

LA STYLE TRENDING NOW!

By Darnell Cox



Anti-Aging expert and blogger Darnell Cox is the founder of Live Young Lifestyle. Her mission: attack the aging process from every angle... Mind, Body and Spirit. A self-proclaimed "guinea pig of the beauty industry" she bought her first jar of wrinkle cream at 17... AND never looked back. At 48, Darnell is the mother of 3 young adults. Her "must-read" blogs feature anti-aging skin-care regimens, age-appropriate exercise routines and healthy recipes.

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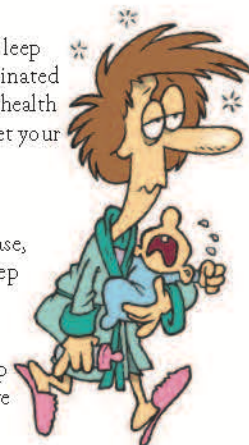
GROCERY SHOP LIKE A SKINNY GIRL

Ever seen a skinny girl in oversized sweat pants and tennis shoes, meandering through the aisles of processed food sections of a supermarket, her cart piled with Sara Lee Cupcakes and Cheetos? Me neither. MOST healthy skinny girls can't eat like this. And, the few that CAN... on behalf of women around the world... we hate you! Follow these rules to start grocery shopping like a skinny girl.

- 1. Don't Go To A Supermarket Hungry:** If you go hungry, you'll buy a cart of crap. EVERYTHING looks good when you're hungry. Grocery shop AFTER you've eaten. Won't work? Keep a small zip-lock bag of raw almonds/mixed raw nuts/dried fruit in your purse and glove box of your car. Raw almonds are a powerful food. They fill you up, suppress your appetite, and regulate blood-sugar levels, which stave off cravings.
- 2. Bring A List:** Stick to it. Few people write junk food on their list.
- 3. Shop The Perimeter Of The Grocery Store:** Supermarkets stock perishables on the outside perimeter; processed or frozen food (long shelf life) in the middle. YES there are essentials (coffee, tea, spices) in the inner circle BUT DO NOT enter without a list, or you'll find a bag of Nacho cheese-flavored Doritos in your bag when you get home.
- 4. Wear Something Tight:** Don't go comfortable. You want to get the hell out as fast as possible! If your tummy is bulging under a tight tank top, or your jeans are squeezing your muffin top — you are less likely to seek out unhealthy food items.
- 5. Doll Yourself Up A Bit:** Fix your hair. Put on some make-up. The better you feel on the outside, the more conscious you'll be about what food you put inside your body.

SNOOZE AND LOSE

Most people don't take the quantity (or quality) of their sleep seriously. They use venti-double-shot lattes and highly-caffeinated "monster" drinks to make up for a lack of shut-eye. But serious health risks are involved with sleep deprivation AND if this doesn't get your attention — SLEEP DEPRIVATION will make you FAT!



Reasons Why You Should Get at Least 7 Hours

- Chronic sleep loss is linked to high blood pressure, heart disease, stroke, heart attacks, diabetes and osteoporosis. If we don't sleep enough, our bones don't have adequate time for repair.
- Deep sleep is needed to store long-term memory.
- Lower libidos/decreased interest in sex are correlated with sleep deprivation. Men with sleep apnea (disrupted sleep patterns) have lower levels of testosterone.
- Lack of sleep increases the chances of having an accident. Slipping on stairs, reaction time in a car accident... Why navigate your way through life's potholes, half-asleep?
- Research shows that lack of sleep accelerates skin aging by increasing fine lines and an overall loss of skin elasticity. ALSO poor sleepers perceive themselves as unattractive when asked to rate their appearance. YIKES!
- Just as we often mistake thirst for hunger, we mistake being tired for being hungry. An increase in "waking" hours directly correlates to an increase in "eating" hours.

OVERCOME Sleepless Nights With These TIPS

- #1** Create a safe and comfortable sleep environment. How is your pillow or mattress? Perhaps your black-out shades aren't dark enough. Make an investment in your sleep.
- #2** Follow a regular sleep cycle. Keep bedtime on a (relatively) regular time-schedule.
- #3** Limit electronic stimulation: computers, TV, reading devices — they emit "blue light" a type of light that reads in our brains as "daylight" and triggers lowering in melatonin production. Less melatonin = less being tired.
- #4** Stay away from alcohol and other substances if you want to fall asleep. Passing out in a drunken stupor may seem like a good idea, but you'll likely wake up 3-4 hours later AND have fitful sleep throughout the rest of the night. There is a lot of sugar in alcohol and, although alcohol is a depressant, when the sugar kicks in you're stimulated.
- #5** Try to limit naps even if you find yourself mid-day, with eyes half-closed. A week or so of mid-day dragging will send you to bed earlier and get you back on track.
- #6** Use your bed for sleeping and sex only. Done! Moving on.
- #7** Stay away from caffeinated beverages from 5:00 pm onwards.
- #8** A few hours before you want to sleep, eat melatonin-rich foods: alfalfa sprouts, cherries, bananas, tomatoes, pineapples, oats, oranges, sweet potatoes, sunflower seeds. Melatonin is a hormone produced by your body, and is stimulated by the foods above. It's available in a pill, but not recommended for more than a 2-week span. It can adversely affect your natural hormones. Melatonin tells your internal clock it's sleepy time. ■