to achieve a sun-kissed glow can leave your skin dry, red and flaky. Even if you're

not thinking about it now, exposure to sun can expedite the formation of wrinkles and other signs of aging. Support your skin as early as possible by lathering on sunscreen every time before you step outside.

4. DON'T BE AFRAID TO GET SWEATY

Working up a good sweat aids in releasing toxins from your system using sweat as the conduit. The sweat session you just finished is not exactly quenching your skin with moisture! Don't forget it's your whole body that just crushed those deadlifts, not just your face, so apply moisturizer liberally!

THE EXPERTS SAY...

"Glow from the inside out with the right foods! Eat a variety of wholesome foods that are rich in vitamin C, vitamin E and lycopene. Bonus – these foods also do wonders for your health. Remember to stay hydrated too."



Sue Mah, RD
Nutrition Expert

BEST HEALTH × AVEENO

THE **BENEFITS** OF SOY

Soy has been used in traditional Chinese medicine for thousands of years for its health and nutritional benefits. In its natural state, soybeans have specific, active, non-denatured components that have documented benefits for skin.

AVEENO® scientists devised a way to process soybeans that retains the integrity of the proteins to provide immediate and long-term skin benefits. Products with our ACTIVE NATURALS® Total Soy Complex visibly transform dull, uneven skin into brighter, more radiant skin.

The benefits of soy were discovered when workers who handled soy in Asia's soybean factories found that their hands were especially smooth and even toned. It is a rich source of protein, lipids, carbohydrates and vitamins, which provide moisturization and antioxidant benefits to the skin. Soy's skin care benefits include cleansing, moisturization, improvement in the appearance of pigmentation, so your skin looks healthier, brighter and more radiant.



5 FACTORS OF RADIANCE

Tone

Pay close attention! You may notice changes in your skin tone that is caused by several factors, including hyperpigmentation, hormones and acne scarring. You can work to improve your skin's tone, which will boost your natural radiance.

Texture

Soft, smooth skin is able to reflect light, which gives it a fresh, glowy appearance. Uneven skin can feel rough and dry. Skin cell turnover slows over time, leading to a build-up of dead skin cells, which is why skin looks rougher as you get older.

Dullness

In addition to uneven skin texture, dead skin cells can also make skin look dull. These layers of cells rob your skin of luminosity. That's why gentle cleansing and exfoliation are key to preventing dull skin.

Blotchiness

Blotchiness refers to discoloured patches of skin. There are several culprits, including over-exfoliating and excessive sun exposure, which can all leave skin inflamed and blotchy. Clear, uniform skin radiates good health.

Brown Spots

Also called age spots or sun spots, refer to small, dark areas on your skin. These usually appear in areas that are exposed to the sun. An even, spot-free complexion exudes radiance and restores a youthful glow to skin.

READER'S DIGEST

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CONTRIBUTORS

Caitlin Agnew, Diana Ballon, Laura Branson, Lisa Brookman, Jill Buchner, Ashley Denton, Angus Fergusson, Lisa Kadane, Andrea Karr, Lily & Lilac, Alexandria Maiato, Lynn Marshall, Jeff Mayhew, Monika Melnychuk, Alex Mlynek, Erin Phelan, Karen Robock, Geoffrey Ross, Abbey Sharp, Anna Sharratt, Sheri Stroh, Wing Sze Tang, Claire Tansey, Meghan Telpner, Jaclyn Tyson, Aimée van Drimmelen, Amanda Vogel, Tracy Walker, Elizabeth Wiener, Diane Wong

ASHLEY LEON
ADVERTISING, HEAD OF SALES AND STRATEGY

DOMINIQUE RITTER
EDITOR-IN-CHIEF, READER'S DIGEST CANADA

CONTENT OPERATIONS MANAGER LISA PIGEON
CIRCULATION DIRECTOR EDWARD BIRKETT

THE READER'S DIGEST ASSOCIATION (CANADA) ULC

PRESIDENT BRIAN KENNEDY
LEGAL BARBARA ROBINS
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MAGAZINE PRODUCT MANAGER MIRELLA LIBERATORE
NATIONAL ACCOUNT EXECUTIVES, CANADA
JAMES ANDERSON, SANDRA HORTON, MARJORIE CALLAGHAN
121 BLOOR ST. E, STE. 430, TORONTO, ON M4W 3M5

VANCOUVER
ROBERT SHAW
MONTREAL
PAT TRAMLEY, LINDA DESROCHERS

HEAD OF PROGRAMMATIC & AD OPERATIONS, CANADA
ADAMO CALAFATI

HEAD OF MARKETING SOLUTIONS, CANADA
MELISSA WILLIAMS (ON LEAVE)
MARCUS REINER (ACTING)
SENIOR PROJECT MANAGER
MERI WARD

TRUSTED MEDIA BRANDS INC.
CHIEF EXECUTIVE OFFICER BONNIE KINTZER
EDITOR-IN-CHIEF, INTERNATIONAL MAGAZINES RAIMO MOYSA



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Markham, ON L3P 0K2

EDITORIAL OFFICE

121 Bloor Street East, Suite 430
Toronto, ON M4W 3M5
Email: besthealthmag@rd.com
Website: besthealthmag.ca
For our submissions policy, please turn to page 4

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Summer starts here

THERE'S A REASON THIS IS OUR COVER THEME: AFTER A long winter and a moody spring, the idea that summer has come to save us all is definitely worth celebrating.

This is the season to throw open the windows, breathe in fresh air and feel sun on your skin (which has been well slathered in SPF, of course).

Summer may be known for its “lazy days” but it’s actually a great time to explore new ideas and dabble in some well-deserved me-time — a luxury many women don’t allow themselves often.

Consider this permission granted to indulge. We’ve got lots of ways to help you do just that, starting with our Busy Woman’s Guide to Summer Beauty, page 80. Here you’ll find expert info on all your summer essentials: what to look for in a bathing suit so you can feel confident walking the beach; plus great tips on how to achieve the ultimate summer glow, work with melt-proof makeup or master silky smooth skin.

We also have easy, healthy ideas for grilling outdoors — another summer essential. Check out our Lemon-Herb Marinade on page 60. It will become your go-to summer sauce from this day forward. Have an al fresco party on the horizon? You really need to try our Cider Can Chicken, page 64. Trust me, everyone will be asking you for the recipe.

It wouldn’t be summer without a juicy read or two, and we have a few in this issue, starting with “The Girlfriend from Hell,” page 38. This is a riveting first-person piece on the very real struggle of trying to form loving relationships when there are three in the relationship: you, him and your anxiety. It’s a definite must-read.

Secrets also make for titillating summer reading and we’ve got a doozy: Confidentially Speaking, page 34. Here, writer Diana Ballon navigates the challenging situations when secrets live large in our most important relationships — with partners, parents and best friends. The expert insight she offers into how to manage these issues may potentially save or improve what matters most to you. *hr*



We’d love to hear what you think about this issue and our experts’ advice.

You can reach us at: editor@besthealthmag.ca

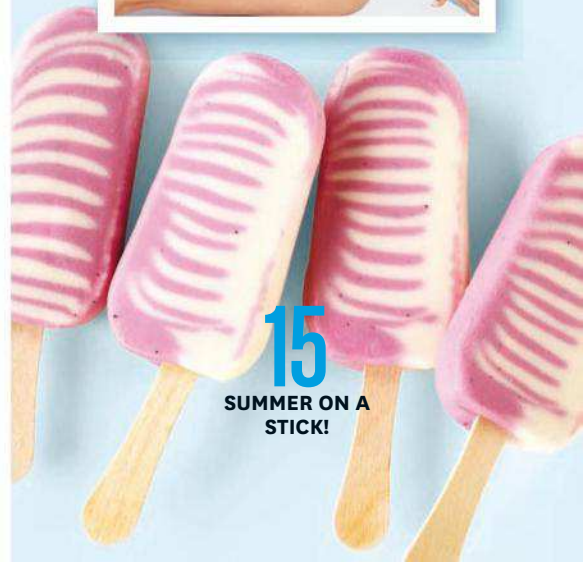


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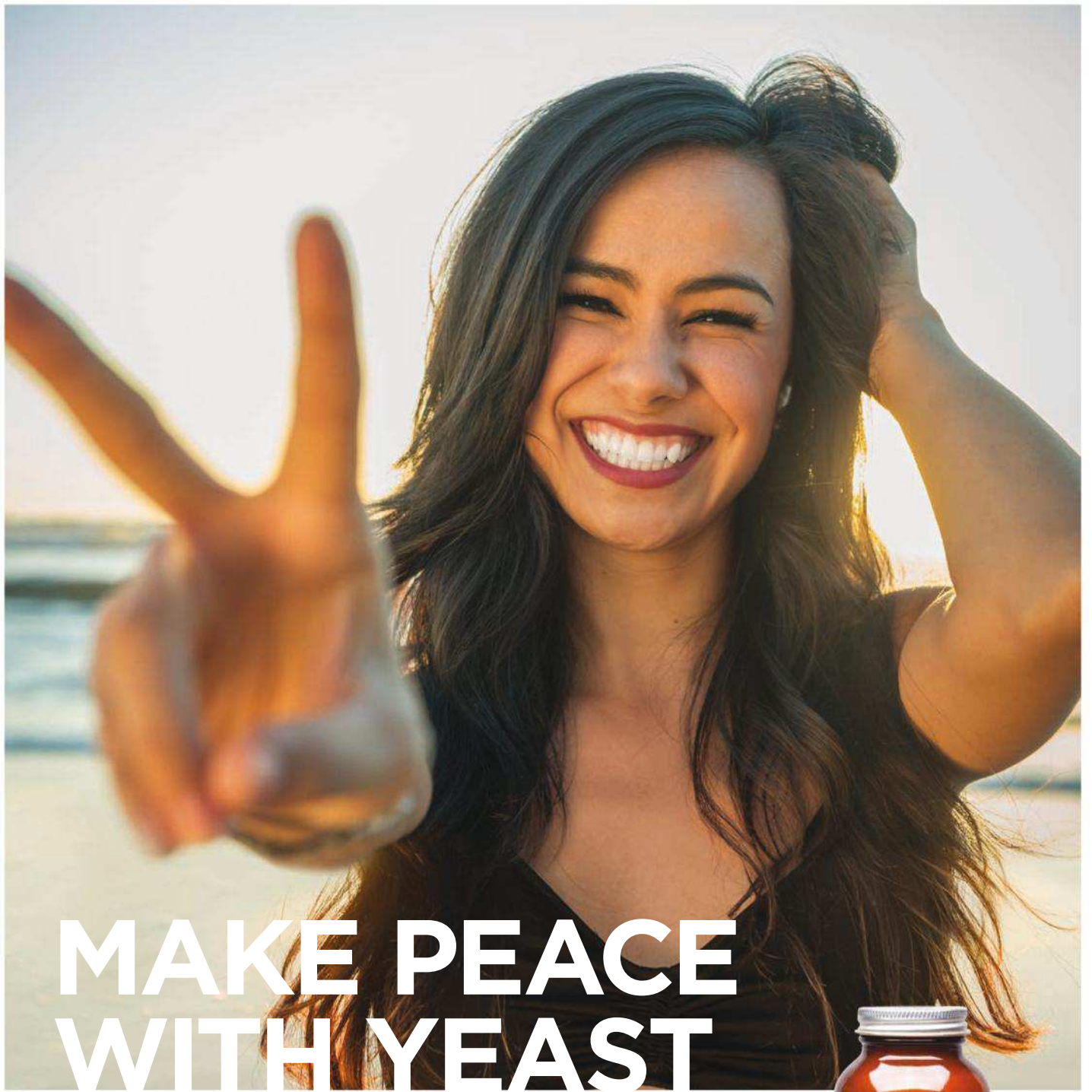


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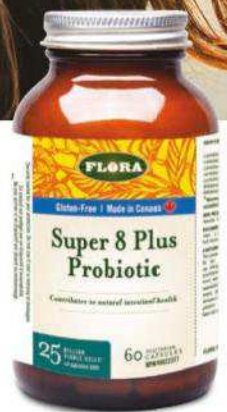


MAKE PEACE WITH YEAST

End the battle against yeast with Super 8.

If you've been battling the unpleasant symptoms of yeast imbalance, you know...the itching, the burning...then it is time to enlist the help of Super 8 Plus Probiotic. Super 8 puts 8 strains of probiotic goodness and 25 billion cells of yeast-balancing genius on your side. It's like having your own personal army ready to defend you when things get a little off balance "down there". With Super 8 on your side, you can finally make peace with yeast. #MakePeaceWithYeast

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Available in natural health food stores, select grocery stores, and pharmacies.

DEAR READERS,

THANKS FOR YOUR FEEDBACK. HERE ARE A FEW OF OUR FAVOURITE LETTERS THIS ISSUE:

I have loved your magazine ever since I came across it in my doctor's office years ago, and now it's the main reason for my Texture subscription! I just finished reading the April/May edition, and what I loved about it most was the "Best Gyms" sections. I recently started back at a new gym and I was motivated by the "Coach's Corner" and "Gym Stuff" because it's great to see new ideas and things to focus on. Would love to see more low carb/high fat recipes in the magazine :).

VICKIE LEFORT



I don't read many magazines but *Best Health* has so much helpful information to keep my family and I healthy and active. Healthy choices need to start at home and having this magazine on our coffee table keeps the discussion open — when we aren't on our phones or iPads.

LUCY LAGANA

Your suggestion to meet prospect trainers for coffee before committing to a coaching services package is spot-on in "Training Day". Thank you for the reminder. I have many

MISSED THESE ARTICLES?
You can read them online at besthealthmag.ca

trainers in my network and have tried a few, but could have benefited from establishing rapport with them beforehand. Now I know that communicating my learning style in advance is integral for a solid coaching relationship.

MINDY AMBROSE

I enjoy *Best Health* because it is Canadian and I can find the items you showcase. In the April/May issue I enjoyed the article regarding physical symptoms of anxiety — especially the breathing 4-7-8, which I use with my son when we are in an anxious moment. I also liked the handy contact list in the estate-planning article. But, the best in this issue was the sheet pan recipes — I love making healthy, simple meals!

FRANCESCA MCBEAN

What a wonderful magazine! I look forward to reading every issue for hints, tips and info.

FAY VAN HORN

WRITE AND WIN

Tell us how *Best Health* adds meaning or value to your life and you could win! One (1) winner will be awarded one (1) Nude By Nature prize basket valued at **\$279**. Send an email to besthealthmag@rd.com with Write + Win in the subject line and answer the following question (in 80 words or less): "What do you love about *Best Health's* June/July 2018 issue or *Best Health* in general?" Published letters may be edited for clarity. For a complete set of contest rules and more information on this contest, please visit besthealthmag.ca/writeandwin.



PRIZE MAY NOT BE EXACTLY AS SHOWN. CONTEST (BEST HEALTH WRITE + WIN LETTERS TO THE EDITOR SKILL-TESTING CONTEST) CLOSING ON JULY 6, 2018 AT 23:59:59 (EDT).

Pharmacists Answering Your Health Questions

A Dose of Advice

A Dose of Advice is a regular Q&A series that features trusted Guardian® and I.D.A.® pharmacists from communities all across Canada. This edition features Jaclyn Makowichuk, pharmacist at Sandstone I.D.A.® Pharmacy in Calgary, AB.



According to the Canadian Mental Health Association, 1 in 5 Canadians will experience a mental health problem or illness in their lifetime.

My dad suffered from depression for most of his life, and I'm worried I might too. How can I tell if it's depression or if I'm just feeling down?



While it's true that people with a family history of depression are more likely to suffer from the illness, depression is a combination of **biochemical, environmental and genetic factors**, so just because your dad suffered from the illness, doesn't mean you will too.

If you experience a noticeable change in mood, if you've lost interest in activities you used to enjoy, or if feeling down has affected your daily activities for an extended period of time, speak to your doctor. **Depression can be overcome**, with the proper diagnosis and treatment.

Pharmacists can help in several ways. Your local Guardian® or I.D.A.® pharmacist can answer any medication-related questions or concerns you might have. We can help explain

the side effects of your treatment regimen, for example. We also have a **variety of tools effective at monitoring depression**. Rest assured that these consultations are private, so you can feel comfortable talking to us about your personal situation.

I've been struggling with what seems to be anxiety without a cause. What can I do to cope?



Anxiety is a common response to certain situations, such as taking a test. In regular cases, anxiety is linked to a specific event and goes away when that event is over. But when the worrying persists over time, or if you're stressed for no apparent reason, you may be dealing with a **general anxiety disorder**.

Here are some of the most common physical symptoms experienced by individuals with anxiety: a racing heartbeat, dizziness, a choking feeling. Psychological symptoms include constant worrying and difficulty concentrating.

Anxiety is usually exacerbated by certain triggers. Once you know what the root of the problem is, then managing the condition will become easier. Managing anxiety usually involves a combination of **medication and counselling**. There are also lifestyle changes that can help you cope.

Make sure you're getting regular exercise. Aim for aerobic activity at least three times a week. Getting enough sleep is crucial, as is learning to **relax and control your breathing**. Try to avoid alcohol and caffeinated beverages, as well as stimulants, such as other medications (speak to your local pharmacist for more information).

Get a dose of our pharmacists' advice at guardian-ida-pharmacies.ca

Guardian

I·D·A

5 STEPS TO STOP YOUR FEET HURTING THIS SUMMER

The long, warm days of summer are a perfect incentive to get outside and get moving. Whether you want to get 10,000 steps a day, train for a 10 km run, play tennis or go hiking, sore feet can quickly dampen your plans. Here are some tips to stop foot pain slowing you down.

1. TALK TO A PROFESSIONAL ABOUT RECURRING PAIN

It can be natural for feet to hurt occasionally, however, if your feet regularly hurt, they should be assessed by a professional. Canadian Certified Pedorthists are the go to healthcare professional for foot pain. Trained in the assessment of biomechanics, they specialize in foot orthotics and footwear. During your initial appointment, your Pedorthist will conduct a thorough assessment and recommend an individualized treatment plan to ease your pain.

2. UNDERSTAND AND TREAT YOUR FEET – When it comes to foot pain, your gait (how you walk or run) is often a contributing factor. Your Pedorthist will analyze your gait during your initial assessment, examining alignment during heel strike, mid stance, toe off and swing phase, to determine whether you have any biomechanical issues that require support. Depending on your gait, you may require foot orthotics or a particular style of footwear.

3. DO A SHOE INVENTORY – Shoes play a significant role in foot pain. Did you know sports shoes should be

replaced every 12 months as the foam breaks down even when they're not being worn? As a guideline running shoes should be replaced every 500 to 1,000 kms as they wear out. Also remember, whatever sport you play, always wear activity-specific shoes as they are designed to reduce injury. For example, basketball shoes have extra height to protect your feet during lateral movements.

4. ORTHOTICS CAN HELP – A foot orthotic is a medical device that fits discreetly in your shoe to support, align and accommodate your foot function. Orthotics can be highly beneficial in easing heel, arch and forefoot pain. There are two types of orthotics: over-the-counter and custom-made orthotics. Speak to your Pedorthist about whether orthotics will benefit you.

5. PAIN RELIEF – As keen as you are to get active this summer, remember to slowly build up to your fitness goals and take time to warm up properly before each activity. If your increased activity levels result in a foot or lower limb injury don't push through the pain. Take time off or switch to a different activity until it heals.

IS FOOT PAIN SLOWING YOU DOWN?



Foot pain is treatable.

Ask your family doctor for a referral to a Canadian Certified Pedorthist today or visit www.pedorthic.ca to find a C. Ped (C) near you.



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NEWS

TIPS + TRENDS

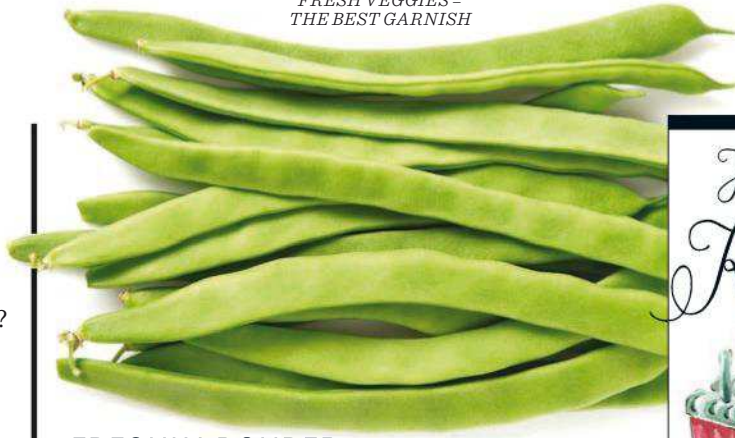
PC BLUE MENU
STRAWBERRY VANILLA
KEFIR SMOOTHIE
BARS, \$7

Pink Ladies

Summer never tasted so good! Made with kefir and berries, these pretty popsicles are low in fat, making for a guilt-free sweet summer treat.

photography by GEOFFREY ROSS

FRESH VEGGIES = THE BEST GARNISH



ARE YOU AN EMOTIONAL EATER?

- Do you eat when you're stressed out?
- Do you eat to reward yourself?
- Do you eat to procrastinate?

In the new book *When Food Is Comfort* (New World Library, \$25), Julie M. Simon asks these questions and more. She traces a lack of self-control around food back to the lessons we learned in childhood. The good news? Learning to self-nurture by paying attention to your emotions and changing the way you talk to yourself can make all the difference.



FRESHLY POURED PATRIOTISM

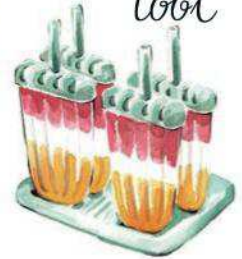
Hold the rimmer, but load up the veggies. Canada's favourite cocktail is practically a salad in a glass. Start with a Caesar mix spiked with sustainable clam juice then pile on lime, hot peppers, green beans, cucumber, scallions, even pickled beets — and, of course, a tall stalk of celery. Add a dash of spirits or enjoy it virgin. Just don't imbibe too much or you'll overdo it on sodium.

We'd love to see how creative you can get! Post your concoctions on Instagram and be sure to tag @besthealthmag.



ONE TO TRY: WALTER CRAFT CAESAR MIX, \$8, AVAILABLE AT MOST GROCERS

Healthy Kitchen Tool



POPSICLE MOULDS

Popsicles are the perfect summer treat and, when homemade, they're surprisingly healthy. You don't even need a recipe: Purée your favourite fruits with a splash of coconut water, tea or juice, then pour into moulds. Like your pops creamy? Add yogurt, kefir or coconut milk. Going for presentation? Add full berries or fruit slices.

THE HEALTHY SCOOP

Three "almost ice cream" options you don't need to feel guilty about.

HIGH-PROTEIN



Breyers Delights (\$8) added extra protein and cut calories in your favourite flavours — vanilla bean, creamy chocolate and cookies and cream. The vanilla bean has 4 grams of protein and just 70 calories and 2 grams of fat per serving.

LOW-CAL



After becoming a favourite in the U.S., Halo Top Creamery brought their indulgent-sounding but low-cal pints (\$7) to Canada. Try birthday cake, caramel macchiato or peanut butter swirl — all under 100 calories per serving.

NON-DAIRY



The rich, creamy texture of Häagen-Dazs Non-Dairy Frozen Desserts (\$7) comes from soy, almond and cashew milk, as well as decadent coconut cream. Try it in coconut caramel, chocolate salted fudge truffle or peanut butter chocolate fudge.



ILLUSTRATION: AIMEE VAN DRIMMELEN; BOOK AND ICECREAM: SCOOP; GEOFFREY ROSS; BEANS: ISTOCK

PUSH PRESENTS

Want to achieve a new personal best? Here are four cool ways to reach new heights.

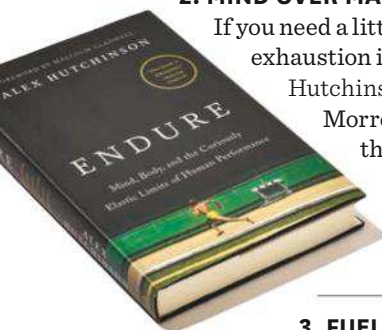
1. A COACH IN YOUR EAR

Vi headphones (\$250) use artificial intelligence to help you meet new goals — whether it's moving faster or losing weight. Tips and words of encouragement keep you on track, and heart-rate-sensing earpieces tell you how your body is responding.



2. MIND OVER MATTER

If you need a little motivation, consider that exhaustion is all a state of mind. In Alex Hutchinson's new book *Endure* (William Morrow, \$35), he explores whether the limits of human endurance are mental or physical — using stories of elite athletes and explorers who pushed their bodies to the edge.



3. FUEL FOR YOUR PAIN

Properly fuelling your workout with water and carbs is key, but you can also add a special ingredient to help you push through: coffee. Having caffeine about an hour before exercise has been shown to reduce pain felt during exercise.

4. TUNING INTO YOUR FEELINGS

Practicing mindfulness can help you notice breathing, pace, and even pain. Then, rather than just responding to those cues (for instance, by taking a break), mindfulness allows you to explore them and develop new associations that make you want to keep going.



TAKE IT OUTSIDE

Blue sky ideas for getting fit

HEAD TO THE PLAYGROUND.

Certified athletic therapist Peter Levidis calls it “the original gym.” Not only can you chase the kids or grand-kids, you can use the equipment for a workout. Think pull-ups on the monkey bars and tricep dips on the bench.

MAKE YOUR OWN TRIATHLON.

Swim a few laps in your local pool, then throw on some clothes and bike down to a trail and go for a run. “Bike fast or slow. And if running is too jarring, a good power walk will do,” says Levidis.

SET UP A BACKYARD NET.

For a small investment, you can play badminton, volleyball or even Frisbee over the net, says Levidis, who suggests starting a mini league with playoffs.

JOIN AN ORGANIZED CLASS

Whether you choose aquafitness, a running club or even yoga in the park, you'll get a chance to get outdoors and challenge your body to move in new ways.

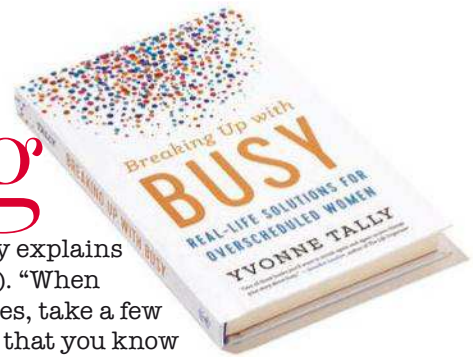
HEADPHONES AND BOOK: GEOFFREY ROSS; PHOTO: ISTOCK



CAN COMPRESSION SOCKS HELP YOU WITH YOUR RUN?

A If you're a long-distance runner, they can. Sports medicine expert Dr. Jack Taunton says compression stockings can prevent swelling in the calves and ankles, as well as stave off cramping by helping blood return up through the veins in the legs. “In a long race over 10 kilometres, ankle edema occurs and your calf muscles are swollen and tight. The compression stockings speed up recovery,” Dr. Taunton explains. If you aren't a distance runner, you can also benefit from compression socks on long flights (again, to prevent ankle swelling) or if you're recovering from an ankle sprain.

De scheduling



Definition: Finding ways to open up space in your calendar. Yvonne Tally explains the concept in her book, *Breaking Up with Busy* (New World Library, \$28). “When accepting invitations or volunteering to manage additional responsibilities, take a few minutes and check in with what you’re feeling.” Say no to tasks or events that you know you’ll end up dreading.

How gross is your ...

MONEY?

Think about every kind of germ you come in contact with in a given day — from the bathroom to the bus. Just about every one of them can be found in your wallet. A 2017 study of cash found viruses, bacteria and fungi typically found on skin, in mouths and even in vaginas all mingling on the bills along with human and pet DNA. In fact, if you could see all the organisms living on there, you might just choose credit over cash — or at least wash your hands after paying.

HOW DOES YOUR WELLNESS GROW?

Gardening is more than a means to an end. When you garden you also:



Of course, every rose comes with a few thorns. Remember to wear bug spray to prevent bites from mosquitoes and ticks, and to change positions often — crouching in one spot for long periods of time can lead to muscle aches the next day.



ADVANCE FITNESS

Pulling weeds, hauling wheelbarrows and pruning bushes are a surprisingly good workout. One study even found that gardening reduced heart attack and stroke risk in people age 60 and up.

DEVELOP A STRONGER IMMUNE SYSTEM

Experts believe that exposing yourself to a diverse range of microorganisms can help to build the immune system. “The immune system is always learning what is our body’s friend and what is its foe,” says Anne Biklé, a biologist and coauthor of *The Hidden Half of Nature*. In essence, the more your body is exposed to, the more “friends” it can make so you don’t launch an unnecessary immune response to those less familiar microorganisms.

EXPOSE YOURSELF TO VITAMIN D

Even with a coat of sunscreen and a nice big hat, you’ll still get a dose of vitamin D, which is important for good immunity and strong bones. The sunshine also helps promote a good night’s sleep by making sure your circadian rhythm is in sync.

PROMOTE HAPPINESS

Some research has found that people are happier when they’re exposed to certain bacteria in the soil. Biklé says she’s experienced this herself. “I liken it to a runner’s high, but it’s a gardener’s high.” She says she can lose track of time when she’s working in the garden. “I just feel exhilarated and elated, and it can be from anything as mundane as digging up a gnarly weed or spreading compost along a bed.”



MONEY ILLUSTRATION, MONIKA MELNYCHUK; BOOK AND GARDENING TOOL, GEOFFREY ROSS; ISTOCK

BESPOKE BEAUTY

Imagine creating your own skin-care products using medical-grade ingredients designed to address your specific concerns. It's a thing. Universkin offers formulas tailored to combat issues from dryness to pore size. At the base of each serum are ingredients including omega-3 and hyaluronic acid. From there, you pick among 19 actives, with an expert guiding you. Want to lessen the look of lines? Add retinol. Interested in defeating dullness? Try glycolic acid. You add three in total. We staff-tested several formulas and noticed improvements in tone and texture within four weeks. It's an investment your future face will glow on about. For more info: universkin.ca.



STEPPING PRETTY

Nothing brightens a summer day like a strappy pair of sandals. These Plage Multi-Coloured Sandal Flats (\$175) from online retailer SOULiers Studio (souliersstudio.com) are made in Spain using sustainable vegan leather.



BRIGHT THIS WAY

Let these hot summer shades liven up your lips.

1. The perfectly popsicle-stained pout is just what you need for a little summer fun.

SEPHORA COLLECTION
#LIPSTORIES LIPSTICK IN
POPSICLE LIPS, \$10

2. Nude meets bold in this earthy version of a summer red that glides on smooth.

BITE BEAUTY AMUSE
BOUCHE LIQUIFIED LIPSTICK
IN JICAMA, \$28

3. This moisturizing gloss has a hit of pink, and treats lips with green tea extracts.

VAPOUR ORGANIC BEAUTY
VELVET LIP GLOSS IN
NOMAD, \$32

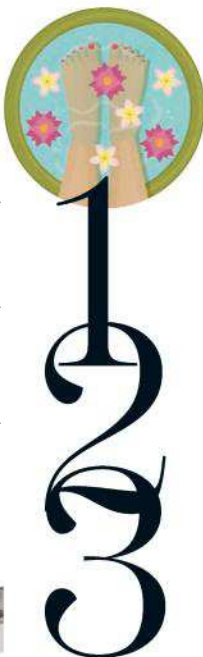
GET PEDI READY

Emily Stock, a chiropodist and founder of Barefoot Beauty Natural Nail Salon & Beauty Bar in Toronto, offers these tips for a healthy salon pedicure.

Look for signs of sterilized instruments. If your instruments come straight out of a sealed pouch, this suggests they've been cleaned in a medical-grade sterilizer, which kills pathogens.

Ask for a polish that's five-free, meaning it doesn't contain formaldehyde, formaldehyde resin, toluene, camphor, or dibutyl phthalate. These ingredients are known to have a variety of negative health effects, from respiratory irritation to carcinogen activity.

Beware of razors or other sharp tools. Nail technicians are not trained to use sharp instruments and their tools may not be disinfected well enough to protect you from blood-borne diseases.



LIPSTICK, GEOFFREY ROSS; ILLUSTRATION, ISTOCK

SECOND OPINIONS

1 question + 2 experts = 360° solution

by JILL BUCHNER



AT NIGHT, MY BRAIN WON'T SHUT OFF AND I'M UP FOR HOURS WORRYING. HOW CAN I FALL ASLEEP?

ISTOCK

THE PSYCHOLOGIST SAYS...

A AS A FIRST STEP, I WOULD INTERVIEW YOU to get a sense of your sleep routines and anything else that might be going on with you.

Then I'd ask you to log your sleep for about two weeks, so we can design a treatment plan together based on the objective information you provide. Insomnia isn't defined by a certain number of hours of sleep; instead, it's defined by dissatisfaction with sleep quantity or quality that is significantly distressing or impairing daytime function. For a diagnosis of insomnia, this has to happen over a minimum of three nights a week for three months, despite an adequate opportunity for sleep.

However, cognitive behavioural therapy (CBT) can help people who struggle with sleep difficulties that don't reach the threshold for a diagnosis of insomnia. Sleep problems can become characterized by certain worries about sleep or strategies on how to manage sleep difficulty. CBT is based on the relationship between your thoughts, feelings and behaviours, and it's what I use to help treat insomnia.

So, after looking at how much sleep you're getting, we'd start to look at your routines. Certain behaviours, like waking up at the same time every day, not drinking alcohol before bedtime, reserving your bed for only sleep, and giving yourself a wind-down period at night can all help you get a better sleep. We'd also talk about things like only going to bed when you're sleepy and getting out of bed when you can't nod off in order to condition yourself to associate the bed with sleep, rather than a place to stay up and worry. And we'd look at behaviours you've adopted to cope with your sleep loss, like taking naps during the day or cutting back on daytime activities, which could be counterproductive to you sleeping well.

Finally, we'd talk about your thoughts around sleep. People tend to have anxiety about what will happen if they don't get enough shut-eye, which can lead to hours of watching the clock or increased difficulty getting shut-eye. And, when we are anxious, we tend to focus on worst-case scenario outcomes that may or may not be likely. You can practice asking yourself, "Are there other ways of looking at that thought? What's the evidence for that?"

It can take as little as four to six sessions to treat insomnia, and the goal is to help you learn the tools to challenge your thoughts and become your own therapist. *Dr. Leorra Newman is a clinical psychologist at CBT Associates Toronto.*

THE YOGA TEACHER SAYS...

A I WORK WITH SLEEP SCIENCE AND YOGA and relaxation techniques to help people get back to sleep. I typically begin by getting a history of when your sleep issues started and if any changes in your life or health precipitated the onset. I'd also ask you to track your sleep for about a week.

I would work with you on reprogramming your sleep response by doing everything from keeping the temperature in your room cool to reducing your sugar intake to keep your blood sugar stable. I'd encourage minimizing stressors, including addressing unhelpful thinking with CBT, and addressing stress as it arises with exercise, yoga and guided meditation..

At night, lighting is key, because blue light emitted by devices can interfere with your body's ability to produce the sleep hormone melatonin. I usually recommend that, for half an hour before bed, you keep lighting low — think warm candlelight levels — turn off the TV, turn off social media and engage in relaxing activities for half an hour.

I teach relaxation techniques that help turn off your stress response (a.k.a. the sympathetic nervous system, which is triggered by worried thoughts and interferes with sleep), and turn on your parasympathetic system, which promotes relaxation and is essential for the body to feel safe enough to sleep. One particularly effective technique is belly breathing. I like to use modified box breathing, in which you inhale for a count of four, pause, then exhale for a count of six, pause, and take a regular breath. You repeat alternating those counted breaths with regular breaths when you're in bed to cue your body to relax and to refocus your mind on completing the pattern rather than on your worries.


Another technique I teach is a simple pose that involves lying down and extending your legs up against your wall or headboard. It encourages relaxation. When you're relaxed, there is less blood in your muscles and more blood in your core organs, while when you're stressed, your body redirects blood to your muscles to prepare your body for fight or flight. Propping up your legs lets gravity pull the blood from your limbs to your core, signalling your body to adapt a more restful state. I also recommend doing deeply relaxing forward folds (like child's pose or seated forward folds) before bed to encourage relaxation.

Some people will just come for a couple of sessions and find a few simple fixes were all they needed to help them sleep, but if you've had insomnia for a while, it may take longer and we would try more advanced mindfulness techniques. *✍*

Sarah Domes is a sleep coach and yoga teacher.



ELIZABETH WIENER AND LISA BROOKMAN

Elizabeth Wiener is an educator who lives with depression and anxiety. Lisa Brookman is a clinical psychotherapist based in Montreal. Together, they form WiseWomenCanada.com  @wisewomencanada

Q I HAVE A FRIEND FROM HIGH SCHOOL WHO'S A BIT, WELL, TOXIC. SHOULD I TRY TO FIX THE RELATIONSHIP OR MOVE ON?

Everyone has their off days, but if your friend is always fighting with you or feels judgmental and condescending, it could be toxic. Same with those who seem to thrive on gossip and drama, or who are self-absorbed and demanding of your attention. Or, if you have a friend who never seems to be able to meet your needs, it could be a sign you're stuck in the cycle of a toxic friendship.

ELIZABETH SAYS...

A SOMETIMES, DESPITE YOUR BEST EFFORTS to make a difficult friendship work, you realize that for your own mental wellness, it has to end. I've been there and done that a couple of times, and despite the fact that I knew I was making the healthy decision, I was blindsided by how difficult it was to let go. What's more, I was angry at myself for feeling badly about a friend who had treated me so poorly. But with the wisdom of hindsight, I know that I should have cut myself some slack and taken the following advice:

Let go of the guilt.

It takes an enormous amount of strength and confidence to end a toxic friendship. Be proud of yourself for prioritizing your needs and your emotional well-being. Making such a decision does not make you selfish, it makes you empowered and demonstrates self-compassion.

Grieve the relationship if you need to.

Allow yourself some time to grieve after the loss of a toxic friendship. Even though you chose to end the relationship, you may still miss your friend. Surround yourself with people who love and care about you, talk about how you're feeling and make sure to practice self-care during this tough time.

Be the bigger person.

Despite your best efforts to evade your ex-friend, the odds are you'll run into each other at some point. Err on the side of civility.

LISA SAYS...

A TOXIC FRIENDSHIPS CAN BE IMBALANCED, unrewarding and draining. They are highly negative, one-sided relationships that can have a detrimental impact on our self-confidence and morale. If you feel that you are constantly compromising yourself for the sake of your friendship, it may be time to take a closer look and ask yourself some important questions:

Can the relationship be salvaged?

Attempt to let your friend know how you're feeling. Be open, honest and authentic. Try to give her the benefit of the doubt; perhaps with some constructive feedback, she'll be able to explain and make positive changes.

Have you established appropriate boundaries?

Although it may be difficult, set clear boundaries and let your friend know that specific things will have to change in order for the friendship to continue. Once you've established some limits, you'll eventually learn whether or not your friend is motivated or able to make changes that can truly impact the relationship in a positive way.

Is it time to move on?

If you've expressed your needs to your friend and she continues to disappoint and prove that she is simply unable to come through for you, it's likely time to move on. Ending this type of friendship can be challenging, but stick to your convictions and trust your instincts. Cut the relationship off cold turkey or let it fade as you consciously choose to disengage. *W*



DR. LYNN MARSHALL

is a staff physician, Environmental Health Clinic, Women's College Hospital,
womenshealthmatters.ca @WCHospital

Q

MY SISTER WAS JUST DIAGNOSED WITH FIBROMYALGIA. WHAT IS IT?

THE DOCTOR SAYS...

A FIBROMYALGIA (FM) IS a chronic health condition affecting approximately two percent of Canadians.

Patients experience widespread, fluctuating pain and tenderness on both sides of the body in the muscles, spine and joints, lasting more than three months.

In addition, patients suffer fatigue, headaches, morning stiffness, have trouble thinking and remembering (also known as “fibro fog”), and sometimes experience symptoms like irritable bowel, and heat and/or cold intolerance. FM occurs more often in women, usually starting in middle age when we are at the peak of our performance in life.

There is often a family history or the individual has a rheumatic disease such as rheumatoid arthritis, lupus, or osteoarthritis. There are no laboratory or imaging tests to detect it, but a family physician will order tests to rule out other conditions.

No one knows what causes FM, but it is often triggered by an injury, especially one to the neck, infection, or stress overload. There is no cure, but various medications can help reduce symptoms.

PATIENTS WITH FIBROMYALGIA MAY SUFFER FATIGUE, HEADACHES, MORNING STIFFNESS, HAVE TROUBLE THINKING AND REMEMBERING, AND SOMETIMES EXPERIENCE SYMPTOMS LIKE IRRITABLE BOWEL, AND HEAT AND/OR COLD INTOLERANCE.

How you can help

FM varies in severity among individuals. Some patients find it an inconvenience, while others are affected more significantly. For some of my patients, the condition has an impact on every aspect of their lives.

If your sister is on the more severe end of the spectrum, she may not be able to return to the life she considered “normal” before. However, in the Environmental Health Clinic at Women's College Hospital, we help

patients to establish the best new normal by working with them on what we call our “Weed, SEEDS, and Feed” program, which includes the following steps:

1. Weed out significant stressors in your life.
2. Plant the SEEDS of health, an acronym focusing on sleep, exercise, environment, diet, and support. Some examples of actions include: Sleep — having regular bed and wake-up times and reducing screen time before bed; Exercise — increasing gradually, pacing according to activities; Environment — removing harmful substances from your home and personal use; Diet — avoiding junk food, eating lots of fruits and vegetables; Support — from symptom-relieving medications or massage, and household help from family and friends.
3. Feed whatever helps.

Many patients with FM have found that this program offers hope, and is often boosted by the gradual improvement they experience as the SEEDS grow! *Dr.*



DR. DIANE WONG

is the founder of Glow Medi Spa, glowmedispa.ca



CAN YOU SEPARATE BOTOX MYTH FROM FACT?

Botox, which is known as a neuromodulator, has been used in cosmetic treatments for approximately 20 years now, yet myths prevail.

Topping the list is that Botox will give you that dreaded fake or unnatural look. On the contrary, Botox can help you look natural, well-rested and bright. Ready to bust a few other myths? Read on.

MYTH #1: Botox is unsafe.

FACT: Botox has a long safety history.

The drug Botox has been researched for over 100 years. There are thousands of research papers and citations related to therapeutic uses as well as cosmetic uses. Botox has been approved by Health Canada and the FDA for decades to treat patients with a range of neurological disorders, as well as excessive underarm sweating.

Botox was Health Canada-approved in 2001 for treatment of glabellar lines (frown lines between the brows) and was subsequently approved for treatment of forehead lines and crow's feet lines and wrinkles around the eyes.

It's a very safe drug when administered by a qualified practitioner who follows all recommended protocols for dosing, storage, and administration of the drug. Unfortunately, Botox injections are not always well regulated. There are injectors who may not be well trained or qualified to inject. Regulations vary from province to province.

MYTH #2: Botox will result in the loss of facial expression (a frozen look).

FACT: Botox relaxes muscles to enhance the way you look so you look well-rested and bright.

Botox strategically targets specific muscles to reduce negative expressions like frowning and scowling. It also reduces the pull of the muscles that create horizontal lines on the forehead and crow's feet around the eyes. Botox is now widely sought after for its preventative benefits as well.

If someone looks frozen or unnatural after a treatment, it may be due to incorrect dosing or placement. Botox is a very precise drug and can be injected carefully to maintain the harmony of the muscles and the natural balance.

An odd appearance after Botox is possible but preventable and treatable in most cases. For instance, "Spock brows" or "peaking" of the brows can be prevented or treated with a small dose of Botox to relax the muscles that are pulling upward on the brows and creating that unnatural look. A follow-up appoint-

ment to assess the results after two weeks is important.

MYTH #3: Botox is botulism (food poisoning).

FACT: Botox is not botulism.

It is a purified protein, Botulinum toxin, derived from the bacterium *Clostridium botulinum*, and a finished medical prescription product that has been approved as safe by Health Canada. The product is administered in small injections to reduce specific muscle activity by blocking the nerve impulses that trigger overactive muscle contractions.

MYTH #4: Botox builds up in the body over time.

FACT: Botox does not accumulate in the body.

Furthermore, new nerve impulses are regenerated in three to four months when treatments are cosmetically administered. Re-treatment is required to maintain the desired results. If treatments are discontinued, the muscles will resume their previous activity level. *Dr.*

CHECK OUT OUR AUGUST/SEPTEMBER ISSUE FOR PART II

explore CALGARY

Less than two hours from the Rocky Mountains, Alberta's largest city may be perched on the edge of a natural wonder, but its downtown core is a wonder all its own. The bustling metropolis is worth a visit filled with fitness, facials and tasty foods.

by ANDREA KARR



BEST STAY

Located in Calgary's East Village, a short walk from Inglewood (a hip shopping neighbourhood), the Calgary Stampede grounds and Studio Bell (home of the National Music Centre), the Hilton Garden Inn Downtown Calgary (hiltongardeninn3.hilton.com) is a cozy gem in the heart of the city. Stay fit on vacay by splashing around in the indoor pool or lifting weights in the fitness centre. You can even bring Fido along to stay in a pet-friendly room.



BEST BEVERAGE

If you're not already in love with kombucha, True Büch (truebuch.com) will make you a convert. Not only is their fermented tea good for your gut, but the bottled flavours (like vanilla chai and blueberry rooibos) and draft varieties (think root beer and hibiscus ginger) are legit tasty. They're available at several restaurants, markets and yoga studios in Calgary and a portion of all proceeds goes to local non-profits.



BEST FACIAL

Give your skin a little TLC by popping into XO Treatment Room (xotreatmentroom.com), where they'll utilize the latest techniques (rejuvenating lasers, peels, vitamin infusions and more) to get your skin in shape. Try the custom facial with owner Annie Graham and get her read on your skin health and the best treatment options for your unique needs. At \$350 for an hour, it's a splurge — but you'll see real results.



BEST BURN

Get ready for a major core workout, all while mimicking traditional surfer moves on the unstable (grounded) surfboards at Surfset YYC (surfsetyyc.com). Start with

Surfer 101 for beginners, or move ahead to more advanced classes with weights, TRX suspension training or even boxing moves. And if playing surfer isn't your thing, the studio also offers barre, Pilates and kickboxing.



BEST BUYS

Just one of many Inglewood stores packed with giftables, The Livery Shop (theliveryshop.com) is a collaboration between two local brands — jewelry maker CoutuKitsch and apparel line Camp Brand Goods — who came together to support dozens of indie labels from Calgary and around the world. The shop is housed in a big red stable and features simple and chic The Horse watches, luxe Sydney Hale room sprays and fragrant Leaves of Trees body lotions.



FOREIGN CONCEPT RESTAURANT



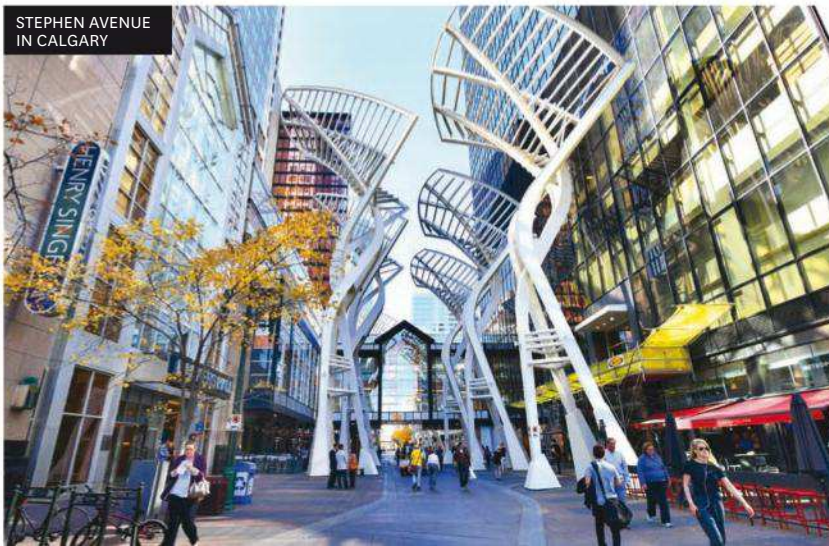
BULGOGI IMPERIAL ROLLS AT FOREIGN CONCEPT



BEST EATS

Whether you have a night or a week in Calgary, you won't want to miss Foreign Concept (foreignconcept.ca), chef Duncan Ly's love letter to creative, modern Pan-Asian cuisine. Order an assortment of small and large plates and be sure to choose the Bulgogi Imperial Rolls, Alberta Trout Cha Ca La Vong and an Asian take on Italian tiramisu — the Vietnamese Coffee Parfait. You'll fall in love and wish cross-country food delivery were a thing. *hr*

STEPHEN AVENUE IN CALGARY



PLANT THERAPY

Botanically-based solutions to common health woes have been cropping up for centuries. Here are 10 to try. | by JILL BUCHNER

1

DIGESTION-BOOSTING TEAS

If you have tummy troubles on the regular, it's time for a little plant-based prevention. Emily Boese, a medical herbalist in Kelowna, B.C., starts her days with two digestion-promoting teas. First, she steeps dandelion-root, globe artichoke and milk thistle tea to sip before breakfast — the bitter herbs stimulate stomach acid and enzymes to prep the stomach for the first meal of the day. Then, mid-morning, she brews a cup of nettle tea, which has anti-inflammatory properties and is a diuretic that helps your body rid itself of waste.

TIP Avoid nettle tea late in the day: "It will make you have to pee in the night."

2

COMFREY FOR YOUR PAINS

Grow a comfrey plant for your first-aid needs. Bryce Wylde, alternative medicine expert and co-author of *Power Plants: Simple Home Remedies You Can Grow* (HarperCollins, \$27), calls comfrey nature's Band-Aid. You can buy seeds to grow the plant, which can reach five feet and has purple or white flowers. Then, when you have a wound, you rip off a leaf, boil it to sterilize it and apply it to the injury. Wylde says this remedy has been used for years to reduce inflammation.

TIP Limit comfrey to topical applications — it's not meant to be ingested and can cause damage to the liver.



3

MINT TO SOOTHE

Cooling peppermint works wonders on your muscles. Boese recommends mixing peppermint essential oil into an ointment or salve to rub on sore muscles. The oil will penetrate the skin to offer pain relief. And muscles aren't the only thing mint can soothe. In his book, Wylde suggests applying peppermint oil (or a diluted version of the essential oil) to your temples when you have a headache, or taking capsules of peppermint oil to relax stomach muscles and thereby reduce digestive troubles.



4

COFFEE WAKE UP

Wylde's secret ingredient to make a more powerful cup of coffee? Mushrooms. Hear him out. The fungi contain something called active hexose correlated compounds (AHCCs), which boost immune cells and help fight inflammation. Plus, Wylde promises, "you won't even really taste it. It will just add an earthy note to your coffee." He suggests looking for shiitake, enoki or other dried mushrooms in your grocery or health food store, then throwing them in the grinder along with your organic coffee beans. Then, the next time you make a morning pot of Joe or mix up a cold brew, follow your recipe as usual and get ready for an extra boost.

5

ST. JOHN'S FOR YOUR SPIRITS

If you're feeling low or overwhelmed by stress, Boese says almost nothing beats the herbal supplement St. John's wort, which has anti-inflammatory properties. Some studies have shown that it's similarly effective to antidepressants, but it's important not to combine the herb with pharmaceutical antidepressants, or forgo any existing prescriptions for it. Boese suggests seeing a health-care provider before taking St. John's wort because it can interfere with other drugs. "A lot of medications can interact with it, but it's also the most-researched plant, and it has the best evidence for being effective for depression," she says.



ISTOCK

6

BETTER THAN BLUE

If you haven't heard of haskaps, it's time to seek out these antioxidant-packed, grown-in-Canada berries. Though they look a little like oblong blueberries, Wylde says they "have a one-up on blueberries." You can see the difference when you bite in — unlike the white-fleshed blueberry, haskaps are dark purple inside, a sign that they're rich with polyphenols all the way through. With all of that antioxidant power, haskaps are terrific anti-agers, and they promote good cardiovascular health and youthful skin.

TIP check out *haskapa.com* for recipes and more.

7

**BERRY BRIGHTENER**

Fresh strawberries contain salicylic acid, which helps dissolve the outer layer of skin that can clog pores. In beauty products, salicylic acid is used to treat acne and brighten skin, but with fresh berries, you can get your own version of this powerful ingredient right from your fridge or garden. Amy Galper and Christina Daigneault's new book *Plant-Powered Beauty* (BenBella, \$29) contains a recipe for a berry-rich, fresh anti-inflammatory and brightening facial mask. Blend four ripe strawberries with one tablespoon of honey for one to two minutes, then add a drop of German (blue) chamomile essential oil and apply the mask to your skin. After 10 minutes, rinse it off with warm water and pat your skin dry.

8

GREEN GLOW

Don't reserve matcha for your latte. *Plant-Powered Beauty* recommends adding the antioxidant-packed ingredient to an anti-aging facial scrub. The green tea powder contains chlorophyll, which, when applied topically, promotes tissue regeneration and healing.

9

REMEMBER ROSEMARY

Treat yourself to a soothing rosemary bath when you need to de-stress and, surprise, when you need to hone your memory. Add four to five sprigs of rosemary and a cup of Epsom salts to the tub, then take a soak. Wylde says not only is the herb calming, but it can also boost your memory. According to one study, students who worked in a room filled with the scent of rosemary performed better on a memory test. So grab some stems from the garden, draw a bath, and let the herbs do their work.

10

FLAX FIX

Flaxseed makes an excellent remedy for speeding up digestion when things are a little slow. Naturally high in fibre, flaxseed contains mucilage, a slimy substance that can coat the digestive tract. Simply mix a tablespoon of ground flax in a glass of warm water and drink it down for a laxative effect.

TIP Don't skimp on the water or that big dose of fibre could do the opposite of what you intend it to. *bt*

Presented by **RENEW LIFE**

LIVE YOUR BEST LIFE!

Inspiring stories of coping with health challenges



CHRISTINE FELSTEAD
FOUNDER, YOGA FOR RUNNERS

CHRISTINE FELSTEAD

Christine was born with kidney disease, which she didn't find out about until she was in her teens. Eventually, her kidneys began to fail and in 1978, at the age of 25, she underwent her first kidney transplant.

After her transplant, Christine felt out of shape and turned to running to build muscle and fitness. With 20 years of running under her belt, she switched to yoga and left her job in corporate marketing to teach full time. "I devoted myself to yoga," she says. "I just loved the changes it made in my body and I felt it made me more introspective."

Today, at 65, she works as a yoga instructor and runs the teacher training program at Breathe studio in Toronto. (She had another kidney transplant in 2006.) In addition to keeping fit, she also maintains a healthy, balanced diet. "In my mid-thirties, I developed really bad acne. In

desperation, I turned to a macrobiotic diet, and gradually my skin started to get better. I still keep a lot of macrobiotic principles in mind, and try to avoid putting junk in my body."

Age is no barrier to Christine: "We have a preconceived notion of what 65 looks like," she says. "In yoga, we're about the inner self and taking care of your body from the inside-out. As long as I feel that I have something to share and people are interested in learning from me, why would I stop?"

LINDSEY FRIMET

In 2009, at the age of 29, Lindsey was diagnosed with Crohn's, an inflammatory bowel disease. She had always been an active person—growing up in Ottawa she played volleyball, skied and hiked—but being ill zapped her of energy, especially during the 18 months after her diagnosis. "I couldn't take my baby to the park because I had no energy and



LINDSEY FRIMET
MARKETING DIRECTOR

because there were no bathrooms. That first year was pretty hard," says the Toronto-based marketing director.

Today, she has the occasional flare-up of symptoms. Stress is aggravating, so she keeps it at bay by reading and through exercise. "Home workouts in the morning really give me energy for the day," she says. "I also love to dance with my kids. We'll put on old-school 90s hip hop and have dance parties in the house." Getting enough sleep is also key to helping her maintain her energy levels. Plus, she takes daily probiotics and vitamin supplements.

Lindsey maintains an optimistic attitude, and doesn't let the disease slow her down. "Making little, healthy changes has helped me manage the disease and move through it. When I'm in a good spot, I live life to the fullest. Those dance parties are always happening at our house, regardless of what's going on."

BE GOOD TO YOUR GUT



It's no secret that gut health plays a vital role in overall wellness. But factors such as stress, poor diet, age and the use of certain medications can throw off the balance of good to bad gut bacteria.



Incorporating healthy habits into your life can help you overcome some of these challenges. Regular exercise and getting a good night's sleep will help you to better manage stress. You could also consider taking a daily probiotic, to balance the gut and promote good digestive health.

Did you know that roughly three-quarters of your body's immune cells are located in the digestive system?





**70% OF YOUR
IMMUNE SYSTEM
IS IN YOUR GUT.**

MAKE SURE YOURS IS UP FOR IT



**DAILY
PROBIOTIC**



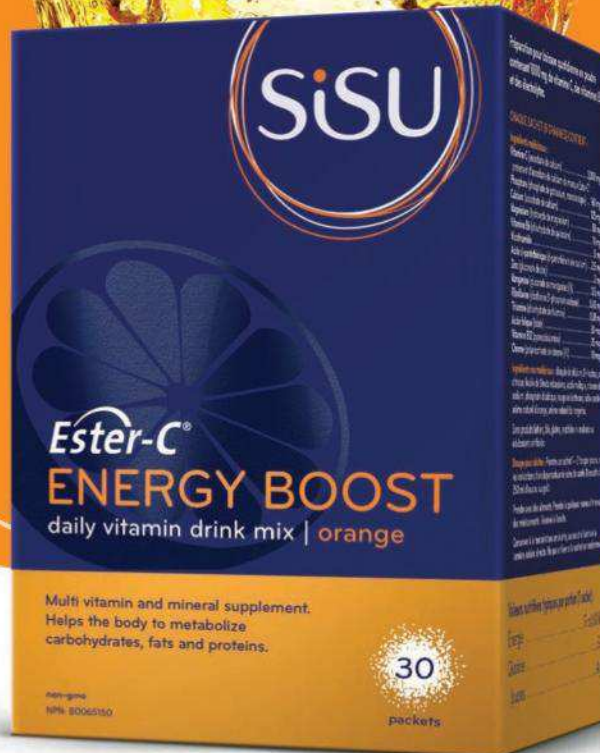
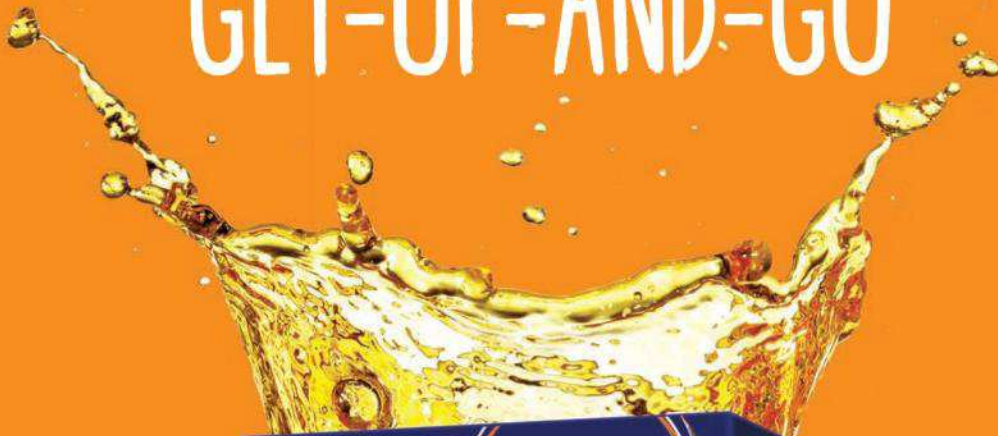
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WARDROBE STYLING, INGRIE WILLIAMS; HAIR AND MAKEUP, SHERI STROH; SWIM SUIT, SHAN.CA; VISOR, STYLIST'S OWN

Cap & Trade

Finally, it's time to switch to summer mode! Studies show that up to 93 percent of Canadians know taking vacation time is key to staying happy; yet, sadly, about 26 percent of us don't use our vacay days. Sound familiar? This year, trade your cubicle for a cabana and enjoy a little R+R. | *photography by* LILY & LILAC

Presented by **ROGAINE**

THE REAL DEAL ABOUT WOMEN'S ROGAINE®

IT'S NOT ONLY MEN WHO SUFFER FROM HAIR LOSS



Did you know there's a Rogaine® specifically for women? Before you try vitamins, supplements or shampoos that only coat the hair, you should know that Women's Rogaine® is clinically proven to regrow hair. And it's helping women love their hair again.

HAIR LOSS IN WOMEN IS QUITE COMMON

If your hair's thinning, you're not alone — one in three women may experience thinning hair. Hair loss in women can happen because of age, hormone changes, illness, stress or medications, but heredity is the most common cause. Unfortunately, it may just be in your genes, and it can come from your mom's or dad's side.

FOLLICLES SHRINK AND STOP GROWING NEW HAIR

Hereditary hair loss shortens the time that hair spends actively growing, and it makes the follicles shrink over time, producing finer, shorter hair. The follicles still stay alive, but eventually they don't grow new hair. Thinner, light-coloured hairs gradually replace the large, darker hairs. You may notice:

- Thinning on the top of your head.
- The hair near your temples receding.
- Your centre part getting wider.
- A hair-loss pattern similar to the shape of an evergreen tree.

EARLY TREATMENT IS IMPORTANT SO IT DOESN'T PROGRESS

If left untreated, hereditary hair loss can be permanent and may progress to overall thinning (though women rarely go totally or nearly bald like some men). Hair loss isn't only about how you look. It can affect how you feel and is associated with low self-esteem and depression. Early treatment is key to preventing more hair loss.

WOMEN'S ROGAINE® IS THE #1 DERMATOLOGIST RECOMMENDED BRAND*

Women's Rogaine® is the first and only 5% minoxidil hair

regrowth treatment for women with thinning hair in Canada. It's clinically proven, safe and effective, and it's available without a prescription. The active ingredient is minoxidil. It doesn't contain hormones and is applied topically to the scalp. Researchers believe that it works by increasing the time hair spends in its active growth phase and by increasing the size of shrunken hair follicles so that they can return to producing thicker, long hairs.

WOMEN'S AND MEN'S ROGAINE® AREN'T THE SAME

Women's Rogaine® was approved by Health Canada based on the safety and effectiveness shown in clinical studies of women using it once daily. Men's Rogaine® Foam 5%, on the other hand, was tested on men and approved to be used by men twice daily.

IT'S EASY TO ADD TO YOUR DAILY BEAUTY ROUTINE

Women's Rogaine® is applied once a day, at any time of day. You don't have to shampoo your hair before applying, but your hair should be dry or towel-dry. Gently massage the foam with your fingertips directly to the scalp where hair is thinning. Once the foam is dry, you can use your regular styling products and blow-dry. It's safe to use on permed or colour-treated hair.†

LOOK FOR THESE SIGNS IT'S WORKING

Women's Rogaine® is clinically proven to regrow hair and increase hair density in as little as three months when applied once daily. For some women, it can take at least six months to see results. New hairs may be soft, downy and colourless. With continued use, new hairs should be the same colour and thickness as the others. During the first two to six weeks of use, you may have a temporary increase in hair shedding. This happens because a new growth cycle is beginning, and older hairs are being shed to make way for newer, stronger ones.

Learn more at WOMENSROGAINE.CA

To be sure this product is right for you, always read and follow the label. * OTC hair loss treatment brand based on 2016 Canadian survey data. † Read the packaging insert for complete instructions.

WOMEN'S Rogaine®



REVIVE YOUR

HAIR-VIVA-WOMEN!

ENERGIZE YOUR THINNING HAIR

Women's ROGAINE® Foam gets to the root of the problem, revitalizing inactive follicles to help regrow hair with regular use. Clinically proven to increase hair density for thicker-looking hair!



Visible results in as little as 12 weeks*

WOMEN'S Rogaine®



#1 DERMATOLOGIST RECOMMENDED BRAND †

To be sure this product is right for you, always read and follow the label. *Thinning hair due to hereditary hair loss. †New hair growth may be seen as early as 3 months, but, for some women, it may take at least 6 months. Individual results vary. ‡ Hair loss treatment brand based on 2016 Canadian survey data. © Johnson & Johnson Inc. 2018.

CONFIDENTIALLY SPEAKING...

Every woman has her secrets, *bien sûr*. But, there are times when spilling the beans is the right thing to do given that your very health and happiness could depend on it. So, when should you 'fess up rather than shut up?

Diana Ballon dishes on six key scenarios.

WITH YOUR PARTNER

PEOPLE OFTEN KEEP SECRETS TO PROTECT THE other person — and themselves — but sometimes that can backfire, damaging the relationship in the process, says Rosemary Carlton, a social work lecturer at the Université de Montréal.

She recalls working with families where a gambling problem came out only after they'd lost everything — their car, their home — and were in a complete state of crisis.

When you make a decision to keep your habits, like an addiction, a secret from your partner, you take away their power to protect themselves, or, conversely, to help and support you through your crisis, Carlton says.

The same holds true when discussing other issues, like a mental health problem or addiction that you may have had to cope with in the past. When you share this information, your partner can then be there to support you and let you know of warning signs that you may be slipping, or that the problem is resurfacing.

But the decision to disclose can also be quite nuanced, and depends on how the past problem influences the present, says Eugenia Messner, a registered psychotherapist who works in a community health setting and private practice in Toronto.

For example, a single incident of self-harming in middle school may not necessarily be something you need to reveal. And divulging in a new relationship that you are taking antidepressants might be something you decide to share when you've been together a while, and when more trust has been established.

"What you bring to the relationship is important and it requires sensitivity, says Messner. "Part of disclosing something about ourselves includes considering how the other person may respond, questions they may have and support that might be needed by either person due to the disclosure."

WITH YOUR MOTHER

WE ALL KNOW THE PLATITUDE "LIFE IS short." It's one that takes on new meaning as our parents age. We can't predict when we won't have them. And we can never know for sure if this could be our last conversation.

Things not to keep to yourself? That you love them and appreciate certain things that they've done for you or memories they created for you.

Things to keep zipped? Well, that is not as black and white, but if there are times from your past when your parent has disappointed or upset you, says Carlton, you need to ask yourself two questions before you spew. One, will it make a difference, and two, what will the impact be on them? Of the latter, you need to be careful when revealing a secret that it's not a selfish move. "Are you giving pain to someone else to carry and creating more distance between the two of you, or have you opened up a place to talk?"

Messner recommends that, in certain situations, a healthier way to deal with past hurts may be to "process some of those emotions without involving the other person," like with your therapist. It's one thing if you feel you need to tell her things for your own self-respect, but another if you're expecting things to change when you open up about something, but are in a situation where that is unlikely to happen.

"Sometimes being open and direct about past hurt feelings can be helpful to the relationship, and other times it can be further invalidating [to you] and damaging to the relationship," says Messner.

PART OF THE PLEASURE OF HAVING A BFF IS KNOWING YOU CAN TALK ABOUT

anything and they'll understand. But what if your friend is in a relationship that you don't think is healthy? Do you say something, or does that risk your own relationship?

And if you do decide to tell your friend something difficult, how do you tell them? For instance, suppose you see her husband with another woman?

Carlton suggests beginning with this: "I'm going to bring up a difficult topic. I love you. I respect you. I am here for you no matter what."

Then, make it clear that regardless of what she decides to do — or not do — it will not interfere with your feelings for her.

"Telling the person and thinking they should accept your perspective isn't giving the person credit," Carlton says. They may have their own rationale for why they would stay with a boyfriend who is cheating on them, for example, or who you see is otherwise not good for them.

"People's choices are tied up with all kinds of things," says Carlton.

Let your friend know that you trust that the choice she makes is what is best for her and that you're happy to talk it out with her.



HOW THINGS PLAY OUT IN YOUR RELATIONSHIP WITH YOUR THERAPIST OFTEN REFLECTS HOW YOU MANAGE OTHER RELATIONSHIPS IN YOUR LIFE.



TOPICS LIKE VAGINAL DRYNESS, PAIN DURING INTERCOURSE, inability to have an orgasm or lack of interest in sex aren't things many women are always comfortable speaking about with their family doctor — much less their intimate partner.

But they are all important issues, says Dr. Sara Taylor, a family doctor who used to specialize in sexual health issues.

Dr. Taylor understands your reticence, but stresses that it's important to be able to talk about them. Your doctor will need to rule out possible medical problems, such as hormonal issues connected to menopause, or the side effect of an antidepressant, that might be affecting functioning or interest in sex. Happily, there are often answers to these challenges, which is why it's good to be up-front.

Or maybe the problem isn't so much physical, but a response to stress, exhaustion or relationship issues. Depending on the problem, your doctor may recommend that you cut back on work hours or offer a referral to couple's counselling.

Hopefully, your doctor will be able to normalize these problems, and with less of a sense of shame or stigma, you will be empowered to speak more openly with your partner, too.

WITH YOUR PERSONAL TRAINER

WHEN PEOPLE THINK ABOUT CONFIDING IN A professional, a personal trainer isn't usually top of mind.

Of course, talking to a personal trainer doesn't mean having to give them the nitty gritty of what's going on in your life. But it is helpful to let your trainer know when you're not feeling 100 percent — when you're tired, have problems at home or work, when you have a headache or are physically stressed, says Toronto personal trainer Alvaro Membreño.

Being a trainer is about "physically getting people better, but you can't push people if they aren't mentally prepared," says Membreño. If you're not feeling 100 percent, you may need to back down on the intensity and instead focus on something less aerobically intense so you don't injure yourself, he says.

Alternatively, a good workout sesh can actually help relieve stress. Membreño finds that a lot of women carry tension in their hips, so if you've shared that you're stressed to the max, he can focus on increasing movement in the hip joints to help you release that pressure.

WITH YOUR SHRINK

IT'S NORMAL TO SOMETIMES FEEL ANGRY, DIS-appointed or judged by your therapist. But if you don't tell your therapist how you are feeling, you risk not getting everything you can from that relationship.

"If you avoid that conversation, how can the therapist help you?" asks Carlton.

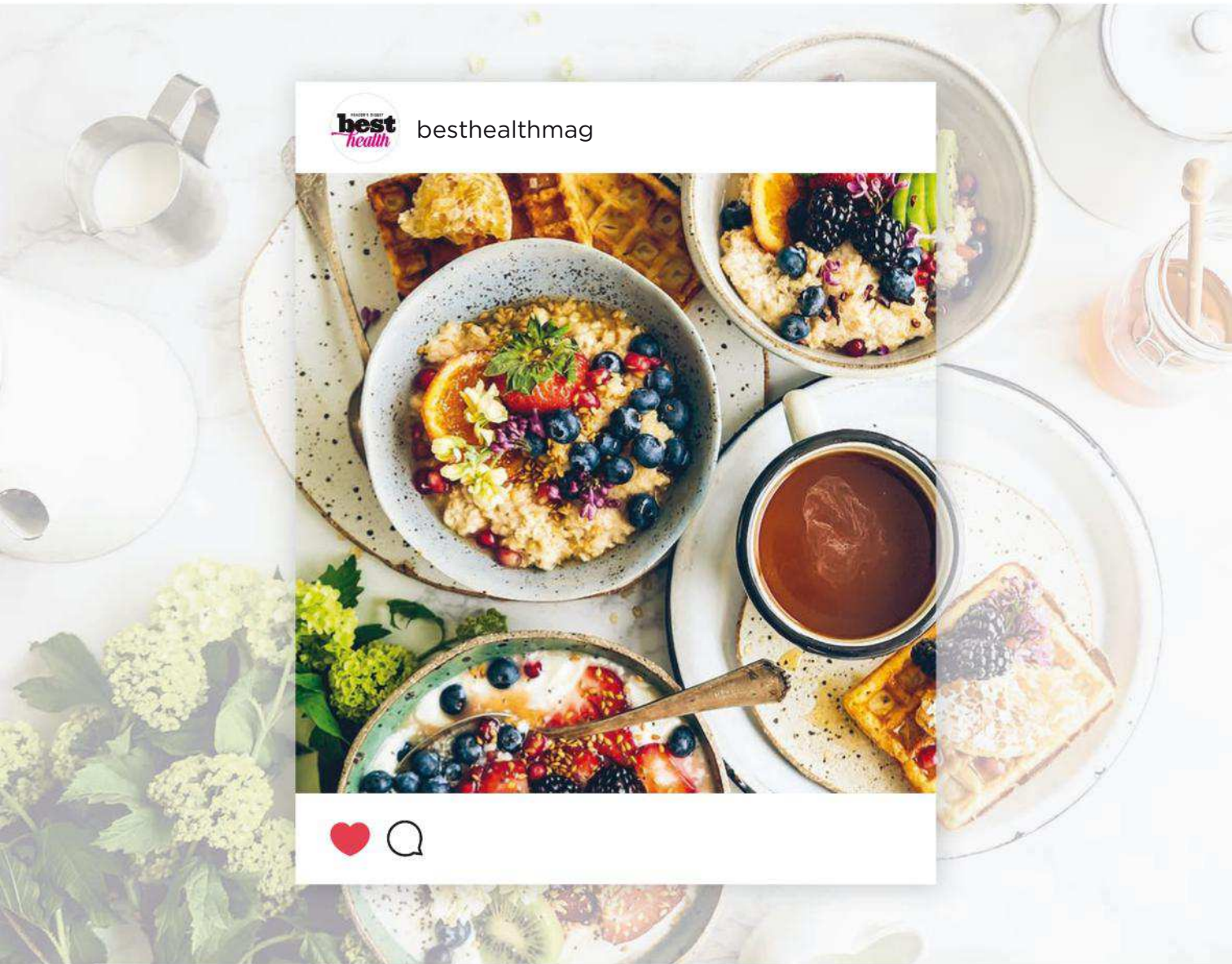
How things play out in your relationship with your therapist often reflects how you manage other relationships in your life. With a therapist, you can get angry or disagree and know they won't disappear — that they will stay and work through your feelings with you, says Carlton. Discussing these feelings with a therapist also gives you an opportunity to safely practice opening up and being vulnerable with someone who is separate from your day-to-day life.

Carlton recalls a time in her life when she ended a relationship with a therapist because she didn't like the therapist's style: she was too "solution focused." But Carlton recognizes now that if she had been open with her therapist about how she was feeling, they may have been able to find another way to work together. *hr*

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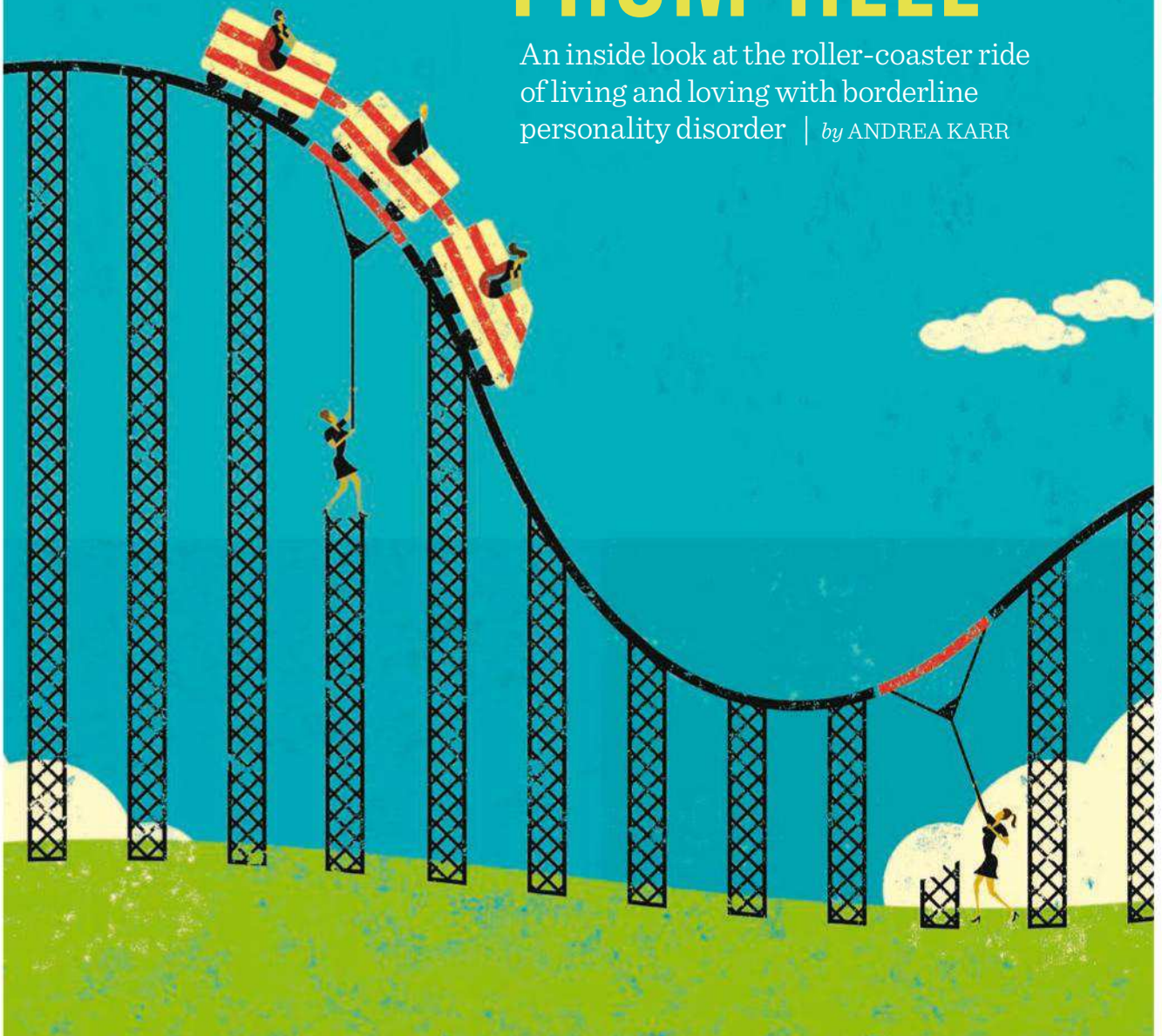
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“I’M THE GIRLFRIEND FROM HELL”

An inside look at the roller-coaster ride of living and loving with borderline personality disorder | *by* ANDREA KARR



IT WAS SATURDAY NIGHT, DATE NIGHT: I WAS 21,

and I couldn't wait to spend time with my new boyfriend, Steve. But when I arrived at his parents' house, he was still in the basement working on his computer and barely looked up at me when I walked in. "Just a sec," he said. As I stood there, I began to feel insignificant and stupid for getting so excited when he clearly didn't feel the same way about me. The panic was overwhelming. I got back into my car and drove laps around the neighbourhood, crying, until he'd sent enough texts apologizing and begging me to come back.

A few days later, I was filled with self-loathing because I couldn't figure out why I'd reacted so strongly. We'd only been dating for a few months, and I felt like I'd already morphed into the girlfriend from hell. And that wasn't the last time it would happen. For the next seven years of our relationship, I found myself enacting similar scenarios over and over again. I was on an unending emotional roller-coaster — cheerful and laughing, then raging with anger or mired in sadness. Any time I thought he had let me down in some way or that he didn't love me enough, I would throw things (a plastic pail at his car, a glass vase of roses in the kitchen), scream, cry and say horrible things. I would push him away with all my force, but what I really wanted was for him to love me and prove that he would never leave.

I didn't know it at the time, but I was exhibiting classic signs of borderline personality disorder (BPD), the diagnosis I later received from a pair of psychiatrists in 2017, about a year after my relationship with Steve ended. It's a mental health disorder characterized in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) by the presence of at least five out of nine specific symptoms, including:

- intense fear of abandonment;
- a pattern of unstable relationships that may include idealizing someone in one moment and then believing the person doesn't care enough in the next;
- rapid changes in self-identity and self-image;
- wide mood swings;
- inappropriate anger, impulsivity and feelings of emptiness
- stress-related paranoia resulting in loss of contact with reality
- suicidal tendencies or self-harm (this last one affects about 75 percent of people with BPD).

For a person to receive a diagnosis, these symptoms must significantly impair functioning in day-to-day life. The disorder affects around two percent of the population.

Though BPD can impact many areas of life, relation-

ships take the hardest hit. "BPD can impact how a person feels about themselves, how they relate to others and how they behave," says Dr. Valerie Taylor, psychiatrist-in-chief at Women's College Hospital in Toronto. "Essentially, it's a disorder of interactions with other people."

The relationships in my life that have been most affected are with those closest to me or with those to whom I want to be close; romantic relationships suffer, making it extra difficult for me to be single and dating. As soon as I start to like someone, which usually happens in a matter of two or three dates, the worry that I'll lose him rears its head. My logical mind understands that it's premature to fear abandonment when you've only known the person for a week, but my emotional mind is like a computer programmed to search for clues that someone is going to hurt me. A guy waits too long to text, cancels a date, has to take a phone call when he's with me or compliments someone else and I see flashing warning signs to run for cover and protect my heart. This usually means I check in too often, ignore texts to punish him, give the silent treatment during dates, throw subtle insults and cry a lot by myself because I don't want him to see just how messed up I am, even though it sometimes slips out. For a guy who's only known me for a short time, it all probably seems absurd — like the cool girl he went on a couple of dates with turned into a clingy, insecure weirdo in the blink of an eye.

And I'm not just wary at the start of relationships. My fears seem to get stronger with time because endless scenarios crop up that I'm able to read as signs of abandonment. "Say he was supposed to show up for dinner at 5 o'clock, but there was a car accident and he couldn't make it," says Dr. Taylor. "It was completely outside of his control, but that can cause a reaction of 'If you loved me, you'd have found a way to get here.'" When these seemingly trivial events happen, I can go from loving my partner to hating him. And because I recognize, on some level, that my behaviour is irrational, I worry that my partner will tire of me, so I feel like I need to keep testing him to check if he loves me. It's an endless, exhausting cycle.

Also, because I have an unstable sense of who I am and frequently see myself as ignorant, lazy and unattractive — though at other times I believe I'm one of the prettiest, smartest women alive — I can't imagine that someone would love me or want to spend time with me. According to *I Hate You—Don't Leave Me* by Jerald Kreisman and Hal Straus, the layperson's Bible for coping with BPD, "the borderline's greatest obstacle to change is his tendency to evaluate in absolute extremes. The borderline must either be totally perfect or a complete failure; he

grades himself either an A+ or, more commonly, an F.” In the dating world, which is rife with rejection, I find it easy to take a guy’s lack of interest in a second, third or fourth date as evidence that I’m the worst person ever and I’ll never find love.

The problem is, I’m not completely delusional. It is harder to find a partner when you have BPD because loved ones often end up with “compassion fatigue,” says Hamilton, Ont.-based psychiatrist Dr. Marilyn Korze-kwa. “They run out of emotional strength to continue being supportive. When that happens, they either disappear altogether or they get frustrated and short-tempered, and don’t communicate effectively.”

The good news is that most people with BPD recognize that something needs to change and seek a referral to a psychiatrist for potential diagnosis. That’s what I did. A diagnosis helps you access funded group programs in Dialectical Behaviour Therapy (DBT) — the gold standard in BPD treatment. The big problem is that the wait-lists to see a psychiatrist can be long, and wait times are even longer for funded DBT groups, so the fastest way to get treatment is to pay for private therapy where no diagnosis is even required. The catch? It’s super expensive and DBT requires months — sometimes years — of dedication.

I’m currently on the wait-list for a 20-week group in Toronto. In the meantime, I’ve been reading everything I can about the illness and working through *The Dialectical Behaviour Therapy Skills Workbook*, which has exercises in emotion regulation, distress tolerance, mindfulness and interpersonal effectiveness to minimize the impact of BPD symptoms. I’ve been learning to distract myself in stressful situations so that I don’t overreact to negative emotions, because no feeling lasts forever and I’m more likely to make smart decisions if I can wait until I calm down. That way, I’ll avoid saying or doing things that I beat myself up for later.

I want to get better, because I don’t take pride in throwing tantrums, manipulating people or hounding them for attention. I feel horrible for often treating worst the people that I love the most, and I don’t want to keep falling into the same behaviour patterns. But my BPD traits have been with me so long that they’re at the core of who I am — and they’re not all bad. I’m passionate, intense, sensitive and loving. I don’t want to lose those things. Still, I need to gain control of my emotions and impulsivity, and find a stable sense of self-esteem if I’m going to have a healthy, happy life. I just hope that my friends, family members and maybe a guy someday will be resilient and loving enough to stick it out for the long haul. Because I have high hopes that underneath this girlfriend from hell is someone pretty special. *hr*

BEYOND DATING

HOW ANXIETY PLAYS INTO EVERYDAY LIFE.

Borderline Personality Disorder exists on the periphery of many other illnesses, and about 90 percent of patients with BPD also share at least one other major psychiatric diagnosis — especially an anxiety disorder. Here are some strategies for coping with anxiety-inducing scenarios, whether you suffer from a disorder or not.

STARTING A NEW JOB: You might experience an onslaught of stressful thoughts, such as “What if I can’t find parking?” or “What if I make a mistake?” that result in feelings of anxiety, says Edmonton psychologist Dr. Joti Brar-Josan.

WHAT TO DO: As anxiety mounts before your first day, write down your thoughts and challenge them. For example, if you worry that you’re the wrong person for the job, how did you make it through an extensive interview process?

ATTENDING A PARTY: Social gatherings can be awkward and you may fear that you’ll say something stupid or that no one will want to talk to you.

WHAT TO DO: Try exposure therapy. At the Centre for Cognitive Behavioral Therapy where Dr. Brar-Josan works, psychologists create “a personalized exposure plan where the client is gradually exposed to anxiety-provoking stimulus.” Depending on the client’s fears, the psychologist may simulate conversations or scenarios during therapy before assigning real-life “exposure tasks.” To prepare for a party, the psychiatrist may have you say hello to a stranger or acquaintance, attend a group dinner with a small number of people or go out without a phone so you can’t use it to avoid conversation.

ASKING FOR A FAVOUR: Asking for help can cause anxiety because you worry that you’ll be turned down or that someone will think that you’re unworthy of assistance.

WHAT TO DO: Bite the bullet. The longer you wait to ask, the longer your anticipatory anxiety will last and the worse it will get.

INSIDE OUT™

Keep Cool

staying hydrated in hot weather

By Nicole Porter

ON THE INSIDE

After months of trudging through winter snow and dodging springtime rain showers, it's only natural to welcome the days of t-shirts, flip-flops and vitamin D-rich sunshine with open arms. But along with the brighter moods and fun outdoor activities, the hot, summer sun can also bring varying degrees of dehydration, which occurs when the amount of water leaving the body exceeds the amount taken in. An all-too-common hazard of summer, dehydration can result from excess heat exposure, inadequate replenishment after exercise, or a poor diet (particularly one high in alcohol, caffeine or sugar). And the resulting vitamin, mineral and electrolyte deficiencies can leave you with a host of problems ranging from headaches, cramps, and low blood pressure to more serious issues like kidney failure, seizures or life-threatening heatstroke.

Every bit as essential to life as the air we breathe, all 37.2 trillion of your cells require water to function. On the flipside, if you're dehydrated, every cell will suffer. Your body interprets this suffering as a form of stress, resulting in an overstimulated nervous system and a cascade of hormones flooding your system, contributing to imbalances from head to toe. Be sure to consume eight 8-ounce glasses each day at a minimum, re-hydrating with an additional glass for every 15-30 minutes of exercise, depending on intensity and heat.

ON THE OUTSIDE

How can you tell if you're dehydrated? For starters, you'll be thirsty. In fact, thirst is a sign that you're already dehydrated,

Nicole Porter is a Wellness Educator who creates customized wellness programs and seminars for individuals and businesses. This information is for educational purposes and is not intended to replace advice from a qualified medical practitioner. Consult your licensed healthcare practitioner before making changes to diet, lifestyle, medications or supplements. Inside Out is a trademark of Porter Wellness Group Inc.

so drink enough water to avoid becoming thirsty in the first place. Other signs and symptoms include dry mouth or eyes, weakness, lightheadedness, nausea, and dark, concentrated urine. Fatigue, constipation, and dry skin are also signs of chronic dehydration that are all too common, regardless of the season.

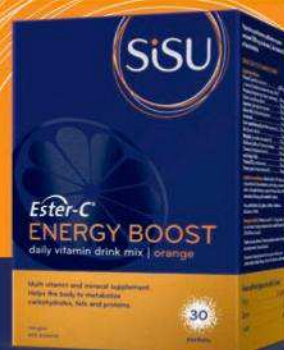
Besides increasing your water consumption, consider these additional suggestions to avoid dehydration this summer:

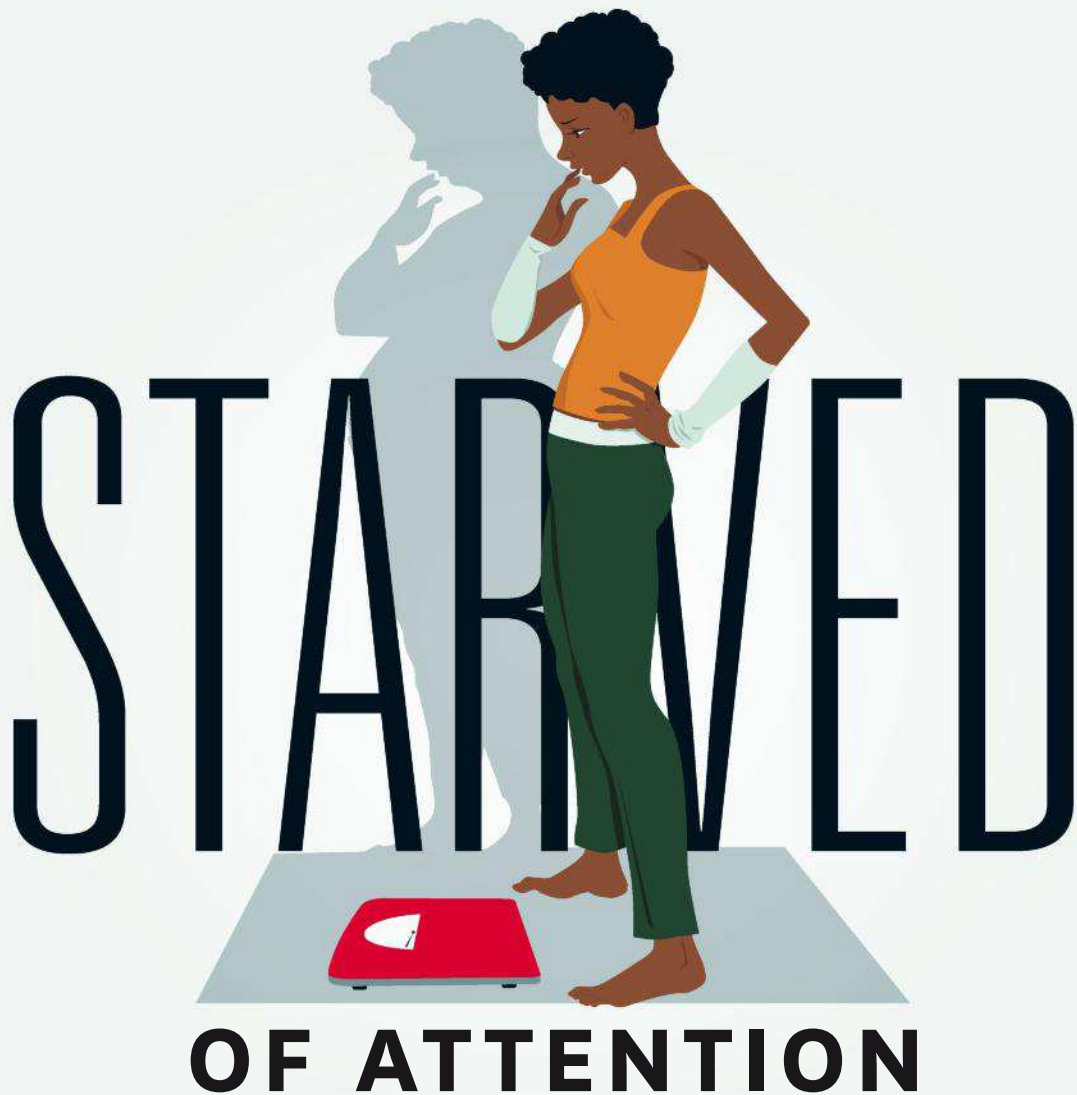
1. Eat your water. This means consuming plenty of vegetables and fruit naturally high in water content, such as peppers, cucumbers, watermelon, strawberries, broccoli and cantaloupe. Fortunately, these are also popular food choices among children who, along with the elderly, are particularly susceptible to dehydration.
2. Supplement. Although supplementation is not a substitute for a healthy, balanced diet, the reality is that poor nutrition and chronic stress deplete our bodies of the nutrients necessary to sustain optimal health. To replenish electrolytes and get a boost of vitamins and minerals, try Ester-C® Energy Boost. Packing a flavourful punch in easy to carry, single-size packets, they're perfect to bring to work, the gym, the beach, or anywhere else.
3. Avoid food and drinks that are dehydrating. Caffeinated sports drinks and alcohol, both typically high in sugar, are common summer culprits. As diuretics, they also increase urination, further contributing to dehydration in those already overheated from exercise or warm weather. If you must consume these beverages, add 1 glass of water for every serving of caffeine, wine, beer and alcohol.

Ester-C® Energy Boost vitamin drink mix

YOUR DAILY BOOST OF GET-UP-AND-GO

4 delicious energy-filled flavours, with Ester-C, B vitamins and electrolytes





Women aged 40+ who live with eating disorders often suffer in silence, too embarrassed to ask for help. The result is they fall through the cracks of care and end up stuck in a vicious circle of illness. Here's why you need to speak up — for yourself or someone you love. | *by ANNA SHARRATT*

LISA BOLTMAN IS 43 AND A MOM OF THREE BOYS. She's a self-confessed perfectionist and "people pleaser." But she's also surprisingly frank when it comes to her eating disorder, anorexia nervosa, which doctors have told her might kill her. At 5 foot 5, she currently weighs "in the 90s" and can fit it into kids' clothes.

"People say 'Get over it,'" says Boltman, but "it's not a choice."

Boltman had always managed to keep her anorexia in check. Diagnosed in her 20s when her weight fell to 81 pounds, she had received treatment for laxative abuse — a common practice among those with eating disorders to lose weight — and kept her weight at 125 pounds during her 30s. Then in 2014, something changed. "I was feeling uncomfortable in my skin — it's this empty feeling." She started taking hundreds of laxatives daily and over-

ISTOCK

exercising. Her weight fell dramatically.

At a weight too low to qualify her for a private eating disorder clinic (some programs require a Body Mass Index [BMI] of 16 for admission), Boltman sought help at an eating disorder outpatient program at a nearby hospital. But she felt the program wasn't a good fit since it wasn't customizable (every patient got the same meal plan) and she left after just two days.

She now manages her disorder with the support of her family. She gets herself and the kids out of the house to avoid ruminating about her illness. She works as an administrative assistant to keep herself busy. And she constantly forces herself to eat. But she confesses that it's difficult, and doctors have told her she may die from a heart attack or kidney failure if she continues restricting food and abusing laxatives.

She says there's an internal dialogue at every meal. "I have to say to myself: 'Today is the day you're going to be normal.'"

Boltman is one of 600,000 to 990,000 Canadians — 80 percent of them female — who suffer from an eating disorder, primarily anorexia nervosa, bulimia nervosa or binge eating disorder, according to the 2014 House of Commons Standing Committee on the Status of Women. (See page 45 for more about these disorders). According to the committee's report, anorexia nervosa has the highest overall mortality rate of any mental illness, with 10 to 15 percent of individuals with the illness succumbing to it; about five percent of bulimia nervosa patients die from the disease. Combined, these two disorders kill an estimated 1,000 to 1,500 Canadians per year, the report finds.

While these eating ailments are commonly diagnosed among women in their 20s, health-care experts are now seeing more women relapsing with age and, sadly, falling through the cracks of care.

"Over half of the people that we see are over 35," says Deborah Berlin-Romalis, executive director of Sheena's Place, a support centre that provides free services to people over 17 with eating disorders, as well their families, caregivers and communities. She says women hit their 40s and they're overwhelmed by careers, child-rearing, divorces or caring for elderly or sick parents. With anorexia, symptoms come roaring back — or yo-yo dieting precipitates full-blown binge eating. "It's like a merry-go-round that you can't get off of," she says.

Despite this, eating disorders — particularly anorexia in women over 40 — are under-represented in ED programs and services. "Adults in midlife are not showing up to treatment," says Leslie McCallum, a PhD candidate at the University of Toronto studying this group. As a result, older women who relapse in middle age often get missed by family members and clinicians — and they

hide their illness and suffer in silence. When they do visit a physician, GPs attribute their anorexia symptoms — weight loss, abdominal pain, changes in bowel habits, hair loss — to other medical conditions.

McCallum says that it's a complex issue. Women over 40 with eating disorders are out there, but they hide it well — and denying the severity of the illness is common among people of all ages with eating disorders. "It's difficult for older women to step forward and ask for help due to misconceptions about eating disorders being a younger women's illness," she adds. She says the secrecy around these illnesses is compounded in women in their 40s and older. "They think: 'I should know better — I'm a mature woman,'" she says. Plus, some enjoy the compliments a slim figure can bring.

"Their lives are much more complicated," says McCallum. "The stakes are so much higher. We really need to pay attention to this group."

GETTING TREATMENT

When an eating disorder such as anorexia or bulimia resurfaces in middle age, or a binge eating disorder is newly diagnosed, the first step is addressing the other mental health issues, such as anxiety or depression, that often accompany the disorder, says Dr. Lara Ostolosky, assistant clinical professor at the University of Alberta. "An eating disorder doesn't exist on its own," she says, adding that drug abuse, excessive spending or other addictive behaviours can also be present.

McCallum agrees. She says that many women with eating disorders have experienced some sort of trauma that needs to be addressed through therapy.

The second step is accessing treatment. For those with anorexia who have very low BMIs and are in danger of dying, hospitals may take them in on an emergency basis and offer refeeding.

If a woman isn't in immediate danger, an in-patient stay at a hospital with an eating disorders program may be an option, though waiting lists are long, and only 50 beds exist in Canada for adults with eating disorders, says McCallum. These facilities offer refeeding programs and counselling.

However, many of the anorexia treatment programs are geared towards younger women, whether through food selection or the all-or-nothing counselling approaches, says McCallum.

Women over 40 "feel quite alienated in that group," says McCallum, adding that many women would prefer to have programs tailored to their lifestyles, which often include jobs and kids. "There's some flexibility needed in these programs," she says. "With a mature adult, how about saying 'Here are three different vegetables. Pick

one.” She feels an approach more tailored to their life stage might increase help-seeking and reduce premature discharges.

Private clinics that integrate counselling, cognitive behavioural therapy (a type of therapy that challenges negative thinking), meal planning and support groups are another path to treatment. But they can cost anything from \$200/hour for outpatient visits to tens of thousands of dollars for longer in-patient stays.

Kyla Fox, a former anorexic, is the founder of The Kyla Fox Centre, an eating disorder recovery centre in Toronto. She says that when she was diagnosed with anorexia in her 20s, there was no treatment available to her due to lengthy wait lists and a lack of professionals who understood eating disorders, so she could not access services that she desperately needed. Fox, who admits she was “in denial” when first diagnosed, had been severely underweight, suffering from hypoglycemia, fainting spells and hair loss, as well as panic attacks and a loss of menstrual periods. “I felt like I was on the verge of losing my life,” she says.

She began to track her eating and to analyze her toxic relationship with food. Slowly she cut back on her exercising, and started eating more calories — consuming foods she enjoyed. “I really started to educate myself about food,” she says, while surrounding herself with women she saw as mentors. She says it taught her that having role models is integral in recovery. “Find people who really understand you — and understand eating disorders.” Her private clinic, which opened in 2012, is all about flexibility. “No two people have the same recovery.”

Though it can be elusive, recovery is possible, especially for those dealing with bulimia and binge eating. “I can usually stop a person with binge eating disorder in their 40s,” says Dr. Ostolosky.

Dr. Allan Kaplan, senior clinician/scientist at the Centre for Addiction and Mental Health, and vice dean and professor of psychiatry, at the Faculty of Medicine, University of Toronto agrees: A combination of cognitive behavioural therapy and pharmacotherapy can usually treat bulimia successfully. “Bulimics can be treated and can get better,” says Dr. Kaplan.

MAPPING OUT TREATMENT

Experts believe that for a treatment plan to work, a patient has to take ownership. One step is to identify

emotional triggers. “A person has to look at their life and look at the things that are causing them stress,” says Dr. Ostolosky. “Women in their 40s tend to do more and more and eating falls by the wayside.”

Supportive friends and family are critical. “I can’t stress enough the importance of spousal support and family support,” she says. This can include help with meal planning, as well as emotional support to prevent isolation. Criticism of any kind is discouraged.

Other key strategies include the following:

DITCH THE SCALE. “I do not see recoveries happen when people are at home weighing themselves,” she says.

INCREASE EXERCISE. Exercise is encouraged to manage stress and promote a positive mood — but should not be done to excess. “Some women get into an exercise program that is far too intense — they’re not doing it for health,” says Dr. Ostolosky. She says the best approach is to exercise in groups such as on a volleyball or soccer team. “They should stay away from gyms, which can promote competition and looking at other gym goers.”

AVOID UNIQUE DIETS. Special diets, such as going gluten-free — which are often used to restrict calories and carbs — need to be shelved unless they have been formally diagnosed by a physician. So should overly restricted diets such as veganism, she says.

PARTNER WITH PROFESSIONALS. Because recovery can induce unpleasant digestive symptoms, Dr. Ostolosky advises working with a health-care expert to minimize them. These issues can include gassiness, severe bloating, abdominal pain and irregular bowel habits, as certain foods are reintroduced.

CONSIDER COUNSELLING. Women recovering from eating disorders may also have mood swings and emotional outbursts as they cope with what they perceive to be a loss of control, says Dr. Ostolosky. Attending counselling can help with those emotions and provide much-needed support. “Women with eating disorders have isolated themselves — it takes away from their connection to people. They need to rebuild that.”

BOTTOM LINE? Dr. Ostolosky believes progress is being made with eating disorders in women over 40, but admits it’s a long process. “It’s a work in progress all of the time.”

WHERE TO GET HELP

The National Eating Disorder Information Centre: nedic.ca
Eating Disorders Association of Canada: edac-atac.ca
National Initiative for Eating Disorders: nied.ca

Centre for Addiction and Mental Health: camh.ca
Sheena’s Place: sheenasplace.org
The Kyla Fox Centre: kylafoxcentre.com

IT'S A FAMILY AFFAIR

Eating disorders are indisputably tough on families. "It's awful to stand by and watch," says Deborah Berlin-Romalis, executive director of Sheena's Place. "Early intervention is critical — [an eating disorder] is truly neurobiological and it becomes entrenched."

But refusing to admit a problem is common — on the part of sufferers, families and friends. She says many women hide behind their busy lives, attributing their weight loss — or weight gain due to binge eating — to stress. Or they pretend to have a food allergy or a condition like gluten intolerance to avoid eating certain foods they believe will increase their weight. "It becomes people's way of avoiding eating anything," says Berlin-Romalis.

Families and friends can play a key role in helping the women they love. "To start, if you suspect someone of disordered eating, suspend your judgment and seek guidance from Sheena's Place or a health-care professional who possesses expertise and skills in addressing eating disorders and/or mental health issues," she says.

WHAT CAN YOU LOOK FOR?

In the case of anorexia, this includes restricting foods, making food for others but not eating it, or making excuses for not eating. In bulimia or binge eating, excessive amounts of food may be consumed. And bulimics may have lengthy or frequent visits to the bathroom and extensive dental decay.

Also, there are support groups you can join for advice and counselling, which can be found on the websites of eating disorder organizations (see page 44).

As for women who are in danger of serious health issues due to their eating disorders — such as being severely underweight due to anorexia or bulimia or in danger of Type 2 diabetes due to binge eating — they need immediate medical assistance, says Dr. Lara Ostolosky, assistant clinical professor at the University of Alberta. In these cases, they can be admitted to hospital or referred on an urgent basis to a specialist. Failure to act quickly can lead to death.

Finally, you can also conduct an intervention of sorts, which doesn't blame the person for the disorder but highlights the impact their condition is having. Use words like, "I'm worried about your health."

The reaction may be hostile. "She'll try to shut it down," says Berlin-Romalis. "She might say you're jealous [of her size]. But don't take the hostility personally, she says, as it's a defense mechanism. Offer your support and let her know you won't be scared away.

For Lisa Boltman, her husband and her sons keep her in line. She says her husband will ask her if she's taken laxatives to keep her accountable. Her sons also track her eating. On a recent restaurant visit, one remarked, "look, mom's not having a salad."

She says she's also been blessed with a GP who understands her struggle. And she's taken the GP's warnings to heart. "The one thing my doctor said is you don't get a warning [with anorexia]. Your blood work can come back normal and suddenly your kidneys are failing."

SIGNS THAT POINT TO A SERIOUS PROBLEM

Think you have an eating disorder? Check these definitions and, if you suspect you fit the bill, reach out to one of the organizations listed. Only you can start the process to recovery, but there are a lot of people willing to support you on the journey. Good luck.

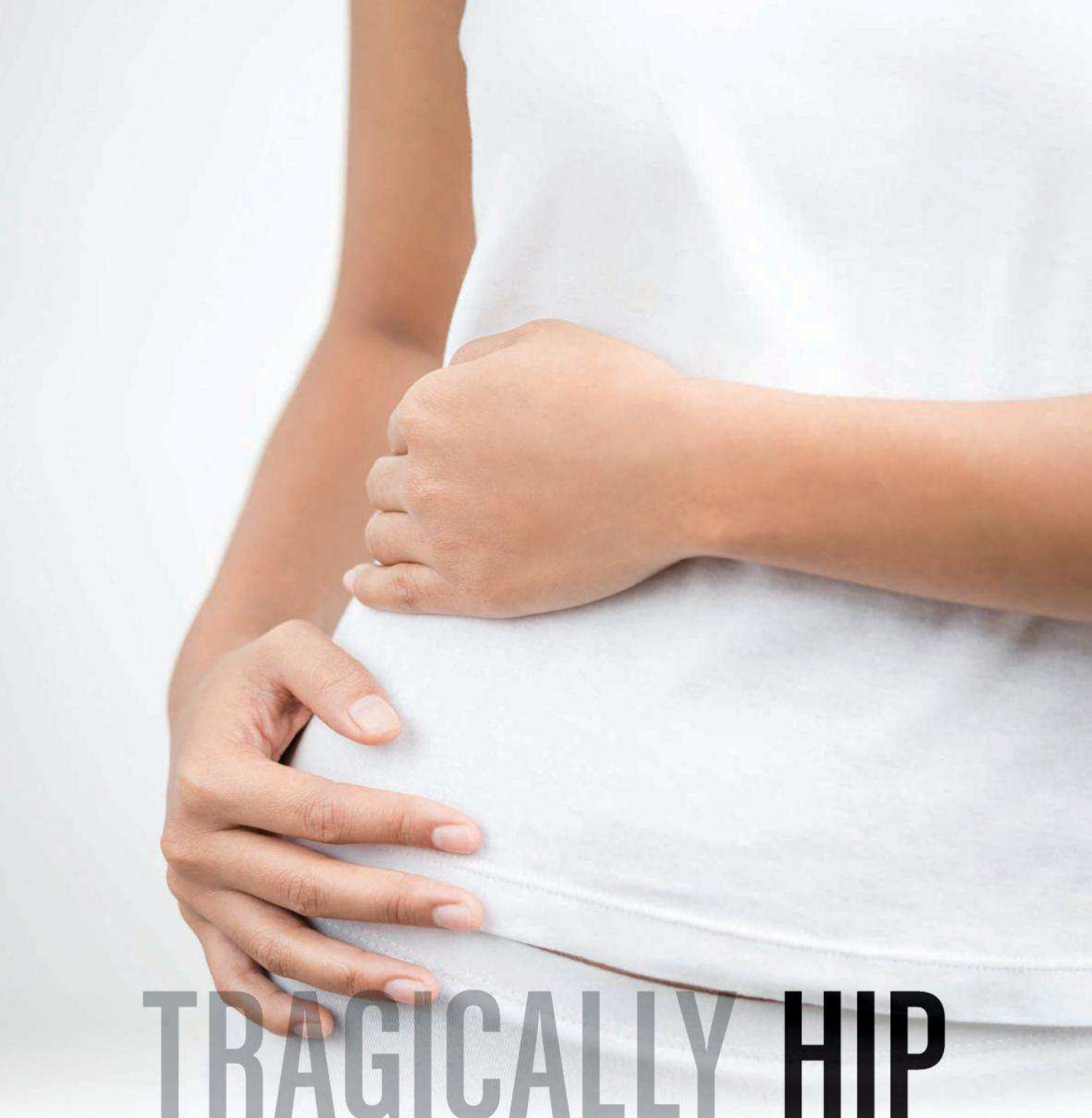
ANOREXIA NERVOSA: If you're constantly thinking you look fat, are restricting the number of calories you eat, have low body weight, are exercising excessively and are

extremely worried about gaining weight, you might have anorexia. You might also have constipation, abdominal pain, low energy, an irregular heart rate, hormone problems, irregular or no menstruation, cold intolerance, osteoporosis or depression.

BULIMIA NERVOSA: With bulimia, you're probably worried about your weight and body shape. You may focus on what you perceive as flaws. This disorder involves eating a very large amount of food during what's

called a binge, followed by purging, such as self-induced vomiting or a misuse of laxatives, in order to avoid gaining weight. You may have excessive dental damage caused by stomach acid.

BINGE EATING DISORDER: You experience episodes when you consume an excessive amount of food in a short period of time, but you don't purge. You may feel embarrassed, disgusted with yourself, out of control and distressed. *Dr*



TRAGICALLY HIP

What happens when you need a joint replacement decades ahead of the typical 60-ish age of entitlement? The short answer: Not much. Many doctors are reluctant to perform this surgery on women in their 30s or 40s, even when it's their only chance at a normal life. *Best Health* caught up with three women who overcame the hurdles of conventional thinking for a new shot at a full life. Health writer *Wing Sze Tang* shares their insights.

ISTOCK

By her 30s, Ruth Goudie was

limping with what felt like granny hips, hurting all day, every day. Sometimes it was a deep, throbbing ache; other times, like her bones grinding together. “When you’re in that much pain for a long period, it ruins your life,” says the Toronto-based public relations director, now 43. “It’s so damaging mentally and physically.”

Once her prescription painkillers stopped offering relief—even at max dosage—she knew what she wanted: a total hip replacement. But when she went to a surgeon at age 39, he shut that idea down. “He was rude and dismissive,” she recalls. “He said, ‘You’re too young. Come back when you’re crawling.’”

In Canada, joint replacement surgeries are increasingly in demand. Over the span of a decade (from 2004/5 to 2014/15), the number of hip replacements done annually has more than doubled and knee replacements have increased by 83 percent, according to the Canadian Joint Replacement Registry. “There are two broad reasons why: our aging population and obesity,” explains Dr. Eric Bohm, an orthopedic surgeon at the Concordia Joint Replacement Group and professor of surgery at the University of Manitoba, pointing to the most common risk factors for joint damage.

Though less common, there are women like Goudie who don’t neatly fit the typical patient profile. In 2014/15, women under 45 accounted for about one to two percent of knee and hip replacements, respectively. And when you’re young, the experience can come with extra challenges, including facing unwilling surgeons, coping with major surgery while balancing family and chasing career goals, and accepting the risk of needing more operations one day (revisions if the new joint loosens or the plastic parts wear out).

For Goudie, her hip ordeal dated all the way back to her early 20s when she took prednisone (a corticosteroid) for a mere two weeks to treat her asthma. She could never have predicted that a rare side effect would cause osteonecrosis—death of bone tissue in the joints due to interrupted blood flow.

In her 20s, she underwent a fibular bone graft (transplanting tissue) to relieve the harrowing pain, but Goudie knew it wasn’t a permanent fix. And the risks of getting a total hip replacement weren’t enough to scare her off. So when she was told she was “too young,” she was shocked and disappointed—but undeterred. She sought out the doctor who had done her earlier bone grafting. He agreed to refer her for surgery; Goudie got her new hip at 40.

Reluctance to replace joints on younger patients comes from “old thinking,” explains Dr. Jason Werle, clinical associate professor at the Cumming School of

Medicine, University of Calgary. “Historically, we were worried about how long the implants would last.” Previously, they were estimated to go only 15-20 years before needing replacement. But today, Dr. Werle says, most doctors understand that people don’t want to postpone quality of life, so if conservative treatments such as hyaluronic acid injections (for joint pain relief) don’t help, then surgery is an option even for the relatively young.

The materials used for joint replacements have also vastly improved. “[Now] I tell patients that implants could last 25-30 years or more,” says Dr. Werle, though he cautions their true life span remains to be seen, since the latest technology isn’t yet old enough to have outcome statistics for that duration.

As an example of superior tech, Dr. Werle points to cross-linked polyethylene, a type of plastic now used to line the socket in total hip replacements (see the “Cutting Edge” sidebar). “This new-generation plastic wears out 90 percent less than the plastic used prior to 2000,” explains Dr. Werle, noting that this has led to a decline in revision surgeries being needed. “We’re hoping this makes [the implants] last longer despite us doing surgeries on younger patients.”

For Goudie, her new hip was life-changing. She woke up from surgery with 52 stitches, but that same afternoon, she was up and moving with a walker. Rehab was gruelling—“they’ve cut through muscle and you have scar tissue”—but she knew she had to work for her recovery. When she wasn’t at physio appointments (three times a week), she was at the pool walking back and forth. To her surgeon’s surprise, she was able to walk into her six-week checkup without crutches.

These days, Goudie is pain-free and even did her first ever 5K last summer. She accepts there’s a risk of needing a revision surgery in the future and she’s OK with that. Sometimes she forgets that a piece of titanium is a part of her body. Her message for those going through an experience like hers: “Anyone who’s feeling like I felt, don’t wait. Don’t give up when the first person says no. You really have to self-advocate.”

For Andrea Claire, an editorial

makeup artist/hairstylist from Toronto, now based in Singapore, being her own health advocate meant trusting her intuition when she suspected she had been misdiagnosed—ultimately, seeing seven different orthopedic surgeons in a prolonged quest to understand the cause of her pain.

In 2008, when she was 36, Claire was bitten by a mosquito in Singapore carrying the chikungunya virus. The high fever went away, but she never fully recovered. She was plagued by persistent joint aches and pains, partic-



ularly in the hips. “I felt like, something’s not right,” she says. But her doctors didn’t agree on what (one diagnosed osteonecrosis; another, a blood disorder requiring thinners), or whether she should have her hips replaced or just rest.

An aunt’s friend was an orthopedic surgery professor in Minneapolis, so in 2012, Claire flew there for yet another opinion — one last-ditch effort to solve her medical mystery — and more testing, redoing MRI scans and blood work. It cost \$27,000 all told, but was worth it: Claire didn’t have a blood disorder, and if she had continued taking thinners, they could have killed her.

What Claire did have: reactive arthritis leading to hip degeneration, triggered by that years-ago bug bite. Most of her pain was caused by labral tears (damaged cartilage around the hip socket). Claire went through surgery in an attempt to stitch up one tear, but it didn’t work. A year later, she was limping. Her family had to move from their house to a condo because Claire couldn’t climb stairs without help. At 43, she wanted a total hip replacement, but doctors preferred to delay. “It was frustrating,” she says. “Why should I wait until I’m 60 or 70?”

Claire pushed for the procedure and also went looking for support online — specifically, younger patients like her. She also began chronicling her “medical drama” on her blog. Those around her only talked about hip replacements as a seniors’ surgery, and she couldn’t relate. “I know people are trying to help by saying great-great-

grandma had it done and was planting petunias in no time, but that is not helpful to me,” she wrote.

What did help was social media. “I started hashtagging some Instagram posts with #hipreplacement, and it was amazing to see how the community came out,” says Claire. “I found a bunch of women in my age category and younger.” That’s how she came across fellow Canadian Goudie — an ocean away, but by coincidence, getting a new hip at the same time. They kept in touch, sharing messages of support pre- and post-op.

After surgery, Claire didn’t feel better right away — in fact, she was depressed. Rehab was painful, she couldn’t do the job she loved, and she felt isolated. It took several months before the post-operative depression lifted.

Despite the challenging periods, Claire doesn’t hesitate when asked if the surgery was ultimately worth it, and just recovered from her second hip replacement, joking that she’s now bionic. “Any time I meet anybody who says they’re having hip issues and they might need a hip replacement, I always tell them, when you get to the point where you want to do it, do it.”

Tamara Komuniecki has lived with pain for as long as she can remember. The Vancouver-based proprietor of Delish General Store was only six when she was diagnosed with juvenile rheumatoid arthritis, an autoimmune disorder in which the immune system attacks the body, causing joint swelling, pain and damage. Now 46,

she's already undergone 14 arthritis-related surgeries. "My goal is to be all metal. It would be great to get that adamantium like Logan [X-Men's Wolverine]," she quips.

In her twenties, she had her first joint replacements, for the knuckles in her big toes. The relief was immediate. After that, her surgeries were mainly for small joints — wrists, ankles, thumbs — until Komuniecki gave birth to her son seven years ago. The impact of being an active mom and carrying him around was a tipping point, accelerating the toll of her arthritis, especially on her hips and shoulders.

Thus, she faced the prospect of more surgery. "There was no doubt — I couldn't go on the way I was," she says. "The surgeon informed me that I might need to have [my hip] replaced again if I had problems with it later, but there was no way that was going to hold me back."

She had a hip replaced in 2013, followed by a shoulder in 2015.

There will be, inevitably, more surgeries to come for Komuniecki, since rheumatoid arthritis is a progressive disease. "It's a steadily, slowly moving train," she says. "Eventually, all of these joints will be destroyed, and there will be no alternative to cutting them out and putting in new ones," she says.

Despite all this, Komuniecki stays remarkably upbeat in her outlook, choosing to focus on her blessings, like her family, and her ability to pour energy into her work, which includes an upcoming book on her health story.

She's intent on being as healthy as possible for as long as possible. So she swims, bikes, does yoga and Pilates, and recently took up jogging. "I felt compelled to run one day and my son was almost in tears, clapping and running beside me, saying, 'Momma, you can do it!'" recalls Komuniecki. "It was so amazing and I felt so good after. And you know what, there's no reason I can't do it." *HR*

HOW TO KEEP YOUR JOINTS HEALTHY FOR LIFE

When it comes to advanced knee and hip problems, osteoarthritis is most often to blame. With this inflammatory disease, the cushion of cartilage between your bones breaks down, allowing those bones to rub together. Here's how to minimize the wear and tear:

BE MINDFUL OF EXCESS WEIGHT. Besides aging, obesity is the biggest risk factor for joint damage. "Because of the biomechanics of the hips and knees, if you lose even one pound, that's five pounds less [of pressure] across the joint," explains Dr. Jason Werle, clinical associate professor at the Cumming School of Medicine, University of Calgary.

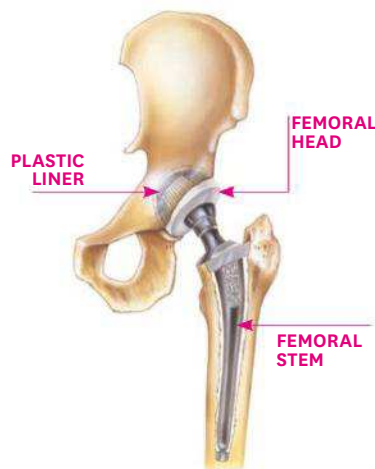
LESSEN THE IMPACT. "Running is fine — if you don't have the 'bad genes' [a family history of osteoarthritis]," says Dr. Khalid A. Syed, an orthopedic surgeon at the University Health Network, Toronto Western Hospital. If you are genetically predisposed, however, he favours workouts with less pounding, like cycling or swimming.

FIGHT INFLAMMATION. Whether nutrition matters for joint health is "an evolving science," says Dr. Syed, "but there's evidence that turmeric, for example, may have [benefits due to its] anti-inflammatory effects." On the flip side, a recent study in *Arthritis Care & Research* suggested that eating lots of saturated fats may accelerate knee osteoarthritis, possibly by stoking inflammation.

CUTTING EDGE

What's involved in an actual joint replacement? Dr. Khalid A. Syed of Toronto Western Hospital gives the step-by-step on a typical hip operation:

1. Replacing the hip joint means giving the patient a new ball-and-socket. "We cut the ball off the femur and then put the [new prosthetic] ball on a [metal] stem, which we pound into the bone."
2. The surgeon then expands the socket side and puts in a titanium-coated cup, again pounding it into the bone.
3. "We put a piece of plastic liner that locks into the metal cup." This plastic acts as the cartilage, so the ball and socket can glide. "And that's your new joint: metal, plastic, metal, metal."





Forget the “take two pills and call me in the morning” advice of yore. Today’s experts know one of the best ways to cure what ails you is much less complicated: just start moving. | *by* ERIN PHELAN

EXERCISE SAVED MY LIFE. IF I LOOK BACK ON THE connect-the-dot moments of my life, there are direct correlations between the peaks and valleys and the role exercise has played in helping me not just cope but thrive.

I was never the athletic kid, but by the time I was 12, exercise and I had forged an unbreakable bond. A couple of years earlier, when I was just 10, my father died. Suddenly. One minute he was there, the next gone. A massive coronary took him out.

After several years of crying, and lots of internalized grief, I strapped on running shoes one day, sprinted until

I stopped crying, and never looked back. I had discovered a secret weapon to deal with sadness — exercise.

Since then, exercise has helped me recover from an eating disorder, deal with miscarriages, cope with sobriety and get through divorce. Most importantly, it helps me be a better parent. I run, teach fitness, lift weights and do yoga to be healthy and fit, but also because it keeps darkness at bay.

“The benefits of exercise for treating depression and anxiety are increasingly recognized worldwide,” says Dr. Gina Di Giulio, a clinical psychologist and director of psychology at Medcan in Toronto. “The American Psy-

chiatric Association recently changed its guidelines to include exercise as a treatment for managing mood. Several studies suggest exercise alone can be an effective treatment for depression, and can be more effective than antidepressants for mild to moderate levels of depression.” That means for those who are hesitant to pop pills, exercise can be an effective drug-free way of managing mental health.

Just ask Tina Panos. The Canadian Armed Forces soldier developed PTSD after returning from a tour of Afghanistan and couldn’t understand what was happening: “I was filled with fury,” she recalls.

Luckily, at the time, she was playing hockey and began to recognize those immediate benefits of exercise. “After a game, I felt truly amazing,” she recalls. Desperate to hold onto that feeling, Panos started going to the gym again. “This is when things started to take a turn for the better. The minute I step inside the gym, all my troubles are left at the door. Whether it is cardio, weights or punching a heavy bag, my energy is directed in a positive way and I leave feeling better than when I arrived. Fitness is the most under-prescribed therapy there is.”

In fact, there is a strong movement to prescribe exercise for mental health, and it is one that Dr. Di Giulio hopes will grow. “Exercise should be widely prescribed to patients for prevention and treatment management of mental health issues. Research studies have evaluated moderate to more intense levels of exercise, defined as 45-60 minutes of continuous cardiovascular exercise, 4-5 times per week. This appears to suggest that exercise is only effective at this rate, but this is not necessarily true,” says Dr. Di Giulio. “Aiming for four to five times per week might be too overwhelming for many people as a starting point — any exercise, even if just for a few minutes, can be helpful.”

According to a 2012 study by the American College of Sports Medicine, any exercise is better than none. Studies show that active people are less likely to be depressed and both aerobic exercise and resistance training can be effective.

How exercise works is both simple and complex, says Dr. Jennifer Heisz, associate professor in the department of kinesiology at McMaster University. “Exercising activates the stress response to help the body rise to the challenge of the workload. But interestingly, as you exercise, you regulate your body’s response system that deals with stress and mental health, too.”

Exercise produces mood-boosting chemicals during and after exertion: serotonin, dopamine, noradrenaline and endorphins are released by exercise, all of which are protective factors against mood and anxiety disorders. Serotonin is the “feel good” chemical, which plays a role

in regulating mood; low levels are implicated in depression, anxiety, obsessive-compulsive disorder and panic attacks. Dopamine — the “reward” chemical — helps people feel a sense of accomplishment after finishing exercise, which boosts self-esteem. Noradrenaline helps the brain deal with stress and anxiety by triggering the “fight or flight” response, when required.

All of these chemicals combined produce the feeling of happiness. “Exercise helps you become more resilient, helps you feel better able to cope, and repeated exercise regulates the stress symptoms. You regulate your body and your mind’s reactions,” says Dr. Heisz.

Madeleine Greey knows how exercise has helped her be resilient. When her daughter, Krystal, was born with Down Syndrome, Greey sought out an outlet for the additional stress of parenting: a fitness class in a community hall. That class helped her forge strong friendships and eventually led her to discover running and yoga. “My 8-year-old daughter would say, ‘Mommy, time to work out’ if I was getting cranky or bossy: everyone in the family knew that exercise helped my mental health.”

When her husband, Don, was diagnosed with terminal cancer seven years ago, and Greey became his major caregiver, “I had to run — fast. He died three months later, and the grief was sudden and crippling. Running relieved some of the trapped feelings — it helped me vent, while yoga offered a modicum of peace. Often, I would run with a friend — talking it out was just as important as running.”

This is one element of exercise that is key to better mental health: the social connection. After Carmel Kyte was diagnosed with breast cancer, she met a woman who suggested she join a dragon boat racing team made up of breast cancer survivors in the West Island of Montreal. “The minute I walked on that dock and met the team, I was welcomed with such encouragement — I was hooked. It helps build your upper body strength, you work as a team and paddle in synchronicity, laughing and crying together. It helps us rebuild our endurance after treatment, and you look around the boat and know that everyone has been where you have been.”

Whether it is walking, running, swimming, or dragon boat racing, exercising is the cheapest and most efficient drug on the market for mental health. “Exercise is one of the best things you can do for your health,” says Dr. Di Giulio. “We know the benefits that exercise can have on physical health, such as improving cardiovascular health or regulating diabetes, but we don’t put enough emphasis on the benefits of exercise on mental health, which is just as important. There is no ‘health’ without mental health, and it’s time for all healthcare practitioners to emphasize the benefits of exercise on both.” *MT*



Splash!

Lori Bacon wants you to feel good half naked.

Fuelled by serving her customers, the owner and president of Swimco is using the buying power of her growing company and decades of retail insights to deliver swimwear for all shapes and sizes. | *by* INGRIE WILLIAMS

IF YOU'VE SHOPPED WITH SWIMCO – WHETHER online or in person – you have Lori Bacon to thank for that. It was Bacon's foray into water sports as a nine-year-old that led her mom Corinne Forseth to start the Calgary-based swim wear business in 1975. "I joined a swim team part way through the year, and I couldn't get a suit to match the team. My mom felt so badly that I didn't look like I belonged that she searched one out for me," says Bacon.

One search soon became a passionate hobby as Forseth became equipment manager for Bacon's team and the go-to source for local teams in need, too. With a nudge from a sales rep that she ought to get paid for her time, Forseth started a mail order business. Intent to leave her mark from day one, the "co" in Swimco is for Corinne.

In the early 1980s, 21-year-old Bacon, fresh from the University of Calgary, joined her mom's business. "I went to work for her just because she had no one else, and I didn't know what I wanted to do yet," she says, "I thought I'd go help her for a while until I figured it out, and I just fell in love with it. For whatever reason she just left me, she was very good about giving me the opportunity and backing out. I found I loved it and we just never looked back." In 1982, Swimco opened the doors of its first of 24 retail stores, and began offering fashion swimwear. In 2014, an e-commerce shop was added with a live chat function to assist customers.

MAKING A SPLASH

In 2015, Swimco celebrated four decades of business. Now, with that 40th anniversary in the company's rear-view mirror, Bacon is focused on shaping the future of the swimwear industry and redefining what it means to be a #swimsuitmodel. "There's such a disconnect between what the brands are offering and the market," says Bacon, "We keep asking for D-cup sizes, and D isn't even big. For years we had to yell for mastectomy styles, sometimes they'd be offered one year then discontinued the next because it's all about sales numbers. But as we grow, we buy more, and we have a louder voice," she says. In a three-way tug-of-war between business demands, supplier offerings and customer needs, Bacon sees only one champion. "We represent our customers, we're on

the floor with them, and we know what's required."

The brand's current campaign packs a joyful punch, putting forth the belief that all bodies that live their best life are beautiful, and showcasing aspirational individuals of all shapes. "We've said this for a long time: for everybody and every body. Now we've hit the nail on the head, choosing the sentiments that people are ready to listen to and really identifying with. It's not new for us, it's a better way of describing it to people."

The company's goal – to make you, in their words, feel good half naked via outstanding customer service – is serious business. "It's very freeing to just have a swimsuit on. As Canadians, we spend so much time in clothes. And it bothers me when I hear someone say 'I want to go on this trip, but I don't want to take my clothes off,'" says Bacon, "We take people figuratively and literally by the hand. Women, especially, are excited about where they're heading but dreading this in between part [of bathing suit shopping]. And we want you to feel fabulous, where you don't even think about it, and you just have that amazing time with family and friends. If we can just get that little seed planted in your head, that the swimwear is just the doorway to that experience."

TEAM SPIRIT

Bacon knows firsthand that the road from working for the boss to becoming the boss isn't easy, but it can make success taste that much sweeter. When I met her in Toronto last March she was in town for her company's media preview. Against a backdrop of the east-end skyline, editors and influencers oohed and ahed over the collection of stylish rash guards, '80s-inspired cuts and bra-cup friendly designs. It was a moment for Bacon to meet and mingle, and she loved it. "An event like that is one of my favourite parts of the job because I was told when to be where and what was going on, but I had nothing to do with it," she says.

It's a stark contrast to her many years of multi-tasking, being the one doing everything from getting product to finding models. "I'm so proud to have a team put together something I feel so good about. I appreciate it so much because I've been in the day-to-day."

Cultivating a strong team has become a focus for Bacon as her role in the 40-person strong family busi-

ness has evolved over the years (her husband and brother are partners). Keen on coaching, guidance and support, Bacon takes an egalitarian approach to leading. “We very much work together to figure out where we’re going, what our strategy is and where people see opportunity from all different perspectives. As opposed to saying, this is what we’re doing, hope you like it.”

LET’S GET PHYSICAL

Steam — it’s both required and necessary to blow off when you run a business. For Bacon, getting moving is always the answer. She credits her childhood, growing up in a family of swimmers, for her love of staying active. “I know what it’s like to be in shape and to not be in shape, and to know how good you feel after,” she says. “After my swim on Saturday morning, and then a Starbucks coffee, I am so happy! I feel great because it’s physically a great workout, and then mentally there’s something that feels so good. You’ve worked every part of your body.”

Her current routine rotates between strength training moves at the gym to preserve bone density, conditioning swimming and yoga. “Those three things really work for me and feel good together. There’s something about getting out there and moving, it washes off the day. If there was something that was kind of meh in the day, after my workout it’s gone, it resets me. And there’s nothing better than being wrung out after a hot yoga class.”

Bacon is also cognizant of the long-term benefits of keeping fit. The practical side of it is that you’re better equipped for gardening or going on a hike because you’ve done some yoga and balance work, she says. In the future, slowing down is not on Bacon’s agenda. “A 73-year-old woman who water skis with my husband told me you have to work out harder and push yourself more when you get older, otherwise you start slipping backwards. I realized she’s so right.” It’s sage advice that’s rated E for everybody, and every body. *hr*

WE ASK ALL OUR WOW WOMEN...

What do you wish you knew then that you know now?

If someone had said to me that in 35 years I’d have stores across Canada, this many employees and media events, I’d say no way. I know that’s how my mom feels, she’s so proud and amazed by what has happened. It goes to thinking big and not limiting yourself to what you can feel today. Never feel like you can’t do something. Everyone who is doing something is just a person, they’re doing it, so it could be you. That’s important to realize.

WHAT’S YOUR BEST ADVICE?

Don’t be so hard on yourself. I recently found a picture of myself in a swimsuit at 23-years-old, and I recall at the time thinking I had big thighs. Everyone is so hard on themselves and then you look back and you think, “What was my problem?” It’s perspective, it’s recognizing that we need to stop being so critical, to enjoy the moment, the day, and give ourselves a break. Recognize how awesome you are — even when you don’t think you’re awesome, you are.

A day in the life



6:30 A.M.

I get up, get going and take my dog Maggie to work. For breakfast I’ll have tea to start, followed by eggs or oatmeal.

9:00 A.M.

At the office, I get my coffee and walk around, and I probably interrupt too much. I like to see what’s going on and listen, and I talk to a lot of people. Then I meet with department leaders, and it’s on to my presidential tasks.

12 P.M.

For lunch, I like to bring kale salad in the bag because it’s so good and easy. I add some protein to it, like leftover chicken, otherwise I get too hungry. We re-did our office kitchen recently, and I really promote the idea of getting up and away from your work, taking that break. Eating together is a great way to get to know people on a personal level.

2:00 P.M.

I’m usually in meetings during the afternoon. We have a lot of initiatives on the go, and we’re re-doing a lot of processes. It’s sort of a theme for the year so there have been lots of consultations.

7:00 P.M.

I like to work out at night, whether I use our at-home gym, swim a couple of times a week or go to yoga. It’s my “ahh” moment. And my husband loves to cook — it’s perfect, supper is always ready!

9:30 P.M.

I’m quite boring! I end my day with some mindless TV, like *The Bachelor*, enjoying peppermint tea while I wind down. I go to bed pretty early so that I can read for a while. I feel my best with eight hours of sleep.

best

EATS

MENUS + MOTIVATION



Blue Belle

Take a walk on the wild side – of blueberries, that is. Both wild and cultivated berries make for nutritious noshing, but wild ones have higher concentrations of antioxidants, key tools in the fight against cancer and heart disease. Read more, page 72. | *photography by* ANGUS FERGUSSON | *food styling by* ASHLEY DENTON



*Thrill of the
Grill*
BY CLAIRE TANSEY



IT'S TIME TO FIRE UP THE

BBAQ

AND WE'VE GOT THE DISHES THAT WILL BECOME YOUR SUMMER

GO-TO RECIPES:

KEBABS

Burgers

and a

SUMMER SAUCE

THAT ADDS ZEST TO

FISH & FOWL



ANGUS FERGUSSON



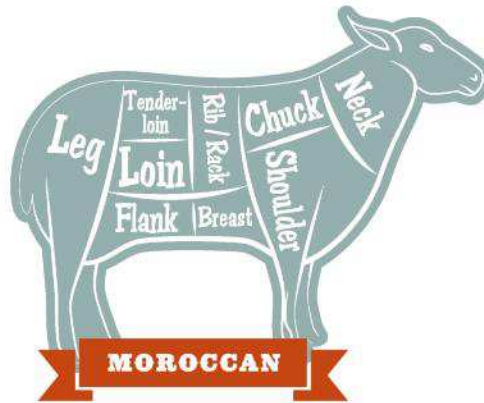
ASHLEY DENTON



JACKIE SHIPLEY



LAURA BRANSON



Lamb Burgers

WITH HERBED FETA

★
MAKES
4 SERVINGS

★
PREP TIME
15 MINUTES

★
COOK TIME
25 MINUTES

Spiced lamb burgers are a delicious change from regular beef burgers, and the herbed feta topping makes these company-worthy. This recipe works equally well with ground beef. Grated onion disperses better in the mixture and means the burgers are less likely to fall apart on the grill — use an ordinary box grater but be sure to watch your fingertips!



INGREDIENTS

1 lb (500 g) ground lamb
 Half an onion, grated
 1 clove garlic, minced
 1 tsp (5 mL) cumin
 1 tsp (5 mL) coriander
 ½ tsp (2 mL) salt
 ¼ tsp (1 mL) cinnamon
 ¼ tsp (1 mL) cayenne (optional)
 Whole-wheat buns and sliced tomatoes for serving

HERBED FETA

½ cup (125 mL) crumbled feta cheese
 ½ cup (125 mL) finely chopped mint, cilantro or parsley, or a combination
 Zest of 1 lemon
 1 tbsp (15 mL) fresh lemon juice
 1 tbsp (15 mL) extra virgin olive oil

METHOD

1. Preheat barbecue to high.
2. Combine lamb with onion, garlic, spices and salt in a large bowl. Shape into 4 thin, flat patties.
3. Spray grill generously with cooking spray. Place the burgers on the grill, cook 2 minutes then flip and cook another 2 minutes. Reduce heat to medium and cook with lid closed another 4 to 6 minutes or until burgers are cooked through.
4. Stir feta with herbs, lemon zest and juice, and oil in a small bowl. Mash slightly to soften the mixture.
5. Place burgers in buns and top with sliced tomatoes and a spoonful of Herbed Feta.

PER SERVING: 446 calories, 24 g protein, 37 g fat (16 g saturated fat), 4 g carbohydrates, 1 g fibre, 108 mg cholesterol, 580 mg sodium





Moroccan Lamb
Burger

GRILL CLEANING TEXT: JILL BUCHNER

BRUSH UP ON GRILL CLEANING

If you still have a wire grill cleaner, it's time for an upgrade. After many incidents of people swallowing the bristles that become detached from the brushes and stuck to food, surgeons urged people to throw them out and Health Canada launched a risk assessment. Fortunately, there are safe alternatives.

1. Use a cedar scraper to remove charred food from the grates.
2. Ball up aluminum foil and use it to scrub the still-warm grates, using heat-proof gloves to protect your hands.
3. Slice an onion in half, stick a grilling fork in the round side and rub the cut side over the hot grates.





LEMON-HERB

Marinade

★ **MAKES**
4 SERVINGS

★ **PREP TIME**
5 MINUTES

★ **COOK TIME**
5 MINUTES

The flavours of lemon, garlic and thyme match well with almost any meat or fish. Marinate 500 g (1 lb) shrimp, chicken, pork or beef for 20 minutes then grill.

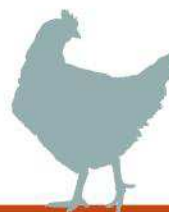
INGREDIENTS

- 3 strips lemon peel
- Juice of 1 lemon (about ¼ cup)
- 1 large garlic clove, smashed and peeled
- 3 large sprigs fresh thyme



METHOD

Combine marinade ingredients in a zip-lock bag or shallow dish, bashing the lemon peel, garlic and thyme lightly with a spoon. Add meat or shell-on shrimp and marinate at room temperature for 20 minutes.



HOISIN

Chicken Kebabs

★ **MAKES**
4 SERVINGS

★ **PREP TIME**
10 MINUTES

★ **COOK TIME**
45 MINUTES

This very simple marinade turns ordinary chicken into a delicious, sticky-sweet dinner in no time. Serve these with steamed rice and sautéed greens. Chinese five-spice is a fragrant blend of Szechuan peppercorns, fennel, cinnamon, cloves and star anise. You can find it in any supermarket's spice aisle.

INGREDIENTS

- ¼ cup (50 mL) hoisin sauce
- 3 large garlic cloves, smashed and peeled
- 2 tsp (10 mL) rice vinegar
- 1 tsp (5 mL) hot chili garlic sauce (optional)
- ¼ tsp (1 mL) Chinese five-spice
- 1.5 lbs (750 g) boneless, skinless chicken (about 3 breasts or 6 thighs)

METHOD

1. Whisk the hoisin sauce with garlic cloves, vinegar, chili garlic sauce and five-spice in a medium bowl. Cut the chicken into large cubes (about 2 in. each). Add to the marinade and stir well to coat. Marinate at room temperature for 20 minutes or in the fridge for as long as 24 hours.
2. Soak 4 bamboo skewers in warm water for 15 minutes. Preheat the barbecue to high. Thread chicken pieces on to each skewer, pressing them up against each other fairly tightly. Grease the grill very well, then add the skewers. Barbecue with the lid closed for 3 minutes. Flip skewers and cook another 2 minutes, then reduce heat to medium-low and grill another 12 to 16 minutes with the lid closed, or until cooked through and springy to the touch.

PER SERVING: 233 calories, 42 g protein, 3 g fat (1 g saturated fat), 9 g carbohydrates (1 g fibre), 103 mg cholesterol, 330 mg sodium



Hoison Chicken Kebabs

ONE INGREDIENT, TWO WAYS
CHICKEN

Dinner in a Can

Whether you're BBQing it or baking it, you can't go wrong with poultry for a healthy dinner. Its high-protein profile makes it a go-to for both managing hunger and building muscle. Kinda brings a whole new meaning to "winner winner, chicken dinner." *by* ABBEY SHARP, RD | *photography by* ANGUS FERGUSSON

food styling by ASHLEY DENTON | *prop styling by* LAURA BRANSON

WHAT'S FOR DINNER? IF YOU'RE LIKE most Canadians, chicken is a pretty good guess. According to Statistics Canada, the average Canadian eats about 30 kg of this lean meat annually.

We say it's a family favourite for good reason: Chicken is one of the leanest sources of high biological value protein, clocking in at a whopping 19 grams per 3-ounce portion. And that might be good news for your waistline! Protein, like that found in chicken, helps reduce our hunger hormone, ghrelin, and increase our satiety hormone, peptide YY, helping us feel fuller longer and fuel our busy day. One study even found that women who increased their protein intake from 15 percent to 30 percent of their daily calories, reduced their total caloric intake by 441 calories with-

out any additional changes or restrictions.

There's also a reason why chicken is a favourite among the fitness model and athletic community — it's an ideal source of muscle-building fuel! One systematic review of the literature found that increasing protein helped enhance muscle mass and improve athletic performance.

Protein has also been shown to help prevent muscle mass loss while losing weight, and keeping the body's metabolism revved up. And speaking of metabolism, the fat-burning benefits don't end there. The body uses more energy to metabolize protein than fat or carbs, so researchers have found that people on higher protein diets burn about 260 more calories per day compared with those consuming lower amounts of protein.





CIDER CAN CHICKEN

WITH STRAWBERRY CARAMELIZED ONION GLAZE

MAKES: 4 SERVINGS
PREP TIME: 15 MINUTES
COOK TIME: 1 HOUR

This makes for a great Sunday night BBQ. When stationed like a tripod between the two chicken legs, crisp apple cider delivers a sweet flavour and tender meat. And while you could keep it au naturel, we say it's not BBQ without a sticky glaze. Our sweet and tangy version will not disappoint. We suggest whipping up a double batch and slathering it on ribs, pork tenderloin and wings.

INGREDIENTS

STRAWBERRY CARAMELIZED ONION GLAZE

1 tbsp (15 mL) extra virgin olive oil
1 onion, finely diced
1 ½ tsp (7.5 mL) fresh thyme leaves
2 cups (500 mL) strawberries, minced
3 tbsp (45 mL) balsamic vinegar
3 tbsp (45 mL) honey
Pinch each of salt and pepper

CIDER CAN CHICKEN

1 ½ tbsp (22 mL) minced fresh thyme leaves
1 ½ tbsp (22 mL) fresh lemon zest
1 tsp (5 mL) smoked sweet paprika
1 tsp (5 mL) kosher salt
1 tsp (5 mL) cracked black pepper
2 tbsp (30 mL) extra virgin olive oil
1 (3 to 4 lb) whole chicken
1 can (473 mL) of dry alcoholic apple cider
4 whole sprigs of fresh thyme

METHOD

1. Preheat your BBQ to medium-high (about 375°F) with the burners on only one side of the grill.
2. In a medium saucepan, heat the oil over low heat. Add in the onion and thyme, and season with a pinch each of salt and pepper. Sauté on low heat until it begins to caramelize and turn an amber colour, about 45-50 minutes.
3. Add in the strawberries, balsamic, and honey and increase the heat to medium-high. Cover with a lid and simmer until the strawberries break down and soften. Remove the lid and cook to thicken for 2 minutes, then transfer to a high-power

blender or food processor and purée until very smooth. Season with salt and pepper, to taste.

4. Meanwhile, in another small bowl, mix together the thyme leaves, lemon zest, paprika, salt, pepper and oil. Set aside.
5. Remove the neck and giblets from the chicken and discard. Pat the chicken dry with paper towels.
6. Drink about half of the cider (yay for drinking while cooking!) and insert a few sprigs of thyme into the can. Place the can on a flat surface.
7. Gently massage the chicken with the rub and maneuver the chicken's cavity over the cider can.
8. Place the chicken into the centre of the BBQ grate on the side where the burners are off (indirect heat), balancing the chicken a bit like a tripod on the can and two legs.
9. Cover the BBQ with a lid and cook for about 50 minutes before checking on it. If the thermometer inserted into the meaty part of the leg and breast reaches an internal temperature of 165°F in both areas, it's done. When it starts to get close to that temperature (about 155°F), generously brush on the strawberry caramelized onion glaze using a heat-proof brush.

10. Once the chicken reaches 165°F, remove the chicken from the grill, gently lift it off the cider can and discard the can. Cover the chicken with aluminum foil for about 10 minutes before carving and serving.

PER SERVING: 320 calories, 14 g protein, 11 g fat (2 g saturated fat), 28 g carbohydrates, 4 g fibre, 31 mg cholesterol, 623 mg sodium

COCONUT CHICKEN NUGGETS

WITH SWEET AND SOUR PLUM CHERRY SAUCE

MAKES: 4 SERVINGS
PREP TIME: 10 MINUTES
COOK TIME: 12 MINUTES

Ready to graduate from the kids' table? Take your chicken nuggets to the next level with this spiced coconut crust. Tender pieces of white meat get dressed in a sweet, spicy and aromatic coating that will become your go-to instead of anything that typically comes with fries and a toy. And because this blank slate protein is always more agreeable with something tasty to dunk into, we've got you covered with a low-sugar seasonal sweet and sour dip. Laced with real chunks

of cherries and plums, and a zesty hit of fresh ginger, it's fun enough for the kiddos, but sophisticated enough for adults.

INGREDIENTS

CHICKEN NUGGETS

½ cup (125 mL) coconut flour
2 eggs, beaten
1 cup (250 mL) unsweetened shredded coconut
2 tsp (10 mL) Chinese five-spice
½ tsp (2.5 mL) turmeric
1 tsp (5 mL) salt
½ tsp (2.5 mL) pepper
4 tsp (20 mL) white sesame seeds
1 lb (500 g) skinless, boneless chicken breasts cut into cubes

PLUM CHERRY SAUCE

1 cup (250 mL) red plums, chopped
1 cup (250 mL) fresh or frozen cherries (pitted), chopped
1½ tbsp (22 mL) rice wine vinegar
2 tbsp (30 mL) honey
1 tsp (5 mL) reduced sodium tamari
1 clove garlic, finely minced
1 tbsp (15 mL) fresh ginger, finely grated
½ cup (125 mL) water

METHOD

1. Preheat oven to 400°F.
2. Place the coconut flour in one shallow bowl, the beaten eggs in another bowl, and the coconut, Chinese five-spice, turmeric, salt, pepper and sesame seeds in a third bowl. Season the chicken breast cubes with a pinch each of salt and pepper, then dunk each cube first in the coconut flour, then the eggs, and then the coconut mixture.
3. Lay on a baking sheet lined with parchment paper and bake for 10-12 minutes, or until toasty brown and cooked to an internal temperature of 165°F.
4. Meanwhile, add all of the ingredients for the plum cherry sauce to a medium saucepan with a lid and bring to a boil. Reduce the heat to medium-low, and simmer for 10 minutes until the plums and cherries are very soft and falling apart. Mash to break up the chunks, and cook for an additional 2 minutes with the lid off to thicken slightly.
5. Serve the chicken nuggets with the plum cherry sauce and enjoy warm.

PER SERVING: 524 calories, 42 g protein, 23 g fat (10 g saturated fat), 37 g carbohydrates, 13 g fibre, 73 mg cholesterol, 818 mg sodium



Cauliflower Nachos topped with Bruschetta and Baba Ghanouj

Loaded Roasted Garlic Hummus Plate

Artichoke & Asiago Dip

Crunchy Detox Salad

Simple Summer Solutions

Seven Grain Salad

Roasted Red Pepper Hummus

Greek Pasta Feta Salad

Red Skin Potato Salad



Summer Fresh

Visit us online for more simple summer solutions!



HUMMUS



SALADS



DIPS

THE PERFECT PORTION

While the optimal amount of protein is up for debate, and will depend on your age, activity level, body composition and more, aim for about 25-30 grams (about the amount in 4 ounces of chicken) per sitting.

ONE GOOD BITE DESERVES ANOTHER

These tasty snacks are an impossibly delicious mix of simple ingredients: real chocolate, dates, seed butter, seeds, cocoa and coconut. So be good to yourself. Buy two bags.

A WHOLE LOT OF
GOODNESS IN EVERY BITE.

FIND IT ON THE
SUNRYPE SNACK RACK



gluten free
nut free • vegan

no artificial
colours or flavours

high in fibre, iron
and magnesium

THIS ISSUE

IBS

Irritable bowel syndrome is a painful and sometimes embarrassing condition of the gastrointestinal tract that affects roughly five million Canadians. Luckily, there are relatively easy ways to manage its symptoms — it's just a matter of figuring out what works for you. *by* KAREN ROBOCK | *illustration by* TRACY WALKER

IF FREQUENT STOMACH CRAMPING AFTER MEALS IS keeping you from enjoying dinners out with friends, or you're often running for the bathroom (or wishing you were running for the bathroom because you can't remember your last successful trip to the loo), it's time to talk to your doctor.

Irritable bowel syndrome (IBS) is a chronic condition that affects the gastrointestinal (GI) tract, causing abdominal pain, bloating, cramping, constipation or diarrhea. Some IBS sufferers experience just a few of these common symptoms, which will wax and wane over time. They're exacerbated by stress, changing eating patterns and illness. There can be good days, weeks or months, followed by times when symptoms flare and make day-to-day life unmanageable.

"IBS has a major impact on many people's lives," says Dr. Geoffrey Turnbull, a gastroenterologist, GI motility expert and professor of medicine at Dalhousie University in Halifax. Its painful and often embarrassing symptoms can interfere with intimacy, playing sports, travel, going to the movies and even making it to the office. "According to one study, IBS is one of the most common reasons for workplace absenteeism, next only to the common cold," he says.

The variability of symptoms is one of the challenges of the condition, says Dr. Jennifer Tanner, a naturopathic doctor with the Integrative Health Institute in Toronto. "People can suffer with it for quite a few years before

they seek treatment, because they start to think it's just normal for them," she says. Or they try to ignore it because they know that eventually, in a matter of days or weeks, it will pass. "We don't really talk about these kinds of problems either, so that doesn't help," she says.

There's no test for IBS. To make a diagnosis, your doctor will evaluate your medical history and symptoms over the past six months, screening for the following criteria: pain and discomfort related to passing stool, whether the frequency is altered to a point of constipation or diarrhea, and whether your pain is relieved after a bowel movement.

IBS most commonly flares up for the first time in people in their 20s and 30s. The reason for this isn't clear, but some practitioners attribute it to the stressful time of life. For a person with a sensitive GI tract who's starting a career, beginning a family and making other major life decisions, stress can be what tips them over the edge. "It's when real life responsibilities start and this can be a time of a lot of anxiety and stress," says Dr. Tanner. "Stress is known to be a huge component of IBS."

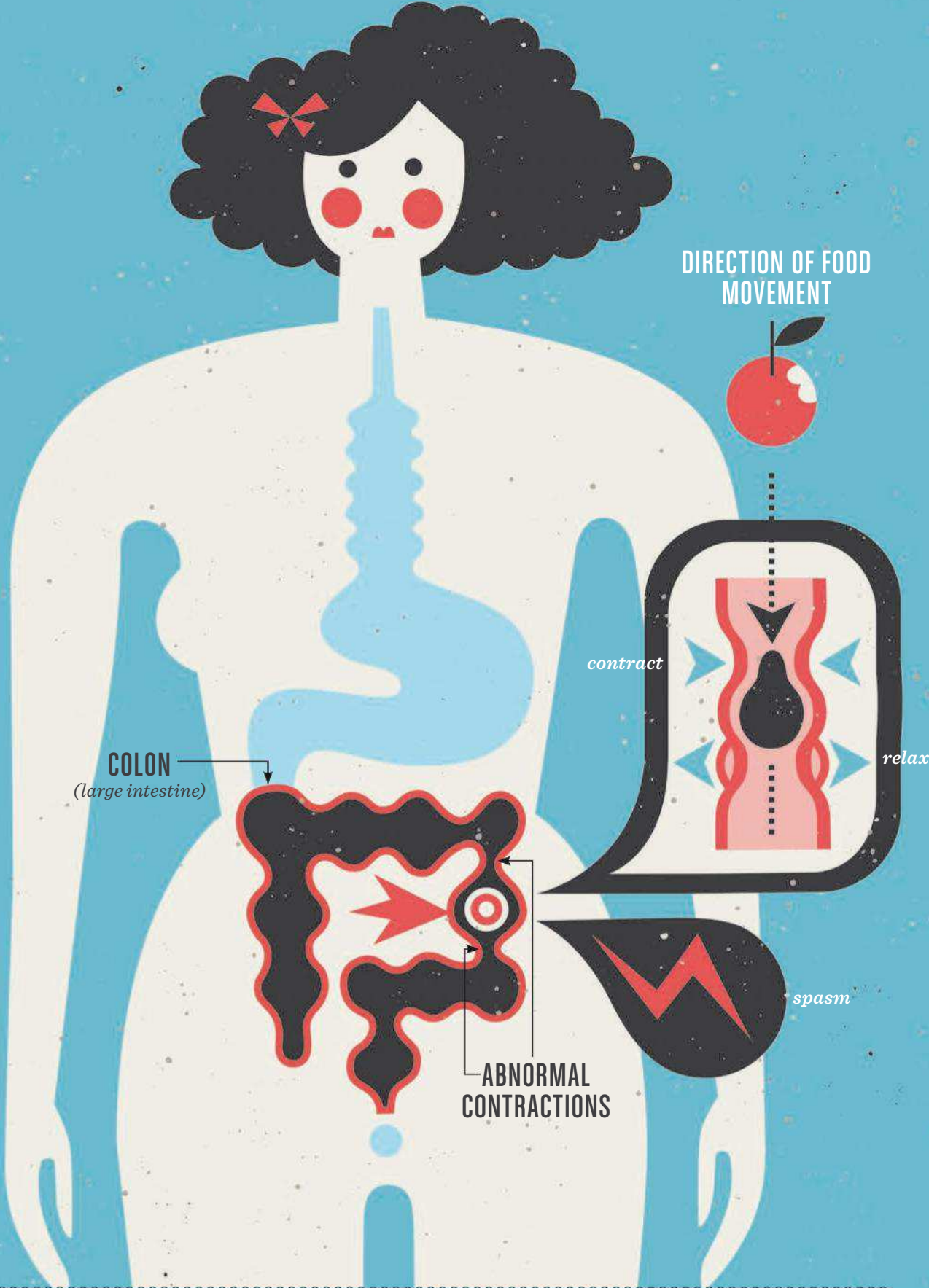
IBS can't be cured, but it can be managed. Read on for everything you need to know about controlling your IBS symptoms, so they're not controlling you.

MAKE a food symptom journal. If you don't yet have a handle on your trigger foods, this can help you figure out what you're eating or drinking that's upsetting your sys-



YOU NEED TO KNOW THIS

IBS often flares up in people in their 20s and 30s, a key time of stress, known to be a factor in the illness.



YOU NEED TO KNOW THIS

IBS is one of the most common reasons for **workplace absenteeism**, next only to the common cold.

tem. Write down everything you eat along with any symptoms you experience throughout each day. At the end of a week, you and your doctor may be able to see some helpful patterns. Dr. Tanner typically follows this with a month of elimination of the suspected trigger foods to see if symptoms ease up, or even disappear. It takes approximately 21 days for your intestinal cells to rejuvenate, which creates a type of clean slate on which to test the foods again, she says. “If we then reintroduce cheese, for example, and all those old symptoms come back, that creates an awareness for the patient that this is a food they’re not going to feel well with.”

GET serious about your diet. Wheat and dairy are classic trigger foods that many people with IBS need to eliminate from their diets, or eat in strict moderation, but there are other foods that some people need to tweak or remove to get relief. Gas-producing foods like beans, lentils and cauliflower can be no-nos for people with cramping issues, for example. Raw veggies in general can also be gaseous and therefore problematic for some IBS sufferers. “You may need to cook or gently warm your foods to make them easier for you to digest,” says Dr. Tanner. “Some people with IBS also respond well to a low-FODMAPs diet,” says Dr. Turnbull. FODMAPs (fermentable oligo-, di- and monosaccharides and polyols) are carbohydrates found in certain grains, vegetables, fruits and dairy products that cause symptoms in IBS patients.

TRY to think about what you eat as an adventure — it’s a chance to sample something new, not just cut out favourites. You may have compiled a long list of foods that are “don’ts,” which can feel defeating, so why not make an even longer list of IBS diet “dos?” If you’re following a low-FODMAPs plan, mangoes may be out, for example, but mandarin oranges are in! Or you may need to cut out regular cow’s milk, but your system could probably tolerate an occasional glass of lactose-free milk or coconut milk.

While you’re thinking about all the great new things you’re adding to your diet, don’t forget about supplements. Since your body may not be absorbing nutrients properly, especially if you’ve had chronic diarrhea, you could be deficient in key vitamins and minerals. Talk to your practitioner about whether a multivitamin will do

the trick or if you need more targeted supplements.

TAKE medication, if you need it. Diet and lifestyle changes aren’t always enough to relieve severe symptoms of IBS. There are drugs designed to relax the colon and slow the movement of waste through the bowel if diarrhea is an issue, or increase fluid secretion in the small intestine to assist with the passage of stool if constipation is the primary problem. Antidepressants or anti-anxiety medications may also be required if emotional issues are your biggest IBS trigger.

MONITOR your symptoms closely. Your doctor will assess whether they might suggest something more serious or require further investigation. If, for example, you’re over 50 and experiencing IBS-like symptoms for the first time, or have experienced rapid weight loss, rectal bleeding or recurrent vomiting, you will need additional tests — which could include stool studies, a colonoscopy or CT scan, amongst others — to rule out inflammatory bowel disease (IBD). This is an umbrella term for ulcerative colitis and Crohn’s disease, two diseases that involve chronic inflammation of the digestive tract and can sometimes lead to life-threatening complications or the need for surgery.

FIND time for meditation. “Learning how to manage stress is very important for anyone with IBS,” says Dr. Turnbull. Mindfulness and meditation are helpful tools, especially for people whose symptoms are clearly triggered by stress or anxiety.

READ *The IBS Elimination Diet and Cookbook* by Patsy Catsos to help you build a fulfilling and nutritious diet plan to get lasting relief from your symptoms while still enjoying delicious meals with your family — and some of the treats you enjoy!

EMBRACE what works for you. If you know you don’t feel as well when you eat dairy, but love milk or yogurt, you may decide to have a planned cheat day once a week or opt to splurge on a special occasion, like at a birthday party. “Once you know what your body can handle you can make the choice to have the cake if you want it, so it becomes about awareness,” says Dr. Tanner. *BT*



YOU NEED TO KNOW THIS

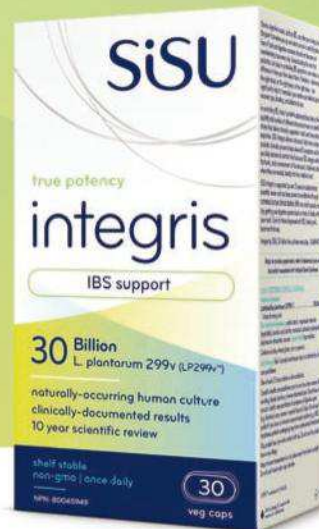
Diet and lifestyle changes may not be enough to relieve severe symptoms of IBS. Talk to your doctor about **medication options**.

ONE

probiotic is all you need

integriss
true potency probiotic

ONE clinically-proven strain,
ONE capsule, **ONE** time per day



When it comes to digestive support...

ONE is all you need. Many probiotic supplements take the "more is better" approach - combining many different strains together at exceedingly high potencies. Integriss from Sisu stands alone. The difference lies in our patented probiotic strain, LP299V®, clinically-proven to support digestive and immune health.

Supported by two decades of research, Integriss is unlike any other probiotic. It survives the acidity of the stomach, reaching the intestines intact, where it promotes the health of the intestinal lining. Once there, Integriss further improves digestive wellness by stimulating the growth of other

probiotic strains, naturally increasing gut biodiversity, while simultaneously preventing harmful bacteria from implanting in the digestive tract. The result? Optimized, more balanced digestive function, with reduced gas, bloating, and abdominal discomfort – even in those with serious digestive issues such as irritable bowel syndrome (IBS).

By delivering the right probiotic strain to the right place in the right dosage, Integriss from Sisu can make a real difference in your life... day, after day, after day. True potency of 20 or 30 billion live probiotic cultures... **GUARANTEED. All in one little capsule, once a day.**



THIS ISSUE:

WILD BLUEBERRIES

by MEGHAN TELPNER

photography by ANGUS FERGUSSON | food styling by ASHLEY DENTON

prop styling by LAURA BRANSON

THE GOODS

Okay — I know blueberries don't sound that exciting but there are really cool nutritional benefits that most people don't know about. Wild blueberries look much like their common blueberry cousins — the main difference is size. True wild blueberries are small, roughly the size of sultana raisins, and have the most blueberriest of flavours.

Wild blueberries are the ones you'll find at your local market for a short time each summer, often selling anywhere from \$8-\$12/quart. They grow in the wild, usually on rocky outcrops, and are labour-intensive and time-consuming to harvest. They are also worth every penny, when we consider the nutrient and flavour punch of each gem of goodness.

THE BOOST

We know berries are good for us — beyond being extraordinarily delicious. Generally speaking, there are differences in the nutrients of wild foods, simply because they have to be able to sustain themselves in

their natural environment without the help of farmers or person-made fertilizers. When it comes to wild blueberries, they have a higher concentration of the antioxidant anthocyanin compared to their cultivated counterpart, and therefore have a greater antioxidant capacity per serving. These antioxidants, as part of the diet, possess anti-inflammatory and anti-cancer properties. They are also noted for their benefit in preventing cardiovascular disease. My favourite benefit is the natural sun-protective nature of antioxidants. Eating wild blueberries in the summer can help protect against the damaging rays of the summer sun.

THE PLAN

I'm not sure anyone needs guidance on how to enjoy wild blueberries. They are truly one of summer's greatest treats. Enjoy by the handful, pressed into juice, frozen and blended like a sorbet, in smoothies, on top of your granola or with the coconut kefir we featured in my February column. *hr*

WILD BLUEBERRY SORBET

MAKES: 4 SERVINGS
PREP TIME: 5 MINUTES

Recipes don't get much simpler or more delicious than this one.

3 cups (750 mL) wild blueberries, frozen
2 tbsp (30 mL) honey to taste
Bee pollen to garnish (optional)

METHOD

Place frozen blueberries in your food processor and mix until all the berries are broken down into an even consistency.

Scoop into your favourite summer dessert bowl and drizzle with fresh honey and a sprinkle of bee pollen.

#1 DOCTOR RECOMMENDED FIBRE BRAND[†]



[†]Among recommendations in an AlphaImpactRx 2016 survey (Bulk Fibre category). To ensure this product is right for you, always read and follow the label. ©2018 P&G

best
health

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\$350
IN PRIZING
TO BE WON
FOR EACH
WINNER!

ENTER FOR A CHANCE TO BE 1 OF 4 LUCKY READERS TO WIN ALL PRIZE PACKS FEATURED

NEW ROOTS

Are you looking to lose a few pounds? A healthy liver could be the key factor to your successful weight-loss initiative. New Roots Herbal's Liver is the ideal course of action to cleanse, repair, and invigorate liver function and when you add our Slimmer System and a strong will to the mix, nothing can get in the way of your weight-loss goals!

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newrootsherbal.com

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renewlife.ca

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For over 20 years, Stila has created innovative, artistry proven products that perform from morning to moonlight, drawing inspiration from the runway and translating it into real life. Enter for your chance to win our best-sellers!

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SUMMER FRESH

It's time to Share The Fresh this Summer with Summer Fresh Salads, Hummus and Dips! Handcrafted in small batches and always made with fresh and simple ingredients to make your next meal; hassle free!

Win a \$100 Summer Fresh on-the-go prize pack.

Value \$100.

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best LOOKS

IDEAS + INSPIRATION



BONLOOK, \$59,
BONLOOK.CA

*Designed
in Canada*



GUESS, \$90, GUESS.CA



BONLOOK, \$59,
BONLOOK.CA

Throwing Shade

This summer, put an aquamarine filter on your rosy outlook. From a retro-inspired cat eye shape to a sporty aviator frame, shades of blue hit refresh on an essential seasonal accessory while flattering all skin tones.

photography by GEOFFREY ROSS

best beauty
EDITOR'S FAVES



My insta-obsession! Oak moss, freesia and mirabelle plum put a spin on the iconic French girl fragrance that's très fresh, floral and sweet.
CHLOÉ NOMADE EAU DE PARFUM, 75 ML, \$154



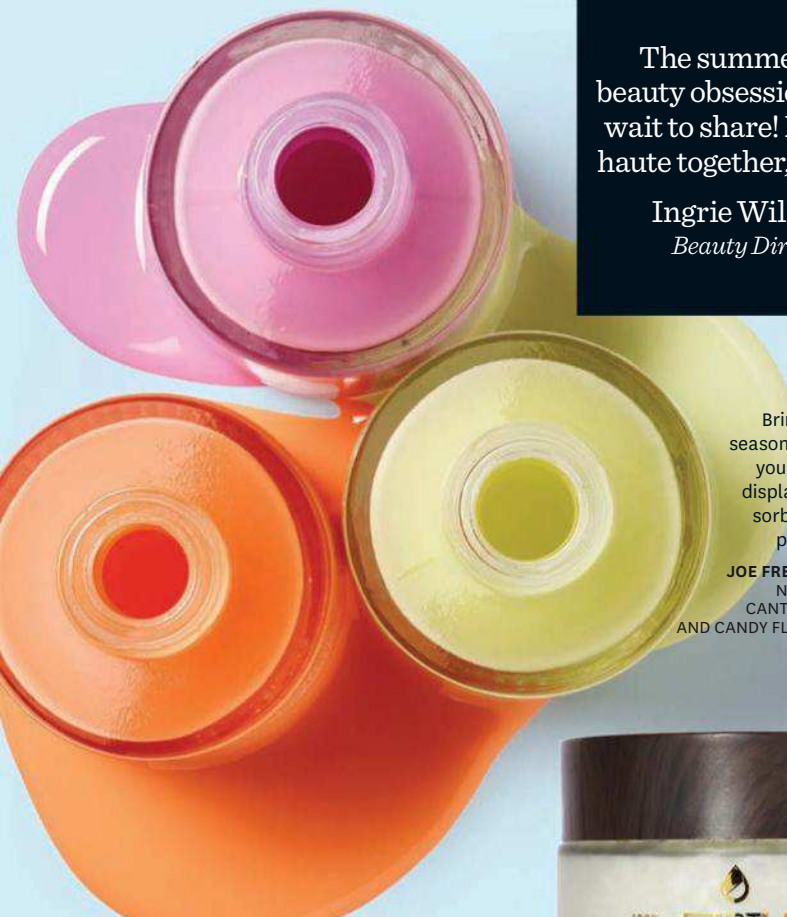
The summer-chic beauty obsessions I can't wait to share! Let's look haute together, shall we?

Ingrie Williams
Beauty Director



Summer skin strategy: protect by day, treat by night. This gel blend of vitamin C, and fruit, glycolic and lactic acids gets the p.m. job done.

RODIAL VIT C BRIGHTENING MASK, \$110



Bring on sandal season — and with your toes on full display, put these sorbet shades in pedi rotation.

JOE FRESH GEL LOOK NAIL POLISH IN CANTALOUPE, KIWI AND CANDY FLOSS, \$5 EACH



A lightweight in texture only, this powerful hydrating gel absorbs quickly to address dark circles, puffiness and fine lines.

BIOSSANCE SQUALANE + PEPTIDE EYE GEL, \$68



Who doesn't love a multi-use beauty treat? 100 percent cold-pressed coconut oil is my nourishing go-to for glowing skin and glossy hair.

EARTH LUXE VIRGIN COCONUT OIL, \$25



\$1.92 = the cost-per-wear investment here. These pre-trimmed faux lashes make application easy for any novice and can be worn up to twenty times.

VELOUR LASHES EFFORTLESS COLLECTION IN BARELY THERE, \$34

WHERE TO BUY

- BIOSSANCE:** SEPHORA.CA
- CHLOÉ:** HUDSON'S BAY, SHOPPERS DRUG MART, SAKS FIFTH AVENUE
- EARTH LUXE:** EARTH-LUXE.CA
- JOE FRESH:** AT LOBLAWS, REAL CANADIAN SUPERSTORES
- RODIAL:** AT MURALE
- VELOUR LASHES:** SEPHORA.CA

INGRIE'S PHOTO: GENEVIEVE CHARBONNEAU; GEOFFREY ROSS

HELLO, GLOW!

Discover the shortcut to radiant skin

THE SEASON OF GOOD VIBES IS HERE! WITH everything radiating a brighter energy, your complexion can benefit too — and there's minimal effort required. "It's easier to create healthier-looking skin in the summer," says Clint Dowdell, Nude by Nature global brand ambassador. Highlighter is the secret to a lit-from-within glow, and the smallest touch of the right radiance-boosting product will dial up your wattage.

But first, skin care! A summer glow starts by keeping skin hydrated and protected from the sun while also treating concerns such as breakouts or fine lines. "Serum or face oil will be your problem-solver," says Dowdell, "What is happening on top of the skin can only be helped by your cream, which is the symptom-fixer." Don't give your routine any days off.

Using primer is also key. "It's designed to be double-sided tape for your face, and it really does change the way foundation applies." Anyone who has ever been challenged by an oily T-zone or dry cheeks will discover a more unified texture and the ultimate warm-weather win: longer-wearing makeup.

Now it's time for highlighter. For an all-over radiance, look for a creamy texture that promises to illuminate. "You should be able to tell when you first apply it to the skin, it just adds a soft glow to a complexion, but it shouldn't look like a '70s disco ball," says Dowdell, who mixes it with primer, BB cream or liquid foundation. To direct more intentional light to your cheekbones, brow bones and Cupid's bow, plug in to powder or stick formulas. "A highlight stick should only be put on the areas you want to pop. I love using fingers to apply it because they melt it into the skin and stop a streaky application."

Dowdell also allows skin type to inform picks. Liquid and cream formulas are best for dry skin, while pressed powder is a friend to oily skin.

To really turn up the heat, try metallic eyeshadow. Dowdell uses Nude by Nature Shimmering Sands Loose Eyeshadow in Rose Sand on all skin tones. "Simply press it on to lids, it makes the most novice beauty person look like they've spent hours doing eye makeup." *dit*

WHERE TO BUY

FRESH: SEPHORA

M.A.C COSMETICS: MACCOSMETICS.COM

NARS: NORDSTROM, HUDSON'S BAY, SEPHORA

NUDE BY NATURE: SHOPPERS DRUG MART

A pretty glow, plus skin-loving vitamins C and E, and meadowfoam seed oil.

FRESH FRESHFACE INSTANT GLOW LUMINIZER IN SUNSET, \$60

One of four radiant shades to guarantee a lit-from-within win.

L'ORÉAL PARIS TRUE MATCH LUMI GLOTION NATURAL GLOW ENHANCER 904 DEEP GLOW, \$20

Eight wearable tones and soft shimmer make it easy to dress up your eyes.

MARCELLE SMOKEY EYESHADOW PALETTE IN WARM NUDES, \$17

A glimmering finish that blurs imperfections transforms the legendary blush shade.

NARS ORGASM ILLUMINATING LOOSE POWDER, \$35

Enriched with hydrating vitamin E and kakadu plum, an antioxidant, this product is 100 percent naturally-derived and silicone/paraben/phtalates-free.

NUDE BY NATURE TOUCH OF GLOW HIGHLIGHT STICK IN CHAMPAGNE AND BRONZE, \$28 EACH

Use a large angled brush to dabble in this trio of universally-flattering hues.

M.A.C COSMETICS HYPER REAL GLOW PALETTE IN GET IT GLOWIN', \$48

**LONG-LASTING
COLOUR AND
LIGHTWEIGHT WAX:**
REVLON COLORSTAY BROW
KIT IN SOFT BLACK, \$17

As with any makeup, "You need to blend brow products for a natural look," says Sabrina Rinaldi. Best tool? A spoolie brush. Try angling it for added control.

REVLON LASH & BROW BRUSH, \$15

ENHANCE YOUR EYEBROWS

PSST! THOSE WEE PATCHES OF HAIR ABOVE YOUR eyes do some heavy lifting. With the ability to brighten a gaze and rejuvenate the face, eyebrows deserve special attention.

"The most important thing to remember when creating flawless brows is to choose the right shade of product," says Sabrina Rinaldi, Revlon Beauty Expert, "One that's too light or too dark can detract from any shape you're trying to create and offset the rest of your makeup look." For your suitable answer, just look up. "If you have darker hair, try a product one to two shades lighter. Blondes can go one to two shades darker. This guarantees a less harsh and more natural look," says Rinaldi.

From there, it's a match game between eyebrow objectives (i.e. shape, definition, fullness) and choosing the right product. Anyone blessed with full brows can rely on brow gel or mousse for arch support. "A little goes a long way. Wipe off the excess product on the wand first, this allows for the most control over application," says Rinaldi.

If the goal is to change the frame of your eyebrows, dip into pomade. The dense pigment is ideal for reshaping. Rinaldi uses an angled brush to apply and swears by a specific technique for natural results. "Start with the arch of the brow and move towards the tail — this is where you want the most definition. Once you're happy with the arch, use the product remaining on the brush to add towards the front of the brow."

Happy with the shape, but dream of more dimension? Try a powder. Its buildable quality works well here, giving you more control over the amount deposited. Work with an angled and spoolie brush, using the former to fill in and the latter to blend. Repeat until brows are beautified.

And if it's definition you seek, get thee a pencil. It will help you fill in any sparse areas easily first, using short, light strokes to replicate the appearance of real hairs before blending with a spoolie brush. *dit*

**TRIANGLE
TIP FOR
PRECISION:**
L'ORÉAL PARIS
BROW ARTIST XPERT
TRIANGULAR TIP
BROW PENCIL +
STYLING BRUSH IN
EBONY, \$13

**SMUDGE-PROOF
FORMULA:**

MAYBELLINE NEW YORK
TATTOO STUDIO WATERPROOF
EYE BROW GEL IN MEDIUM
BROWN, \$15

**A CREAM-TO-
POWDER FORMULA:**

SEPHORA COLLECTION BEAU
BROW PENCIL IN UNIVERSAL
LIGHT, \$15

**USE DAMP TO
CUSTOMIZE RESULTS:**
THE BROWGAL THE
CONVERTIBLE BROW IN LIGHT
HAIR, \$46

TEXT: INGRIE WILLIAMS; GEOFFREY ROSS

I AM NOT SYNTHETIC.

I am a million things. But the one thing I am not is synthetic. So why would I use beauty products that are?
100% natural formula that lengthens and defines lashes instantly. Made with Jojoba Oil and naturally moisturizing Glycerin.

BURT'S
BEES®



Join us at NotSynthetic.ca

THE BUSY WOMAN'S

Guide to Summer



Taking time to look your best and taking time to enjoy the season doesn't have to be an either/or scenario. From a radiant complexion to sun-protection smarts, healthy hair, and makeup that won't melt, we've gathered tips from the pros to help make it easy for you to have it all. Right. Period. Now.

produced by INGRIE WILLIAMS
model photography LILY & LILAC | *hair and makeup* SHERI STROH
Product photography GEOFFREY ROSS



After-sun products can't speed healing, but they can provide comfort. "Aloe vera or alcohol create a **cooling sensation on contact** with the skin. Other products may combine a topical anesthetic such as lidocaine, or an anti-inflammatory such as hydrocortisone," says Dr. Vincent Richer, board certified dermatologist at Pacific Derm and Vancouver General Hospital Skin Care Centre, and Clinical Instructor, University of British Columbia.



*Get this look!
See page 85 for tips on
getting a healthy glow,
and page 86 for how to
choose the right suit.*

SHAN SWIMSUIT, \$365,
SHAN.CA

**BEST FOR WEIGHTLESS
TEXTURE**

Loaded with hyaluronic acid and vitamin E, this gel melts into skin with no telltale residue.

NEUTROGENA HYDRO BOOST WATER GEL SUNSCREEN SPF 50, \$20



YOUR BURNING QUESTIONS ABOUT SPF ANSWERED

Beth Thompson caught up with dermatologist Dr. Paul Cohen, owner of the Rosedale Dermatology Centre in Toronto, for the 411 on all things sunscreen

BT: Does using SPF stop vitamin D absorption?

PC: Too many people believe that using sunscreen leads to vitamin D deficiency, and that the best way to obtain enough of it is through unprotected sun exposure. Yes, using sunscreen decreases vitamin D absorption, but in all honesty, sunscreen doesn't block all UVB rays from reaching your skin; SPF 30 blocks 93 percent of UVB and SPF 50 filters out 98 percent. This leaves anywhere from 2 to 7 percent of solar UVB reaching your skin. The truth is, it doesn't take much sun exposure for the body to produce vitamin D. In my opinion, the risks of sun exposure outweigh this benefit, and I will stand by using a sunscreen every day.

More importantly, the sun isn't the only way to get vitamin D. There are healthier alternatives including diet and supplements. You can easily take an oral supplement (1,000 – 2,000 units a day depending on age

and health). In food, fatty fish such as tuna, mackerel and salmon are good sources, and many common foods such as milk and orange juice are fortified with vitamin D. Food, supplements and incidental, protected sun exposure will give you all the vitamin D you need, without subjecting yourself to the risks of unprotected sun exposure.

BT: If you put on SPF at 9 a.m., but don't go out in the sun until noon are you still protected?

PC: I recommend applying sunscreen 10 to 15 minutes before sun exposure. That said, if you apply your sunscreen at 9 a.m., stay indoors and avoid any sweating, exercising or swimming, you should still be quite protected. As a general rule, reapply every two hours when in constant sun exposure.

BT: Can we talk technique? I see people rubbing lotion into their hands ahead of applying it to the

body. Does that waste product?

PC: The best technique is whatever works to have you apply it consistently and correctly. The more important part of application is ensuring that you are applying the proper amount to skin (regardless of how much stays on your palms). You need to use a shot glass for a full application; always apply a thick, liberal layer to all exposed skin and reapply often (at least every two hours). Too many people underutilize sunscreen, applying too thin a layer to get the full protection factor.



The priority with bites is to **relieve the itch** to prevent excessive scratching, which may lead to infection and/or scarring, says Dr. Richer. Start with a cool shower and cool compresses, and keep bites covered to prevent scratching. Calamine lotion, or ointments with lidocaine or hydrocortisone, may provide temporary relief. If the culprit is a bee or wasp, keep an eye on significant swelling away from the area of the sting, nausea/vomiting, difficulty breathing/wheezing or changes in alertness. "These should be brought to medical attention quickly as they may signal a severe allergic reaction."

BT: Is there a best formulation for coverage — stick, aerosol, lotion?

PC: Like technique, I don't think there is a best mode — my vote is for whatever formula helps you stay compliant and using the one that feels most aesthetically pleasing. If it feels good, you will be more likely to use it. This is why Neutrogena is one of my favourite brands, they consistently bring forth great sun-care options that feel good. The new Hydro Boost Sunscreen feels great on skin; I love that it moisturizes at the same time with hyaluronic acid — since skin gets dehydrated through sun exposure. I've also always been a fan of Aveeno's Protect + Hydrate — it has colloidal oatmeal that also hydrates and nourishes skin while still giving that effective broad-spectrum UVA/UVB protection that I love.

Personally, for my kids, sunscreen sprays were great, especially when they were younger (in a well-ventilated, not windy area to ensure coverage). Sprays are also good for those hairier areas (think scalp!). Lotions tend to be less greasy than creams, for those who are acne-prone. Throwing a sunscreen stick in your bag is also very convenient when you are on-the-go.

BT: What to apply first: serum or SPF? What about when you're also applying bug spray?

PC: Serum goes on before sunscreen, so it can properly absorb into skin; this also allows you to reapply sunscreen as necessary. Bug repellent goes on first so that it can be absorbed into the skin, before SPF; you will need to apply more sunscreen later, but you don't necessarily need to reapply bug spray, unless you notice that the bugs are bothering you.

BT: Can a sunburn anywhere on your body potentially cause skin cancer elsewhere on your body, or is it specific to the area that's been burned?

PC: I would say that there is an indirect relation; if you received three bad sunburns on your foot, the odds are that the rest of your body was exposed to the sun during this time as well, also garnering sun damage. Getting any sunburn is evidence that you've gotten enough UV exposure to cause mutations in your DNA that put you at increased risk for skin cancer.

Most commonly, people tend to get skin cancer in areas that are repeatedly burned and exposed to the sun — the damage is cumulative. Skin cancer develops primarily on the scalp, face, lips, ears, neck, chest, arms and hands, and on the legs in women. But it can also form on areas that rarely see the light of day — your palms, beneath your nails and around your genital area. Not all melanomas are related to sun exposure; those other types of melanoma can occur anywhere, not just in areas exposed to the sun. *BT*

BEST FOR LIPS
Provides the often-neglected feature with hearty protection, and a wash of fresh colour.

SHISEIDO UV LIP COLOR SPLASH SPF 30 IN ULURU RED, MIAMI PINK, NAIROBI ORANGE AND TAHITI BLUE, \$30 EACH



SHIELDS UP!

SPF picks to meet skin's many needs

BEST FOR COVERAGE
Intense shielding power meets impressive complexion enhancer in three smart shades.

EAU THERMALE AVÈNE HIGH PROTECTION SPF 50+ COMPLEXION CORRECTING SHIELD, \$35



BEST FOR BODY
A creamy moisturizing foam with SPF 50 is equal parts protection and pampering.

COPPERTONE CLEARLY SHEER WHIPPED, \$10



BEST FOR TRAVEL
Being small but mighty makes it easy to never leave home without this 100 percent mineral formula.

INSTITUT ESTHEDERM UV PROTECT SPF 50+ FACE CREAM, \$39



BEST FOR OILY SKIN
Fast-drying and designed to absorb sweat, oil and sebum for a lasting matte finish.

VICHY IDÉAL SOLEIL ANTI-SHINE DRY TOUCH LOTION SPF 60, \$29



BEST FOR BUDGET
An affordable option to defend skin against UV rays and environmental aggressors.

MARCELLE CITY HIGH PROTECTION URBAN DAY CREAM SPF 30, \$22





Rejuvenates and refreshes skin with a textured blend of sugar, citrus and cooling menthol.

L'OCCITANE EN PROVENCE CITRUS VERBENA REFRESHING EXFOLIATING SUGAR, \$44

Smooth Operators

Make the most of your fave hair removal option



This is a first! A razor with bi-directional blades allows you to shave forwards and back.

SCHICK INTUITION F.A.B. RAZOR, \$13



TEAM QUICK FIX

Shaving wins points when it comes to a convenient and speedy way to remove body hair. But it pays to time a session just right. “Shaving a few hours before you hit the beach or pool is a no-no. Your skin is vulnerable to the stinging effects of chlorine and salt water, as well as suntan lotions and sunscreens that contain alcohol,” says Christine Jew, brand manager for Women’s Shave at Edgewell Personal Care, “Plan ahead to avoid irritation.” Freshly shaved skin needs breathing room from daily essentials, like deodorant and antiperspirant, too. Jew advises to let skin rest for at least 30 minutes before putting anything on it. “To save wait time in the morning, try shaving at night,” she says. For the smoothest results, your razor shouldn’t head off to a shaving party solo. Make shave gel its plus one. “Ingredients like lanolin and vitamin E can help replenish skin’s moisture, leav-

ing your legs soft and healthy-looking. And the rich lather helps you see where you’ve shaved and where you haven’t — so with gel as your guide, no spots can hide!” says Jew.

TEAM LONG-TERM SOLUTION

As a monthly one-stop option for hair removal, waxing makes good sense. The process removes hair from the follicle, or root, to deliver enhanced smoothness. “You’ll get flawless results that last three to four weeks, plus waxing stunts the hair growth so it starts to minimize,” says Amy Finnegan Burns, leader educator at WAXON Waxbar, with locations in Ontario and Halifax. There are several perks to visiting a professional. “Waxologists are fast — ours can complete a Brazilian in 15 minutes — and speed is good for the nerve endings. Holding skin taut is also important to reduce pain. With self-waxing you tend not to be as stretched out as if you’re getting it done on a table. Plus, we use different types of wax for different types of skin and hair,” says Finnegan Burns. Of course, going the DIY

ALL TEXT: INGRIE WILLIAMS



For use post-shaving or waxing, an all-natural formula of glycolic acid and chamomile soothes while preventing ingrown hairs.

PRINCE REIGNS INGROWN HAIR SERUM, \$32, WAXON.CA



GILLETTE VENUS WITH OLAY ULTRAMOISTURE SHAVE GEL IN WATER LILY KISS, \$50

route is always an option. Follow her checklist for smooth sailing:

- Prep skin by cleansing so the wax product can adhere properly. If needed, trim hair first — the ideal length is a little longer than a grain of rice.
- Always apply wax in the direction of hair growth and remove it against hair growth.
- Avoid bruising by working quickly, but safely, to pull the wax strip back on itself. The ideal action is a wrist flick versus yanking up.
- Post-wax, cleanse again and use serum or lotion with aloe vera, chamomile or tea tree oil to cool and calm skin.
- Use a sugar-based scrub to exfoliate two to three times a week, removing dead skin cells reduces the formation of ingrown hairs and aids hydration. *bt*

GO (HOME) FOR THE GLOW

Looking for a healthy summer glow that's both safe and convenient? Take a page from our swimsuit model's playbook – try Tan on the Run. Designed for maximum convenience, and operating across Canada, you can book online to have the mobile airbrush spray tan service visit you — wherever, whenever. Using an organic formula rich in aloe vera, this expertly applied splash of colour, which leaves skin wow-level radiant and soft, has additional perks. “Spray tans can be customized to suit your skin type and enhance your definition with body contouring,” says Nicole Hyatt, CEO and founder of Tan on the Run Canada, “It will reduce the appearance of stretch marks, cellulite and imperfections, making you look 10 lbs thinner.” Follow her tips to take your glow (professional or DIY) to the next level.

BEFORE

Hair removal and exfoliation are important steps to undertake before a spray or self-tan. “Do this 24 hours in advance to ensure pores close back up. You also want a clean canvas: no moisturizer, makeup or deodorant on the skin prior to tanning,” says Hyatt. Her exfoliating go-to is a mitt rather than an oil-based scrub that can leave a residue.

DURING

Natural, sun-kissed results demand restraint. “Choose the right shade for your skin tone, and don't overdo it. A spray tan or self-tanner generally takes 8-24 hours to fully develop. A lot of people make the mistake of over-applying the initial application thinking that's what the final outcome will look like,” she says.

AFTER

For a lasting after glow treat skin with TLC. Hyatt's checklist includes not getting skin wet, or sweaty, for up to 24 hours after application, wearing loose clothing, staying moisturized and patting skin dry — no rubbing. A fan of coconut oil, she recommends avoiding any moisturizers that list water as the first ingredient.

FAUX GLOW DIY



BEST FOR SPEED
Goes on clear, won't stain fabrics and dries ultra-fast.

VITA LIBERATA INVISI FOAMING TAN WATER, \$49



BEST FOR FACE
Reveals a glowing complexion while rose water soothes.

JAMES READ H2O TAN MIST, \$35



BEST FOR NEWBIES
Tinted mousse helps guide you to flawless coverage.

JERGENS NATURAL GLOW INSTANT SUN SUNLESS TANNING MOUSSE, \$14

HUE KNEW?

We'll never stop loving an amazing black swimsuit, but this season designers have unleashed a rainbow of options that make a splash. Vibrant shades of red, pink, blue and green can flatter any skin tone from fair to deep. Looking for a colour compromise between dark and bright? Try a swimsuit in a jewel tone. Rich ruby red, intense emerald green and deep sapphire blue always strike gold — they're easy to wear with an elegant vibe.

DETAILS, DETAILS

An extra strap here, a ruffle there. Perhaps scalloped edges or a touch of lace? It's the stylish details that can give an extra boost to a flattering silhouette and make your assets shine. This is where a printed suit can be transformative, too. Mirrored prints (a design that's reflected evenly on both sides of the body) have an elongating effect, while scattered motifs are known to minimize. Give both versions a chance, seeing is believing.

CORE VALUES

The art of the perfect swimsuit is that it effortlessly enhances your shape. Silhouette plays the biggest role, so identifying a cut that prioritizes your figure can reduce shopping stress. Did you know that the asymmetry of a one-shoulder fit or a suit with high-cut legs can summon extra curves? Meanwhile, wrap or draped details across the midsection can make tummy troubles disappear. And for a large bust, underwire bra cups and sculptural necklines combine the best in support and style. Consider these starting points, but if you see a suit you love, try it on! Rules are meant to be broken.

VOLCOM SWIMSUIT, \$114, AT SWIMCO.COM

Suits You!

Finding a winning look is as easy as...1, 2, 3

TEXT: INGRIE WILLIAMS

NATURAL WONDERS

Ready to explore a new beauty routine this summer? *Courtney Reilly-Larke* caught up with natural skin-care expert Tata Harper for her take on why making the switch to “clean grooming” is a good idea.

CRL: What's the argument for switching to clean beauty?

TH: Your skin is your largest organ and absorbs everything you put on it. If you're applying synthetic, potentially toxic chemicals every day, they get absorbed into your body and can lead to health issues.

CRL: How do you choose a natural product?

TH: Make sure all the ingredients are actually natural. Some companies label their products as natural or include a few natural ingredients, but still contain synthetic fillers or preservatives. Check the ingredient list thoroughly.

CRL: Don't we need synthetic ingredients for better skin?

TH: Not really. The majority of synthetic ingredients that can pose health risks aren't actually used to give your skin any benefit — they're just fillers. Some of these include: BHA (butylated hydroxyanisole),

which is a preservative found in many colour cosmetics, sodium laurel sulfate, also known as sodium laureth sulfate or PEG, which is an emulsifier that helps with a product's texture and synthetic fragrances. These help a product smell good (they are even used to cover the smell of other ingredients in products that are labelled “fragrance free”), and they are considered trade secrets, so manufacturers aren't required to list their ingredients. Up to 4,000 ingredients can make up one “fragrance.”

CRL: What natural ingredients could you swap for these harmful ones?

TH: We use fermented radish root as a preservative, safflower oleosomes as emulsifiers, and pure essential oils for fragrance. These alternatives provide the same results without health risks.

CRL: How can we change our skin-care routine for warmer weather?

TH: The key to good skin care in warmer, more humid weather is to swap out heavy, rich products for lighter ones. Some of my faves include:

- Reparative Moisturizer. This is so light, but still offers great hydration.
- Hydrating Floral Essence. This toner acts as a liquid moisturizer, with hyaluronic acid and a weightless blend of natural sources of hydration.
- Retinoic Nutrient Face Oil. Post-sun, this rollerball product has a cooling sensation and adds much needed nutrients to my skin. *tlr*



“Heat rash refers to various ailments attributed to heat, the sun and profuse sweating,” says Dr. Richer. One common form, *miliaria rubra*, is an inflammation of sweat ducts and manifests as itchy red bumps. “It can occur after someone sweats far more than usual. It is a **self-resolving condition**, but a cool shower and cool compresses can alleviate the symptoms.”

A new no-drip cream with a floral fragrance delivers 100 percent grey coverage — consider at-home hair colour overhauled.

CLAIROL NICE'N EASY IN SB2, \$12

HEAD OF THE

Class

Tips, tricks and products for summer hair made simple

by INGRIE WILLIAMS

STYLE

TAKE EASY STREET

Effortlessly beautiful hair doesn't require that much effort. On short hair, Marilisa Sears, artistic director for Marc Anthony Hair Care, relies on texturizer. "It gets rid of grease, which appears faster in summer, and gives hair a new finish in 20 seconds." Applying moisturizing cream to damp, long straight hair before tying it up into a loose knot to air-dry yields a pretty texture. And for natural curls, she encourages preventative maintenance. "Wrap it at night, use a silk pillowcase and have a dry conditioner on hand to add shine."

MAGIC MIX

Cocktailing hair products is the pro-approved way to meet the changing mood of your mane, and Mother Nature. "Realistically you don't use the exact same amount of any product every single day. On curls, if it's a little bit humid you need something to stop the frizz from happening, and then just a bit of definer. With straight hair, if it's so humid that the cuticle lifts and is open you need something that makes it sleek more than something that makes it straight," says Sears. "What I like about cocktailing is that the control is so completely yours."

CARE

A CLEAN START

The greatest ally to boost hair health is in your shower. "In the warmer months we tend to use less heated appliances, but hair can be subjected to more frequent washing, lighter colour choices, which take more out of the hair, and exposure to the sun," says celeb stylist Rebekah Forecast, Hair Food celebrity stylist. "Use a shampoo and conditioner system to address your hair type and replenish hair with what it needs."

TAKE COVER

Wearing a hat scores high as the best way to protect hair from UV rays, but low on the doable-for-everyday scale. Forecast recommends using serums, oils and creams. "Anything that coats the outside of the hair will ward off some of the sun. I also encourage clients to use more product in the summer to smooth the cuticle because that's one of the reasons you'd use a hair dryer." Unplugging during the sunny season isn't just for your iPhone.



Free of silicones, parabens and mineral oil, this kiwi- and fig-scented shampoo maximizes hair fullness.

HAIR FOOD VOLUME SHAMPOO, \$15





One of three options that meets the needs of all hair types, this dual-chamber tube makes it easy to mix and layer styling essentials.

MARC ANTHONY DEFINE & DEFRIZZ CURL COCKTAIL \$12

COLOUR

BLONDE AMBITION

Creamy and caramel-y. That's how New York-based stylist and Clairol Color Director James Corbett describes the hair colour of the moment, as seen on stars Jennifer Garner and Laura Dern at the 2018 Oscars. Garner's highlights are especially easy to recreate at home with Nice'n Easy in shade SB2. "It's a blonde shade that looks scary on the box but it's really perfect because it gives more lift than deposit of colour," he says, "Normally when you highlight with bleach you need to remove pigment and then re-tone. With this you're doing it all in one step."

CREATIVE CLASS

A quick hair colour shift needn't be an all-in commitment. Corbett loves Garner's face-framing and "grown-out" colour. "You can go through your hair, do some strands towards the bottom, and work up the hair shaft the more comfortable you get."

SUMMER LOVIN'

It takes extra care to preserve any hue in the heat. Weekly conditioning treatments are key. "It's like painting a surface, if your hair is not in the best shape then you're not going to get the best results," says Corbett. Hitting the pool? "Wet hair with tap water before swimming so it can't soak up damaging chlorinated water." He says to think of the hair like a sponge: if it's already full of water, it can't take in more chlorinated water. *hr*



Offering KPF 50 (that's keratin protective factor), this silicone-free, sesame oil blend guards wet and dry hair against UV damage.

RENÉ FURTERER SOLAIRE SUN RITUAL PROTECTIVE SUMMER OIL, \$32



Hazy days don't do skin any favours. "There is increasing evidence that pollution and smog can increase free radicals in the skin, which are unstable molecules that can **damage cells, collagen and elastin**," says Dr. Richer. Protect your skin by moisturizing and applying a topical antioxidant, like vitamin C, in the morning, and cleansing with mild soap at night.

Blue Crush

Super fresh, extra fabulous – everything about blue makeup feels right for summer

NYX COSMETICS
NUDE MATTE
SHADOW IN IN THE
BUFF, \$10

ESSIE NAIL
POLISH IN JOIN
THE CLUB, \$10

**Boosts lash
length and
volume along
with a subtle
navy tint.**

THE BODY SHOP
LASH HERO FIBRE
EXTENSION
MASCARA IN TEXAS
TOPAZ, \$20

**NYX COSMETICS VIVID
BRIGHTS LINER IN VIVID
SAPPHIRE, \$10**

**Use a stiff angled brush
to transform any eye
shadow into eyeliner.**

**M.A.C. COSMETICS EYE
SHADOW IN HOW ROYAL, \$19**

NYX COSMETICS
FULL THROTTLE
VIVID BRIGHTS
SHADOW STICK IN
FEMME FATALE, \$10

CARYL BAKER
VISAGE GEL EYE
LINER IN BLUE
CRUSH, \$21

**Plumps, smooths and
imparts lips with an
ultra-sheer sheen.**

CHANEL ROUGE COCO GLOSS
IN APHRODITE, \$37

NYX COSMETICS
NUDE MATTE SHADOW
IN VOYEUR, \$10

NYX COSMETICS
VIVID BRIGHTS
CRÈME COLOUR IN
BLUEPRINT, \$12

TEXT: INGRIE WILLIAMS

5 FAST FIXES FOR MELT-PROOF MAKEUP

Keep your cool even on the hottest days of the season. *Ingrie Williams* shares expert tips.

JOIN PRIME TIME

The secret to long-lasting makeup can be summed up in one word: primer.

"It absorbs excess moisture and sweat, evens out skin tone and helps skin have a fresh look throughout the day," says Anna Koniaris, national face expert at Caryl Baker Visage. Imparting a silky feel and applied after moisturizer before colour cosmetics, a little primer goes a long way. "It doesn't create a heavy, cakey type of appearance. It's not camouflage," she says, "You can target primer if you're oilier in the T-zone, but some women like the feel and look when it's put all over the face because it gives a natural matte effect." Koniaris swears by primer even on makeup-free days. "It gives my bare eyelids a youthful look," she says. Noted.

LIGHTEN UP

You wouldn't leave the house in a parka these days, so why reach for full-coverage foundation at the height of summer? June to August is the ideal time to try a lightweight complexion enhancer. "A BB Cream offers a natural tinted glow and a

variety of benefits. It's sheer coverage, but it hydrates, protects and restores," says Koniaris, "If you have radiant, healthy skin then all you need to do is apply minimal cosmetics." BB Cream's velvety texture can be massaged into skin with fingers over your favourite SPF, so it earns points for ease of use, too.

CHOOSE A SOFT FILTER

There's a time and a place for a smoky eye — and a heat wave isn't it. When you try something dramatic, and you start to sweat, then you really notice it, says Koniaris. Capitalize on simple ways to wear strong tones, like a wash of a single colour on lids or a trace of eyeliner. Or dial down the brightness. "If you choose a naked or neutral palette it's easier to apply the colour, and if colour starts to fade because of moisture or excess heat it doesn't look bad," she says.

GET GLOSSED

Koniaris' ultimate summer beauty recipe is one part hydrated skin, one part full brows and one part colour. "I love lip gloss for a pop of sheer

colour on the lips, it's simple and inexpensive," she says. In heavy rotation this season are coral and purple, but her fan favourite is Caryl Baker Visage Lip Gloss in Watermelon. "It's a cool pink that complements every skin tone. As with any gloss, you can wear it on its own, use a lip liner to give lips more definition, or apply it over lipstick on the center of the mouth to accent a pout."

MAKE A CONVENIENT ARRANGEMENT

Despite the use of waterproof formulas, sticky temps can still undo the work put into creating defined eyebrows and lashes. If you want to reclaim your time in front of the mirror without sacrificing those face-framing details, it's worth considering a longer-lasting solution. "Before I went to Greece last summer, I booked Caryl Baker Visage treatments to have my brows microbladed and lash extensions done. All I needed was BB Cream and lip gloss for the whole trip; whether I was at the beach or going out for an evening I was good to go," says Koniaris. *hr*



If you can't bear the discomfort of a blister, follow the doctor's orders for a gentle fix.

"Puncture it with a sterile needle and express the fluid into gauze or tissue. Leave the 'roof' of the blister in place — it will behave as a biological dressing while skin heals underneath and will shed in time — and **keep it covered**," says Dr. Richer. To sidestep future blisters, don't sacrifice fit for style, and limit time in brand new pairs to start.

That's Hot

The latest fat-blasting procedure promises results in six weeks, with no downtime. Too good to be true?

Beth Thompson investigates.

LET ME INTRODUCE MY "FRUSTRATING" jelly belly. Frustrating because the fat refuses to budge no matter how hard I exercise, yet jiggles happily at the slightest move. Exasperated, I signed up for a round of cryolipolysis a few years ago. Cryolipolysis is a method of getting rid of fat by freezing it. Removing the heat from the fat cells causes them to crystallize and die.

Initially, I was pleased with the results, a flatter tummy. However, a few months on, I ended up with a different issue, what I'd describe as "divots": pits of reduced fat randomly spread across my abdomen. Not a good look.

When I heard about SculpSure, I was both intrigued and apprehensive. SculpSure is also about removing fat cells, but it's done via laser so the cells are heated up rather than frozen. I called up Dr. Diane Wong, founder of Glow Medi Spa in Toronto, to get the lowdown.

"The SculpSure laser is very specific in targeting fat cells at the precise depth to get excellent results in a focal area. The heat then gently feathers to the neighbouring fat cells to get a natural contour while potentially tightening the skin as well," she explained.

Once the cells' structural integrity is damaged, your body naturally removes them through your lymphatic system. It's a permanent solution, as once the fat cells are gone your body can't regrow them.

What really intrigued me about the procedure, though, is that Dr. Wong said it might help correct my asymmetry.

"Irregularities after surgical liposuction and/or 'cold freeze' lipolysis can result, and can be significantly bothersome. They have been described as 'shark bites,' as chunks of fat may have been removed leaving an

unsightly contour. SculpSure offers a solution to treat these irregularities, and we now have a high demand for these revision treatments," she said.

Because SculpSure has several applicators that can be applied in various configurations, it's customizable. "We can fine-tune the results of previous treatments by treating the remaining fat that may cause bulges or a lumpy, asymmetrical appearance. Results are a smoother contour and more symmetrical silhouette."

You can guess my reaction to that news. Before I could say bikini season, I found myself at her clinic with her associates mapping out the target areas on my tummy.

The laser procedure only takes 25 minutes, but there is some prep. First, technicians mark the area of concern and then strap on plastic frames that hold the transducers in place that will deliver targeted heat. You can have four at one time and there are varying sizes for different body shapes. I had three on my right abdomen, one on my left, as my priority is about regaining symmetry.

It's uncomfortable, but not painful. Tylenol helps. Afterward, I didn't experience any pain, just tenderness. I went about my day, *pas de problème*.

I'm excited for the results. Honestly, I am embarrassed by how my tummy looks — enough that I tend to avoid certain situations. Until SculpSure, I was afraid I couldn't remedy it, and that really bummed me out. Now I have new hope. It takes six weeks to see early results, 12 weeks to see full results — that can amount to almost a 25 percent reduction in fat. And, even though I'm only 5 weeks in, I've already noticed my core is smoother. I'm pumped! Watch for an update at besthealthmag.ca. *bt*

SHOPPING GUIDE

CARYL BAKER VISAGE:
CARYLBAKERVISAGE.COM

CHANEL: AT CHANEL BEAUTY COUNTERS

CLAIROL: AT MASS RETAILERS

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EAU THERMALE AVÈNE:
IN PHARMACIES,
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ESSIE: ESSIE.CA

INSTITUT ESTHEDERM:
ESTHEDERM.CA

HAIR FOOD: AT SHOPPERS DRUG MART

JAMES READ:
ONE2ONEONLINE.COM

L'OCCITANE EN PROVENCE:
LOCCITANE.COM

M.A.C. COSMETICS:
MACCOSMETICS.CA

MARC ANTHONY:
MARCANTHONY.COM

MARCELLE: MARCELLE.COM

NEUTROGENA: AT MASS RETAILERS

NYX COSMETICS:
NYXCOSMETICS.CA

PRINCE REIGNS: WAXON.CA

RENÉ FURTERER: AT SELECT HAIR SALONS AND BOUTIQUES

SCHICK: AT MASS RETAILERS

SHISEIDO: AT HUDSON'S BAY, SHOPPERS DRUG MART, LONDON DRUGS, JEAN COUTU

TAN ON THE RUN:
TANONTRERUN.COM

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We put 10 natural deodorants through a few of our fave workouts (SoulCycle, anyone?). See which ones survived our sweat test at besthealthmag.ca/natural-deodorant



Vancouver ranks #1 in Canada when it comes to quality of living. That's according to Mercer's 20th Annual Quality of Living Survey. See our guide to the city's wellness scene at besthealthmag.ca/vancouver

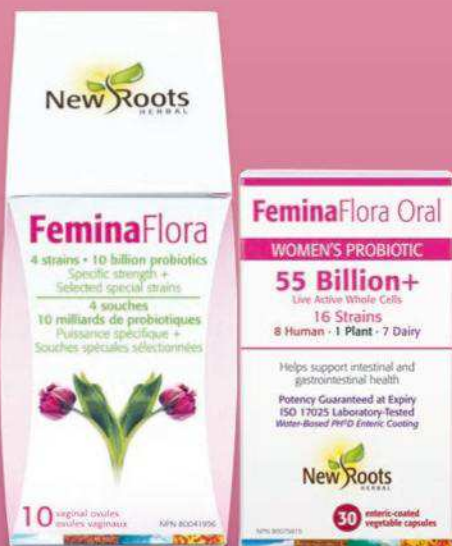
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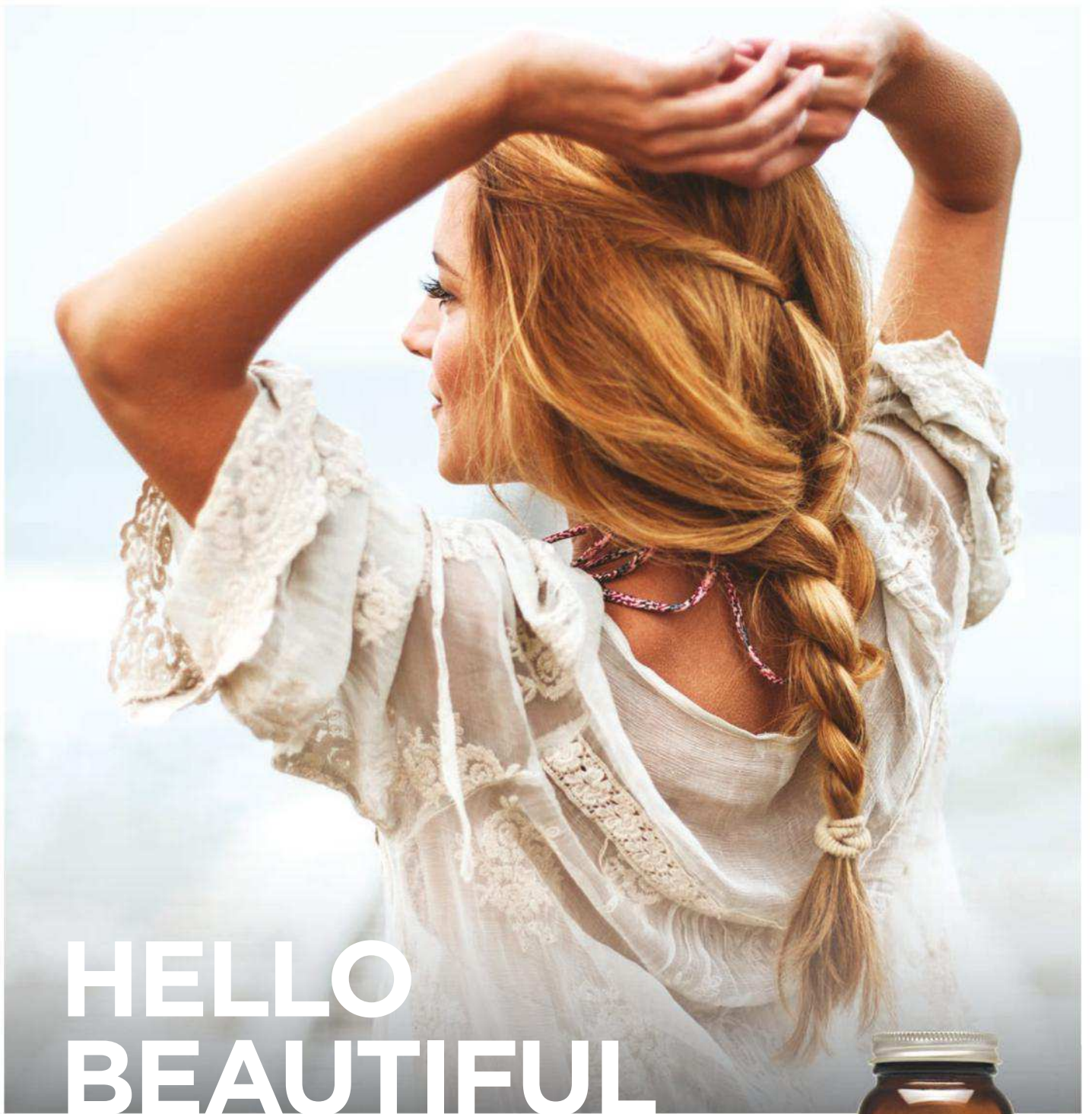
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