

TOP SLEEP GEAR, TESTED

April 2023

Prevention

WALK AWAY STRESS

The Calm You Need
Is Just Steps Away

HOW TO
NEVER DIET
AGAIN

3 TABOO
HEALTH
QUESTIONS,
ANSWERED

MUST-READ

LIVING WITH
AN ILLNESS NO
ONE CAN SEE



PLUS
NO-PILL
PAIN
RELIEF

CONSUMERS WANT NATURAL PRODUCTS
THAT WORK BETTER.
XLEAR DELIVERS.



SINUS CARE SOLUTIONS MADE FROM SIMPLE NATURAL INGREDIENTS.

Xlear uses xylitol, a sugar free sweetener that has been shown to reduce the ability of many bacteria to adhere to tissue. Without being able to adhere, bacteria are more easily washed away. The Xlear solution not only cleanses, but also hydrates dry, irritated tissues.

XLEAR SINUS CARE...THE MOST NATURAL WAY TO BREATHE & FEEL BETTER.

SINUS CARE
Xlear[®]

801.492.2100 / XLEAR.COM

For research studies visit
xlear.com/science or
scan the QR code.



Xlear products are available at these and other natural retailers



CONTENTS

APRIL 2023



DO YOU
KNOW WHO
NEEDS YOUR
SUPPORT?
p. 54

ON THE COVER

- 48** Top sleep gear, tested
- 32** Walk away stress
- 54** Living with an illness no one can see
- 26** How to never diet again
- 44** 3 taboo health questions, answered
- 70** No-pill pain relief

PULSE

- 6** Simple ways to use health and wellness research in your life, plus a quick meal and a must-do stretch



p. 32



p. 70



WELLNESS

- 20 Stargazing**
An awe-some hobby
- 22 Rethink Red Meat**
Dr. Weil's take on eating for the planet
- 24 Get Your Best Brows**
Expert tricks from Bobbi Brown
- 26 Intuitive Eating**
A powerful way to approach food
- 32 Walk Away Stress**
How to use this simple exercise to ease your mind and transform your life

HEALTH

- 42 Bleeding Gums**
Why they happen, and what to do

- 44 Sex and Drugs**
Your questions answered
- 46 Green Your Home**
Try the Earth Month challenge!
- 48 Get Better Zzz's**
Our 2023 Sleep Award winners
- 54 When You Don't Look Sick**
What everyone should know about invisible illnesses.

SCIENCE

- 64 5 Myths About Pregnancy**
Save the tall tales for storytime!
- 68 Sound Baths**
Does this treatment really work?

CLOCKWISE, FROM LEFT: GETTY IMAGES (2); MIKE GARTEN.



p. 86



p. 26

TOP RIGHT: BEN GOLDSTEIN. BOTTOM RIGHT: GETTY IMAGES. ON THE COVER: PETER CROWTHER.

70 Where Pain Relief Begins
Harnessing the brain-body connection

72 Inventing the Future
You can be part of climate change breakthroughs.

86 Have a Really Good Morning!
Delicious make-ahead breakfasts

FOOD

80 Eat for a Healthy Planet
4 sustainable foods

84 The Best Dried Fruit Snacks
We tested hundreds!

IN EVERY ISSUE

4 Editor's Note
96 Brain Games

MEMBERS GET MORE!

Read exclusive health articles, download special guides, and get another year of the magazine when you sign up at prevention.com/join.

Prevention
PREMIUM



p. 72

Slow Going

WALKING MY DOG, Penny, has become an exercise in patience. Nearly 16, she moves at a pace so sedate that I know every sidewalk crack like I know my own fingers.

For a while I was feeling sad and frustrated about how things had changed. I was missing the days when she ran for miles with me—and also the ones when we could make it around the block in less than 20 minutes. But then a friend described our new routine as “walking meditation,” and that brought the perspective shift I needed. Tugging at her to get a move on only made us both disappointed with our walks. Instead, I can note my memories of our joyful times in the park together but not get sidetracked by them. Focusing on the now is powerful: After all, she loves (loves, *loves*) to go outdoors and smell the smells. And I can sure use the meditation time.

Walking Penny has turned into a way for me to appreciate my time with her—and accepting our new slower pace has helped me feel more at peace with so many things. In our rich and inspirational story “Walk Away Stress” (page 32), you’ll find that walking is a powerful tool for the mind. You’ll meet people with incredible stories about how it has served them and saved them—and discover how you can harness its magic too.

When you need to find a new way forward, I recommend a walk. A slow one.



Sarah



I'm grateful for every trip around the block with this very good girl.

Happy Earth Month!

Look for this symbol throughout the issue to find new information and advice about combating climate change.

Together, we can.



LEFT: PHILIP FRIEDMAN. ABOVE: PETER BERTUCCO.

Glucerna. PROTEIN SMART

DESIGNED TO HELP MANAGE BLOOD SUGAR* AND SUPPORT MUSCLES FOR STRENGTH AND MOBILITY†



Scientifically designed for people with diabetes or prediabetes

† **30g**
HIGH-QUALITY
PROTEIN



Made with CARBSTEADY®, to help manage blood sugar*

#1

DOCTOR-RECOMMENDED
BRAND

Use as part of a diabetes management plan.

* Designed to help minimize blood sugar spikes.

©2021 Abbott 20219650/November 2021 LITHO IN USA



PULSE

Eat Your Greens for Strong Bones

Finding ways to get more vitamin K could help keep your skeleton strong, particularly when it comes to your hips. Women who ate more than 100 mcg of vitamin K₁ every day were 31% less likely to have a fracture (especially a broken hip) than those who consumed less than 60 mcg, according to a new study in the journal *Food & Function*. That's about one to two servings of vitamin K-rich foods. Leafy green vegetables such as collard greens, turnip greens, kale, spinach, broccoli, Brussels sprouts, cabbage, and lettuce are some of the richest sources of vitamin K. Load up by making great smoothies, satiating salads, and sheet pan veggie roasts.



It's Party Time!

Finding reasons to throw more parties is a smart wellness move—yes, really. Celebrating positive life events (big or small) with food, drinks, and good company can be great for your mental well-being even when done virtually, says a new study by Indiana University researchers. Part of the reason is that it helps everyone feel supported, and research tells us that a strong social circle/support system is good for physical health and can dial down mental health issues like



depression and anxiety. Expand your celebratory spirit beyond monumental occasions such as anniversaries and birthdays—other events like a raise or a new job,

your little one kicking the winning soccer goal, or your college kid making the dean's list are also worthy reasons to gather folks together and say, "You rock!"



Create Little Chefs

Whipping up meals at home encourages healthy eating (and saves you money), and getting kids involved can help **instill cooking as a regular habit that will serve them well when they grow up.**

With **Kinderkitchen** tools from Kuhn Rikon, children can do more than dump in ingredients and mix things—they become mini sous-chefs with safer versions of favorite adult tools. You can teach them to chop veggies with dog- and cat-shaped knives and a sheep cutting board, and they can learn to bake with a pig mixing bowl and a rooster whisk. (prices vary, kuhnrikon.com)



The Best Soothers for Fussy Kids

When a child is throwing a fit, distracting them with a favorite show may be your first impulse—especially when you're trying to get dinner on the table or help an older kid with homework. But that calm-down tactic may backfire over time, says a new study in *JAMA Pediatrics*. Children ages 3 to 5 whose parents used screen time to help them chill out were more likely to struggle with regulating their emotions, particularly if they already were prone to hyperactivity or had trouble coping with their feelings, say researchers from Michigan Medicine, who studied 422 parents and their children. Three alternatives:

TRY SENSORY TECHNIQUES

like swinging, hugging, jumping, listening to music, and having them squish putty or slime between their hands or look at a book or sparkle jar, especially if the child is about to blow. The diversion can help channel their energy into movements and sensations.

MAKE A COLOR CHART

Younger children have a hard time grasping abstract concepts like emotions, but assigning feelings to colors can improve their understanding. Perhaps blue is for bored, green is for calm, yellow is for anxious, and red is for furious. Make a chart to hang on the fridge or in another communal space; then, next time they act out, discuss how they're, say, in the yellow zone and what they can do to get back to green.

REPLACE BEHAVIORS

This teaches a lesson better than strict scolding (which may further inflame a meltdown). If your kid hits when they're frustrated, say, "Hitting people hurts them—hit this pillow instead to get your frustration out" or "If you want my attention, tap my arm and say 'Excuse me'; you don't have to scream."



Snacks That Fight Food Waste

Here's a green (and yummy!) idea: planet-friendly bites that are good for you *and* the world.



BLUE STRIPES **URBAN CACAO**

Reach for these chocolate-covered whole cacao beans (dark chocolate or hazelnut butter) next time you need a sweet pick-me-up. They're made using parts of the cacao fruit that normally go to waste, like the shell and the meat, resulting in luscious chocolatey pods with just the right crunch. Each five-piece serving has just 5 g of added sugar.



KAZOO TORTILLA CHIPS

These crispy, delicious chips are made from 40% upcycled corn germ, and the fact that less corn needs to be grown to produce them saves at least 20 gallons of water per bag.



SOLELY FRUIT SNACKS

The company has worked with Latin American farmers to divert roughly 20 million pounds of food waste so far. Damaged or imperfect produce is turned into chewy whole-fruit snacks with no added sugar or other ingredients.



BLUE CIRCLE **FOODS HAPPY FISH**

These fish-shaped frozen bites come in salmon and cod flavors, and the salmon ones are made from upcycled fish pieces too small to be sold as portions. Crisp them in your air fryer for a tasty, protein-packed afternoon snack.



TILLAMOOK PORTIONS **AND CRACKER CUTS**

Pairing cheese with crackers has never been easier—or tastier! The individually wrapped snack portions and cracker-shaped slices of cheese are perfect for lunchboxes or to take on the go. And the company is super-mindful of waste—its cheese scraps are repurposed into animal feed, and half of all waste generated at Tillamook's production facilities is diverted from landfills.

CLIMATE AND YOU

Tackling Your Biggest Impacts on the Earth

In the U.S., some 40% of greenhouse gas emissions fall into five basic household categories, says Lisa Altieri. Her website, BrightAction ([brightaction .app](http://brightaction.app)), offers steps for mitigating each and can save families up to \$3,000 each year.

■ **ENERGY** Choose electric and energy-efficient appliances, weatherize your home, and turn off unnecessary lights.

■ **HOME FUELS** When your furnace or hot water heater needs replacement, consider an electric heat pump instead.

■ **GETTING AROUND** Walk, bike, take public transit, and make your next

car electric—cheaper than ever with new Fed credits.

■ **DIET** Eat more plant-based meals, whose production emits one-twentieth of the methane of red meat's.

■ **FOOD WASTE** We each toss 200 or so pounds of scraps yearly—diminish that by planning meals before grocery shopping. —*Meryl Davids Landau*



Another Tool in the Climate-Change Fight

Would your menu selections be influenced by labels that told you what their climate impact was? For many people, the answer would be yes, according to a study in *JAMA Network Open*. Menus with “high-impact” and “low-impact” labels resulted in more climate-friendly orders (such as veggie-forward options) compared with traditional menus sans labels. The Johns Hopkins research team says adding these sorts of labels, similar to ones with calories, could be an effective way to help individuals lower their footprints. Next, studies in a real-world setting.





A Surprising Dementia Risk



Exposure to traffic-related air pollution may be linked to dementia risk, a new meta-analysis in *Neurology* says.

Researchers determined that people who developed dementia had higher exposure to fine-particulate pollutants (ones swirling through urban centers and other high-traffic areas) than people who

didn't develop it. The team analyzed 17 studies involving more than 91 million participants and also looked at other traffic-related pollutants, finding that they didn't have the same impact on dementia risk. Scientists say these results are one more reason for people to find ways to reduce their exposure to air pollution; you might consider buying an in-car air purifier to help reduce your exposure from other drivers' vehicles.

56
PERCENT

OF WOMEN (AND 46% OF MEN!) SAY THEY'D TAKE HAVING MORE ENERGY OVER SEX OR SLEEP,

according to a nationwide survey of 1,500 adults by 1440 Foods.

Q&A

Does the order in which I put on skincare products matter?

It does, dermatologists say. Applying products in a less-than-ideal sequence can diminish the results. “The general rule of thumb, as with clothes, is light to heavy,” explains Mona Gohara, M.D., an associate clinical professor of dermatology at Yale School of Medicine and a *Prevention* Medical Review Board member. Thicker or heavier products like moisturizers and oils are meant to be protective, and applying those at the end of your routine will help seal in other products and keep skin healthy, she says. Applying heavier products before lighter ones would prevent the ingredients from being properly absorbed into your skin. So always start with cleanser—and use this cheat sheet to know when to apply other products you use (makeup last, if you wear it).



The Best Order for SKINCARE PRODUCT APPLICATION

DAY		NIGHT
Cleanser	STEP 1	Cleanser
Toner	STEP 2	Toner
Treatment	STEP 3	Treatment
Serum	STEP 4	Retinol
Eye cream	STEP 5	Serum
Moisturizer	STEP 6	Eye cream
Sunscreen	STEP 7	Moisturizer

30-Minute Meal Under \$15

Sautéed Chicken & Tomatoes with Roasted Artichokes

SERVES 4

1

Heat oven to 425°F. On rimmed baking sheet, gently toss two 14-oz cans **artichoke hearts** (halved and patted dry) with 2 Tbsp **olive oil** and ¼ tsp each **kosher salt** and **pepper**. Arrange cut sides down and roast on bottom rack until golden brown, 10 to 12 min.

\$6.92

2

Heat 1 Tbsp olive oil in large oven-safe skillet on

medium-high. Season four 6-oz **boneless, skinless chicken breasts** with ¼ tsp each salt and pepper and brown, 2 to 3 min. per side; transfer to plate.

\$3.84

3

Reduce heat to medium-low, add 4 cloves **garlic** (thinly sliced), and cook, stirring, 30 sec. Add 1 pint **grape or cherry tomatoes**, ½ cup **dry white wine**, and 6 sprigs **thyme** and simmer 1 min.

Nestle chicken amid tomatoes, transfer to oven, and roast until just cooked through, 4 to 5 min.

\$3.23

4

Transfer chicken to cutting board and let rest 3 min. before slicing. Toss artichokes with tomato mixture and serve with chicken. Sprinkle with grated **Parmesan** and **basil leaves** and serve with crusty bread if desired.

33¢

PER SERVING 355 cal, 40 g pro, 18 g carb, 1 g fiber, 1.5 g sugars (0 g added sugars), 14 g fat (2.5 g sat fat), 114 mg chol, 682 mg sodium

TOTAL: \$14.32



SPRING SUPERFOODS

Great ways to enjoy these fresh picks

APRICOTS

These tangy, sweet orange fruits are filled with vitamin C, vision-supporting vitamin A, and the powerful antioxidant that creates their pretty hue, beta-carotene. Apricots are delicious on their own or in sweet breakfast or dessert dishes—and perfect paired with chicken, pork, or fish for a savory twist.

SNAP PEAS

These crunchy pods are a source of two blood-building nutrients: iron, which helps with red blood cell production, and vitamin K, a

necessity for blood clotting. They also contain vitamin C and plenty of fiber and protein. Snap peas are great dunked in hummus and your other favorite dips.

RHUBARB

You can eat only this plant's colorful stalks (the leaves are toxic), and they're most frequently cooked into pies and other desserts. But their fairly neutral flavor also makes them great in stews, soups, savory sauces, and chutneys. They're a source of anthocyanins, the same super-antioxidants found

in berries and other red and purple foods.

MESCLUN MIX

Often called spring mix at the supermarket, this medley of tender greens sprouting early in the season commonly includes lettuce, arugula, and chicory, which means you get vitamins A, C, and K as well as potassium. Not only is it a classic salad base, but also you can pile these greens on a sandwich, fold them into pasta, or use them as a bed for fish or meat.



Finding a Lost Pet

Approximately 10 million pets go missing each year in

the U.S., says Leslie Poole, executive director of Pet FBI, a free database and information center for missing pets. If yours does, the first thing to do is tell as many people as you can: Post on social media, put up flyers around your neighborhood, and notify veterinarian clinics, Animal Control, shelters, and the police department. Next, ask neighbors to help search on foot and by car using flashlights, which will illuminate animals' eyes in the dark. Remember to check under decks, in sheds, and in garages. Never chase a lost pet if you see them; you may chase them out of familiar territory and into danger. Instead, calmly approach them and offer treats to entice them to come



toward you. While you're out searching, place a favorite bed or blanket outside your door with smelly food like tuna for a cat or Spam for a dog. Finally, make sure they always wear a collar with your up-to-date address and phone number and have a microchip with the same information.

Stop Puppies From Chewing

If your little shark on legs won't stay away from your stuff, start by making sure not to leave things in tempting places. But if you catch them chewing something they shouldn't, take it away and replace it with a chew toy, says Best Friends Animal Society dog behavior expert Marissa Sunny. She also suggests spraying items they like to chew with a mixture of water and lavender essential oil, which will repel your dog.



CAT: BANDASKA/ADOBE STOCK. DOG: PHOTBOYKO/ADOBE STOCK.



MOVE OF THE MONTH

FIX YOUR FEET

Keeping your feet flexy and strong helps fortify everyday movements and prevent or lessen aches and pains (in your ankles, your knees, and even your back) that can stem from foot issues like bunions or fallen arches. Do this toe-scrunch move to maintain a good foundation.

- 1** Stand on a towel with your feet flat.
- 2** Lift your toes off the towel, then spread them and try to gather or pull in as much of the towel as you can with your toes.
- 3** Repeat this scrunching and gathering as you raise your toes and lower them back onto the towel, moving along its length until you reach the end.
- 4** Do this for three to five towel lengths; that's one set. Do two to three sets.

Buzz-worthy.
Heart-healthy.*



*THREE GRAMS OF SOLUBLE FIBER DAILY FROM WHOLE GRAIN OAT FOODS, LIKE HONEY NUT CHEERIOS™ CEREAL, IN A DIET LOW IN SATURATED FAT AND CHOLESTEROL, MAY REDUCE THE RISK OF HEART DISEASE. HONEY NUT CHEERIOS™ CEREAL PROVIDES .75 GRAMS PER SERVING.



A Beginner's Guide to Weights

Strength training is important for strong muscles, joints, and bones, and it doesn't have to be intimidating. Three things to keep in mind before you pick up a dumbbell, from fitness trainer Brook Bente, author of *Prevention's* new book *Lift Light, Get Lean*.

ALWAYS WARM UP

Loosen up with gentle moves like marching in place, lateral lunges, and standing torso twists.

USE YOUR CORE

This makes stability the focus to help prevent injury. Before each set:

- Stand up straight.
- Tighten your abs.
- Pull your shoulders down and back.
- Tighten your glutes.

CHOOSE THE RIGHT WEIGHT

You shouldn't be in pain or able to lift for only a

few reps. Strive to feel challenged but able to complete your workout. When you feel like this after a set, you'll know you've figured it out!



GET THE BOOK!

With our easy-to-follow program, you'll reap all the benefits of strength training (\$27, prevention.com/liftlight).



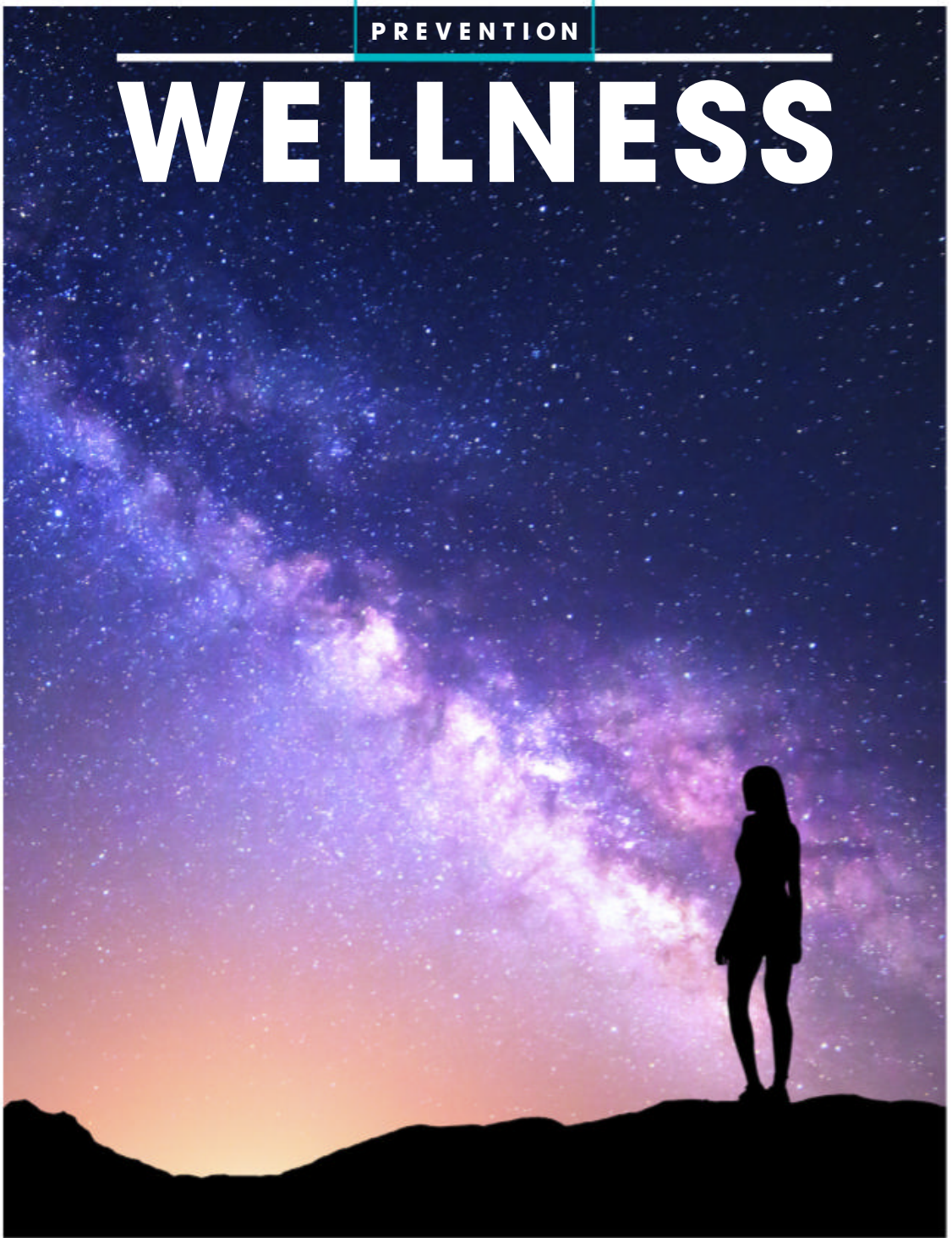
A Breakfast You'll Heart.



*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios™ cereal provides .75 grams per serving.

PREVENTION

WELLNESS



HEALTHY HOBBY

STARGAZING

Through studying the night sky, you could spark creativity, feel closer to others, and learn something new.

BY KAITLYN PHOENIX


STAND OUTSIDE on a dark, cloudless night and dare yourself not to be awed by the sky above. “When you’re looking up and seeing the stars, you often feel inspired and find some sort of creativity or deeper understanding,” says Blair Belt-Clark, the planetarium director at Mayland Community College’s Earth to Sky Park in Burnsville, NC. It could spur you to paint, draw, or even dance.

●●● **BEYOND THE CREATIVITY BOOST** (which anyone, not just artists, can feel), there are benefits to spending time outdoors in the dark. Everything in nature—humans, animals, and plants—needs adequate exposure to darkness to help regulate circadian rhythms, says Belt-Clark. In fact, studies show that artificial light at night can throw off entire ecosystems and hurt human health (which is a good reminder to turn off your porch light or put it on a motion sensor).

Stargazing can also support our mental health. “Our worries can diminish in the presence of something greater than ourselves,” says Belt-Clark. “We’re all under one sky. Most


stargazers would tell you that it is a bit of a therapy and that it makes us feel connected to nature, ourselves, and our fellow persons.”

GET A MAP

 **To begin,** visit [skymaps.com](https://www.skymaps.com) and print out a map of the night sky above the area where you live for the current month. Then, if you’re in the northern hemisphere, “the easiest thing as a brand-new stargazer is to find your true north and find our north pole star, Polaris,” says Belt-Clark. The stars viewable from the northern hemisphere rotate around Polaris, and the map helps you locate asterisms, or patterns

of stars, like Orion’s Belt. “It tells you what’s easily seen with your naked eye, with binoculars, and with a telescope,” says Belt-Clark. “It also gives you a little glossary.”

USE AN APP

 **“It’s really convenient** to use a stargazing app, because it works based on your GPS coordinates,” says Belt-Clark. “You can search for what you’re looking for and it will point to a corner of the screen you need to move your phone around toward.” Some popular ones include Night Sky, Sky Guide, SkEye, Heavens-Above, Stellarium, and Sky Map, says Belt-Clark.

IF YOU WANT TO
KICK THINGS UP

See if a local astronomy club hosts star parties, suggests Belt-Clark. At these events, people set up telescopes directed at points of interest and share their knowledge. It’s also a way to test telescopes before you buy one.

NATURAL FIXES

Rethink Red Meat

Moving toward a plant-based diet is good for your heart as well as for the health of the planet.

BY ANDREW WEIL, M.D.

Plant-based diets have recently spiked in popularity. Last year, about 65% of people surveyed said they planned to eat more meatless meals. That's a good sign: While evidence is mixed, a number of studies have linked eating a lot of red or processed meat to an increased risk of heart disease and some types of cancer. What's more, the livestock industry is a major contributor to greenhouse gas emissions. In fact, one study found that if everyone ate 25% less beef, pork, and poultry, we could reduce emissions by more than 1%—about 82 million metric tons annually!

What types of meat are we talking about?

Red meat includes beef, veal, pork, lamb, mutton, and goat. Processed meat has been salted, cured, fermented,

smoked, or otherwise processed and includes hot dogs, ham, bacon, sausage, corned beef, and beef jerky. Research has found that with higher consumption of processed meats comes higher risk of chronic diseases and death.

What are the benefits of cutting back?

Some research shows that vegetarians and vegans have lower levels of total cholesterol, LDL cholesterol, and blood glucose than meat eaters. They also appear to have lower rates of heart disease, diabetes, and cancer.

So what about eggs and seafood?

When many people hear the word “vegetarian,” they imagine an eating plan that eschews animal products altogether, but that's a vegan diet. Vegetarians focus on eating fruits,



Dr. Weil is founder and director of the Andrew Weil Center for Integrative Medicine.



vegetables, dried beans and peas, grains, seeds, and nuts while forgoing meat, poultry, and seafood. That said, there are different eating patterns adjacent to vegetarianism. One is a flexitarian way of eating, which emphasizes a plant-based diet but makes room for occasional servings of eggs, dairy products, and even meat, poultry, and seafood. A pescatarian diet eliminates meat and poultry but allows seafood. A lacto-vegetarian diet includes dairy products, while an ovo-vegetarian diet includes eggs.

Don't we need the protein red meat offers?

Humans can get the protein and essential fatty acids we need from other sources, including wild-caught cold-water fish, omega-3-rich free-range eggs, and tofu, beans, and nuts.

OK, what are some strategies for eating less meat?

- **START SWAPPING.** Opt for other protein sources. If you need to, ease into the idea by swapping out only a portion of the meat in a recipe, then decrease the amount further over time.
- **PUMP UP THE PRODUCE.** Aim for five to nine servings of fruits and vegetables daily. They provide essential nutrients as well as fiber.
- **MAKE MONDAYS MEATLESS.** Cook a plant-based meal at least once a week.
- **CHOOSE WISELY.** If you do choose to eat meat, limit it to once or twice a week, avoid processed varieties, and if possible opt for grass-fed, grass-finished beef, wild game, or bison. You'll do your body—and the planet—a favor.

BEAUTY

Get Your Best Brows

Expert tips for a full, gorgeous look

BY BOBBI BROWN

I used to have thick, Ali MacGraw–like eyebrows. Then I lived through the 1990s, when all the makeup artists were plucking brows into barely-there lines, so I had someone make mine thin. Sadly, they never grew back. My mother’s generation used to shave theirs off to pencil them in, and they *really* didn’t grow back! But there are also more natural reasons for thin brows; as we get older, we lose hair all over. It’s normal, but you can fake your way to fuller brows—just know that it’s easy to overdo it, so be strategic. Here’s how.

FIND YOUR COLOR

Fill in your brows with makeup—the hue is crucial. Picking the best shade really comes down to your natural eyebrow color, which is essentially the same as that of your hair. But colors tend to differ between packaging and actual results. I tell people to try a

shade lighter than they might first consider. And if you dye your hair, the shade you choose should reflect that hue. No one should use black; instead, use a dark brown. If you have blonde, white, or gray strands, opt for a light taupe-ash color.

GO TO WORK

The magic of thicker-looking brows is all about creating subtle definition. You do that by using a light hand and making small strokes with an eyebrow pencil to fill in the sparse parts of your brows.

I’m a makeup artist and even *I* think this step can be tricky, especially with those skinny pencils that require short, feathery, precise strokes. I use my Jones Road The Brow Pencil (\$22, jonesroadbeauty.com). It’s a fatter pencil



Bobbi Brown is a makeup artist and the founder of Jones Road Beauty and Bobbi Brown Cosmetics.



ILLUSTRATION: KATHRYN RATHKE.



that is easy to hold and control and gets the job done fast by creating broader lines. It's made of amazing teeny fibers that give the illusion of thickness.

Or, if you want to have a product that pulls double duty in your makeup bag, find an eyeshadow similar to your natural hair color. You can use it on your eyes by lightly dusting it across your lids with a fluffy eyeshadow brush and on your brows by dipping a slanted brush with stiff bristles into the shadow and using tiny strokes to mimic natural hairs. I use Jones Road Beauty The Best Eyeshadow in dark brown (\$25, [jonesroadbeauty.com](https://www.jonesroadbeauty.com)) on my eyebrows, with a dash on my eyelids; I also use it as eyeliner and to cover up white hairs coming through my part. Just be sure to use a heavier or a lighter hand based on where you put the shadow.

ADD A FINISHING TOUCH

After filling in brows, brush hair upward with a spoolie brush or an eye brush comb to blend out excess color and give the illusion of a brow lift. Are your eyebrows too dark? Instead of undoing all your hard work, add face powder to a powder puff and then dab your brows. This makes your hair look lighter for a more natural appearance.

MICROBLADE IF YOU DARE

You can try microblading, a semi-permanent tattoo technique in which the tiny needles of a pen-like tool add pigment. I wanted to try it but decided not to: Once you do it, you're stuck with it for three to six months. Read reviews of the practitioners in your area and look at examples of their work before making an appointment.

HOW I DO IT

Intuitive Eating

Unlearning diet rules helped me find peace with food.

BY STEPHANIE DOLGOFF

There are a zillion reasons humans eat beyond capacity: We're bored, tired, distracted, or starved for kindness, to name just a few. Or maybe we think leaving food is wasteful, or we were once food-insecure and eat too much instinctively. Plus, if you've ever dieted to lose weight, you know that restricting particular foods makes it really hard not to overeat on the rebound.

As for me, I had a serious eating disorder in my teens and early 20s. With therapy and practice, I figured out healthier ways of managing my emotions than bingeing, purging, and obsessively dieting. My weight has been stable and midrange for decades.

Still, until I began eating intuitively a few years ago, food was always a thing I had to be careful with, the way some folks must be vigilant around alcohol. I didn't diet explicitly to lose weight, but in the back

of my mind I still judged what I ate as "good" and "bad," which I told myself was about health. On some level, though, it was also secretly about not gaining weight. And stress still made me eat compulsively.

SHAME, SHAME, GO AWAY

After eating what I believed was too much, I'd feel a shower of self-loathing at losing control and a stab of panic about potentially gaining weight—followed by a familiar resolve to do better. While I wasn't as extreme as when I was younger, I'd often step up my exercise and avoidance of foods I thought might trigger a binge, which led to feeling deprived.

I was sick of it! I was in my early 50s, a mom of two kids whom I'd taught to value and love their bodies, and I was stuck in this mindset. I picked up a copy of *Intuitive Eating: A Revolutionary Anti-Diet*



Stephanie Dolgoff is deputy director of the Health Newsroom at the Hearst Lifestyle Group.



BEN GOLDSTEIN, PROP STYLING BY MIAKO KATOH.

Approach by dietitians Elyse Resch and Evelyn Tribole.

WHAT IS INTUITIVE EATING?

Intuitive eating is a philosophy made up of 10 principles that reject weight-loss diets and encourage you to tune in

to how truly hungry or satisfied you are in a given moment. You use what you discover to inform how, what, and when you eat. In short, these principles are:

- ▶ Reject the diet mentality and diet culture.
- ▶ Honor your hunger.

- ▶ Make peace with food.
- ▶ Challenge the food police.
- ▶ Discover the satisfaction factor.
- ▶ Respect your fullness.
- ▶ Cope with your emotions with kindness.
- ▶ Respect your body.
- ▶ Movement—feel the difference.
- ▶ Honor your health.

The benefits of intuitive eating are supported by plenty of research, and proponents say that anyone who is unhappy with their relationship with food can move toward improving it by learning to listen to their body and tune out “diet culture,” which falsely equates thinness with virtue, success, and health; demonizes some foods and slaps a halo on others; and oppresses people who don’t fit the skinny (white) ideal. “We can trust our bodies and ourselves with food despite what diet culture claims,” says Christy Harrison, M.P.H., R.D., the author of *Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating*.

Listening to our bodies’ signals is critical, adds Alissa Rumsey, R.D., a certified intuitive eating counselor. “Hunger is a biological cue, similar to the urge to go to the bathroom,” says Rumsey, author of *Unapologetic Eating*. “We never say, ‘I just peed an hour ago, so I’m not going to go again,’ but we do that with the need to eat. Hunger is designed to help our bodies get enough nutrients to stay alive.” Yet we routinely overrule our bodies.

As of this writing, I’ve been eating intuitively for several years, and it

is almost second nature to me. The payoff—true peace with food, and all that comes with it—is worth it. But it wasn’t always easy, especially at first. It required constant awareness of the food messages I gave myself, as regimented and sometimes punitive diet-type behaviors were so ingrained in me.

RETHINKING THE RULES

The first week, following the advice of Resch and Tribole, I bought a bunch of things I ordinarily wouldn’t have kept in the house out of fear that I’d Hoover them up. I got Nutella, trail mix, and a favorite cereal that I’d last stress-scarfed straight from the box. I told myself that these foods would be there if I wanted them and that I could always go out and get more if I wanted to. I was *truly allowed* to eat them.

I kid you not: The Nutella sat unopened for weeks, because knowing that I could have it whenever I wanted made me forget about it. When it was time to eat and I saw it raising its smooth, chocolatey hand in the cabinet, I asked myself whether I felt like Nutella. The answer was simply never yes.

One afternoon I snacked on some of the cereal, which—when I ate it slowly and consciously—I noticed was too sweet. I also realized that it had a harsh texture and was awfully dry. How had I eaten half a box without recognizing how raw it left the roof of my mouth? I haven’t bought that cereal since.

As for the trail mix, I had some every day until I lost interest in it. This is



BEN GOLDSTEIN. PROP STYLING BY MIYAKO KATOH.

habituation, or our natural tendency to find stuff we were once excited about kind of *meh* if it's just a normal thing.

At the office, instead of making sure my plate was three-fourths veggies and one-quarter lean protein, as was my ritual at the salad bar, I asked myself what sounded good for lunch. The answer varied: sushi; hummus and pita; and one day, spinach salad with eggs and bacon bits plus blue cheese dressing.

When I checked in on my hunger mid-meal rather than eating on my usual autopilot, I often didn't see the need to have more than a few additional bites. I resisted the habit of judging food as "good" or "bad" and myself as "good" or "bad" for having eaten it, and I noticed that overall my body was telling me to make mostly nutritious choices.

There were some tough moments: One night I finished a bowl of formerly

taboo pasta at a restaurant, blowing right through the “Respect your fullness” stoplight. I scolded myself, and my mind sprinted to a plan to exercise more the next day, cut back on “unhealthy” foods, be more careful.

When I spoke with Harrison about it, she asked me if it had felt like a fight-or-flight response. Yes, it had. She said that eating disorders were traumatic and that dieting could be as well.

Next time, she advised me to take some deep breaths to calm down. She also pointed out that occasionally “overeating” is perfectly normal and intuitive eating won’t be “perfect.” It shouldn’t feel like another diet, another way to judge oneself around food.

ADJUSTING TO TRUSTING MYSELF

As the months passed, believing that I could truly eat anything toned down the allure of escaping through food. Harrison uses a pendulum analogy: When you don’t pull the pendulum so far back as to be in the deprivation zone, it doesn’t swing as hard in the other direction. When I ate more than I intended or had something “unhealthy” and felt that “tsk-tsk,” I kicked into nonjudgmental mode. I jotted down: *I had more food at dinner than I meant to. That is not a crime.*

With a lot of repetition—and sadness at how hard I’d been on myself for so many years—I let it go.

One question new intuitive eaters ask is “Will I gain weight?” I have—a small but noticeable-to-me amount. “Some people gain weight with intuitive eating, some people lose weight, and some stay the same,” says Harrison.

“I would say most people gain, because they’ve been restricting.

It stabilizes over time, but at first most people do.” I add, in my head, *And there’s nothing wrong with that.*

Because there isn’t.

I’d be lying if I said I was thrilled about it, but my slightly heavier body, my new normal, is a tiny price to pay for no binges and total calm around food. I bought cute new pants rather than forcing myself into my old ones as if I deserved to be

uncomfortable because I wasn’t thinner. “Our bodies are not meant to stay the same year over year—they’re meant to change,” says Rumsey. “Your weight at 45 is not going to be the same as at 25, and that is OK!”

Until I started eating intuitively, that little bit of sanity had literally never occurred to me. This is me living Intuitive Eating Principle 7: coping with emotions with kindness. It’s working.

“

OCCASIONALLY
‘OVEREATING’
IS PERFECTLY
NORMAL.
INTUITIVE
EATING SHOULD
NOT FEEL LIKE
ANOTHER DIET.”

A recent study has shown supplementation with NMN, and Resveratrol can reverse age-related decline, and extend overall lifespan by up to 25%*.

AEON is the **ONLY** product that combines NMN, Resveratrol AND 8 other age defying compounds like Fisetin, Quercetin, and Astragalus in one affordable supplement!



NMN

L-THEANINE

RESVERATROL

CURCUMIN

QUERCETIN

CoQ10

ASTRAGALUS

COLLAGEN

FISETIN

CROCIN

EGCG



Made in USA



Made with Natural Ingredients



GMP Certified



FDA Registered Facility



Third Party Tested



Non-GMO (GMO FREE)

Learn more at:

BuyAEON.com





walk away

Nearly all exercise is good for your mental health, but walking seems to have a tension-relieving superpower. And every little bit helps.

BY KAITLYN PHOENIX

stress

Working out is an amazing mental health booster—and walking is no exception.

“Immediately after an exercise session, the brain is flooded with neurochemicals that help regulate mood,” says Jennifer Heisz, Ph.D., an associate professor in the department of kinesiology at McMaster University and the author of *Move the Body, Heal the Mind*. This includes endorphins that reduce pain, serotonin to help us stay calm, neuropeptide Y to protect the brain from trauma, and dopamine to activate the brain’s reward system. Also, contracting muscles release myokines, small proteins that help clear excess inflammation.

“Regular exercise such as daily brisk walking also helps tone the stress system and makes you less reactive to everyday stressors,” says Heisz. “This is key. Everyday stressors can gradually erode our physical and mental health by damaging cells and causing an immune response that increases inflammation in the body and the brain.” To experience the calm-inducing benefits of walking, use these tips from Heisz:

START WITH 10-MINUTE WALKS.

Studies have found that just 10 minutes of walking lowers anxiety and depression and increases focus and creativity. Find time in your day, add it to your calendar, and hold yourself to the plan.

EASE INTO WORKING OUT.

If you are experiencing a lot of stress in your daily life, it can be tough to tolerate hard workouts. Don’t be afraid to lower the

intensity—you can get tremendous health benefits from short movement breaks.

STAY CONSISTENT.

After every single workout, when all those neurochemicals flood the brain, you get a boost in mood. But there are also cumulative gains over the long term, both mental and physical, if you make walking a regular habit.

SLOWLY INCREASE YOUR DURATION AND PACE.

Though the mood-boosting benefits can be felt in just 10 minutes, greater benefits are felt with every additional 10 minutes up to one hour. Research from Heisz's NeuroFit Lab also shows that faster-paced

walks and interval walking may be the best strategies for improving memory.

MAKE IT FUN.

Pick something you enjoy doing (like walking in a park) and pair it with other things you like (such as listening to a favorite podcast). While you're at it, reframe your thinking:

"A workout" sounds like work. Instead, call it your "wellness walk," which is a time for self-care (not a punishment).

Below, three *Prevention* readers share how walking helped them take better care of themselves and overcome the mental challenges their lives served up.



I FOUND **COMFORT**

“A few months after my husband of 54 years died, I arrived home from a meeting with my grief counselor and saw my neighbor Margy walking toward my driveway. I got out of the car, met her, and burst into tears. After consoling me, she said, ‘Do you want to take a walk?’ I nodded, and we walked around the block. I remember crying most of the time, but her

arm was around my shoulders, and it felt good to walk. It also felt good to have someone comforting me when I felt so sad. She stayed for tea after the walk, and we've been walking together every day since, now for almost three years.

We often walk twice a day—once at 7:30 in the morning and again later, in the afternoon or evening. Scheduling walks every day gave me something to look forward to. Having retired from a taxing career as a nurse and no longer caring for my husband 24/7, I had nothing to do. Plus, COVID-19 restrictions had just started, so I had no outings on my calendar, but knowing that every day I would be seeing a friend, walking and talking, gave me purpose. I recently turned 80, and I've never felt better—my mind is sharper, my body is more flexible, and my spirit is soaring. I feel healthier, and checkups with my primary care provider confirm this.

I feel accomplished, and I'm more outgoing. I know more neighbors and feel connected in my neighborhood. I also value time by myself because I have time that I spend with others."

—**LEA ACORD**, RACINE, WI

set yourself up for success

Walking with a friend brought Lea emotional comfort, and a little prep work can make your walk more comfortable physically too.

■ WEAR THE RIGHT GEAR.

You want soft, cozy, weather-appropriate clothes that allow you to move freely. This might sound like a no-brainer, but if your sneakers are rubbing the backs of your ankles, your bra is digging in, or your hands are cold, you're not going to be able to fully relax.

■ DON'T IGNORE THE SUN.

Wear sunglasses, sunscreen, and a

wide-brimmed hat. The sun's rays can reflect off of pavement, water, snow, sand, and even grass.

■ PROTECT YOURSELF FROM TICKS.

Ticks can spread serious illnesses, and they're most active between April and September. To lower your risk of getting bitten on walks on grass or hiking trails, tuck your pants into your socks and use tick repellent. When you get home, examine your clothes and skin and shower within two hours.



■ **TRY USING WALKING POLES.**

Not only can they help you stay upright, but also they may engage upper-body and core muscles, take stress off of knees, and improve aerobic endurance. Pick poles that are tall enough so a 90-degree bend forms at your elbow when their tips touch the ground.

STOCKSY.

I FOUND **NATURE**

“Too often life gets busy and we forget how to take it easy. I walk to clear the cobwebs and reconnect to the person within. Nature soothes my soul like nothing and no one else can, so I concentrate on the sights and sounds along my route. I stop and listen near the brook that runs under the road before it winds its way past my house on the opposite side of our driveway. I pass several fields, which always makes me pause to



reflect on how much I enjoy these moments of solitude. My regular route starts and ends with uphill stretches, and I've come to accept the physical challenge of the uphill climb to reach the fields and be rewarded with sun and warmth—especially on shorter winter days.

I especially enjoy walks among the trees. I often stop, take a deep breath, and look up when I'm in the woods. In fact, my favorite

walk I've ever completed was a 50-mile-plus solo hike I did with my dog Miss Jackie before she passed away. We would hike into the afternoon, and then I'd set up camp at a lean-to and get us fed. We were so exhausted each night that we would go to sleep early.

Most of my walks are done alone, but my husband joins me on occasion, and if my daughter is visiting, she'll walk with me.



step outside

Kate is definitely on to something. Yes, walking just about anywhere has its health perks, but walking in nature seems to amplify the benefits. Consider a study led by Gregory Bratman, Ph.D., at Stanford University that compared the effects of walking along a busy urban street with the effects of walking in a more natural setting. “We wanted

I never wear headphones or talk on my phone, as this is my chance to unplug. There is so much going on overhead that we miss if we are just walking to get steps in or distracted as we think about our to-do list. Nature soothes my soul and brings me back to a calmer, more relaxed me. Peace in nature is my go-to therapy!”

—**KATE TIBBITS**, PLAINFIELD, NH

to see whether being in nature would reduce rumination—repetitive negative thought focused on oneself, a known risk factor for the onset of depression,” says Gretchen C. Daily, Ph.D., Bing Professor of Environmental Science at Stanford University and coauthor of the study. “We found that study participants randomly assigned to walk in the natural environment experienced lower levels of rumination and showed reduced neural activity in an area of the brain [the subgenual prefrontal cortex] linked to risk for mental illness. The participants walking along the urban street did not experience these benefits.”

Another interesting study found that 15-minute walks that cause a person to feel awe (say, a stun-

ning vista you’ve never looked out over before) are particularly helpful at reducing stress over time. Other research has shown that connecting with nature can help us bounce back from stress and recover from the fatigue we feel after focusing too intently on things. “Nature focuses our attention on ‘softly fascinating stimuli’ like seeing beauty in a landscape or the sky, hearing birdsong or leaves rustling in a breeze, and smelling—even subconsciously—natural fragrances, in a very beneficial way,” Daily says. “The cool thing is that you don’t have to be in the world’s most idyllic city or walk 10 miles for benefits. Even short walks, even in winter, and even seeing just a few trees or a canal or other parts of nature can have a real positive impact.”

I FOUND JOY

“More than 30 years ago I received a little dog as a gift after Hurricane Andrew, so I started going on daily walks, and I’ve been taking them ever since because walking brings me such joy. My current dog, Dibby, joins me for multiple walks a day, but our morning meditative walk is a special one. I use the time to bond with him, review commands using treats, and look and listen for interesting things along our routes.

The area where we live is an Audubon Cooperative Sanctuary, which is a community that protects wildlife and the environment. We could see a flock of white ibis or hundreds of black grackles flying overhead, or hear a couple of eagles calling out to each other from a nearby nest. We might also cross paths with a rabbit, a gecko, an armadillo, a black racer snake, or an iguana bringing morning salutations.

During these walks I also practice breathing exercises.

Box breathing is my go-to method, but I might do pursed-lip breathing followed by diaphragmatic exercises to work on my core stability and posture. I’m always trying different techniques.

If I’m going for a longer walk, I often listen to classical music, books, or podcasts. One of my favorite walks is on Sunday mornings, when I listen to *Sunday Baroque* with Suzanne Bona. It gives me such joy to walk and look at beautiful nature while I listen.”

—LIZ WELCH, BONITA SPRINGS, FL

breathe deeply

“Paying attention to your breathing while walking can transform the movement into a mindful meditation for a strong mood-boosting effect,” says Heisz. What’s more, it doesn’t take much to transform a normal walk into a mindful, restorative one—just a bit of focus.

To feel the effects for yourself, try box

breathing on your next walk: Imagine that there is a box in front of your face and use your finger to trace its border: Breathe in as your finger goes up one side, hold your breath as it goes across the top, exhale as your finger moves down the other side, and hold your breath again as it continues across the bottom to close the rectangle. “Repeat that five to 10 times,” suggests Judy Ho, Ph.D., a licensed psychologist and the author of *Stop*



Self-Sabotage. “It’s so visceral, and tracing the box really helps even out your breathing,” she says.

“It’s time to tune in to the present moment—no phone calls or earbuds—and activate my senses,” says Jennifer Walsh, founder of *Walk With Walsh*, who loves leading groups on mindful wellness walks. “I take in the sights, the sounds,

and the scents and even touch what is around me. These types of walks are known to lower blood pressure, slow heart rate, and alleviate stress and anxiety.” Also, research has found that a mindful nature walk can help improve sleep—and we all feel better when we’re well rested.



GET MORE INSPIRATION

Walk Your Way Calm by Jennifer Walsh

is a rich guide to walking: Discover 101 walks you can try, and use the walking log to track your steps and your mood. \$25, [prevention.com/walkcalmjournal](https://www.prevention.com/walkcalmjournal)

HEALTH

WHAT'S UP WITH... **BLEEDING GUMS**

If your smile's been looking a little gory lately, here's why.

BY KAYLA BLANTON

PHOTOGRAPH BY BEN GOLDSTEIN



PROP STYLIST: MIAKO KATOH.

B RUSH, RINSE, spit, and... bleed? Consider those pink droplets in the sink a red flag.

The state of your gums (and how prone they are to bleeding) can let you know that something is going on with your health, or at least with how well you brush, says Richard M. Lipari, D.D.S., a board-certified cosmetic and restorative dentist in Chappaqua, NY. Here, why gums are so sensitive and how you can keep them happy and healthy.

WHY DO GUMS BLEED?

■ **Some people simply have** less resilient gums or thinner mouth tissue than others do because of genetics, so they are more prone to gum issues, says Lipari. But the most common reason gums bleed is gingivitis (a.k.a. inflamed gums), which is the result of irritation caused by plaque buildup at the gumline. Gingivitis can turn into even more harmful periodontitis: This is when plaque gets underneath your gumline and the

bacteria in it start to break down both the bone and the tissues holding your teeth in place, sometimes leading to tooth loss. Lipari says both are mainly caused by poor oral hygiene and/or smoking.

Other possible causes

◆ **HORMONAL CHANGES**

Fluctuations in estrogen and progesterone levels during puberty, pregnancy, and menopause (or while taking birth control) can make gums vulnerable to inflammation.

◆ **MEDICATIONS**

Blood thinners and high blood pressure treatments can lead to inflamed gums that bleed easily.

◆ **DIABETES**

Along with the medications used to treat it, diabetes can cause you to produce less saliva, and saliva is necessary to help wash away the bacteria that irritate gums.

◆ **BRUSHING TOO HARD**

The idea that it's best to scrub with harder bristles is a misconception, says Lipari.

◆ **VITAMIN DEFICIENCIES**

Bleeding gums may be a sign of a vitamin C deficiency (also known as scurvy) or a lack of vitamin K.

HOW TO STOP THE BLEEDING

To maintain good oral health, brush twice a day with a soft or extra-soft brush, floss daily to remove plaque, and schedule a professional cleaning twice a year, says Lipari. If bleeding doesn't resolve within two weeks of consistent brushing and flossing, Lipari recommends checking in with your dentist, who may refer you to a physician for further evaluation.

THE DOCTOR IS IN

Sex and Drugs

That got your attention, right? Here, answers to a few questions on both.

BY LAUREN STREICHER, M.D.

I understand why many women sometimes consult “Dr. Google” rather than calling their own doctor, especially when it comes to certain “taboo” topics like sex and drugs. It’s quicker, and they may be embarrassed to bring up questions in person. But the Internet isn’t always correct—and even some doctors don’t have expertise on these topics. As an expert in sexual medicine and menopause, I do have inside information on some of the more “unusual” topics. Here are a few of the questions that routinely come my way.



Dr. Streicher is a clinical professor of obstetrics and gynecology at Northwestern University’s Feinberg School of Medicine. Her latest book is *Slip Sliding Away: Turning Back the Clock on Your Vagina*.

“Can I use my partner’s Viagra to help me orgasm?”

It’s so tempting! Clearly those little blue pills work wonders for him. But does Viagra (sildenafil) work in women? And is it safe?

Based on the premise that

a penis is just a large clitoris, one would think it would work. And initially there was great hope that sildenafil and other phosphodiesterase type 5 inhibitors would totally solve the absent-orgasm issue in women by increasing blood flow to the clitoris. Since Viagra is FDA-approved only for men, there is not as much data when it comes to women, and in studies that do exist, results have been inconsistent. Interestingly, women who are unable to orgasm as a side effect of taking an SSRI antidepressant are among the most likely to respond to Viagra. In some studies, it gave women with decreased blood flow because of diabetes, multiple sclerosis, or spinal cord injuries increased arousal and ability to orgasm. Safety data is limited, and there’s no dosing information for women on the product label. I do prescribe Viagra

and Cialis for some patients (off-label), but I start at the lowest dose available. If you want to pursue this, talk to your gynecologist; don't self-dose.

“Can I use cannabis for menopause symptoms when on hormone therapy?”

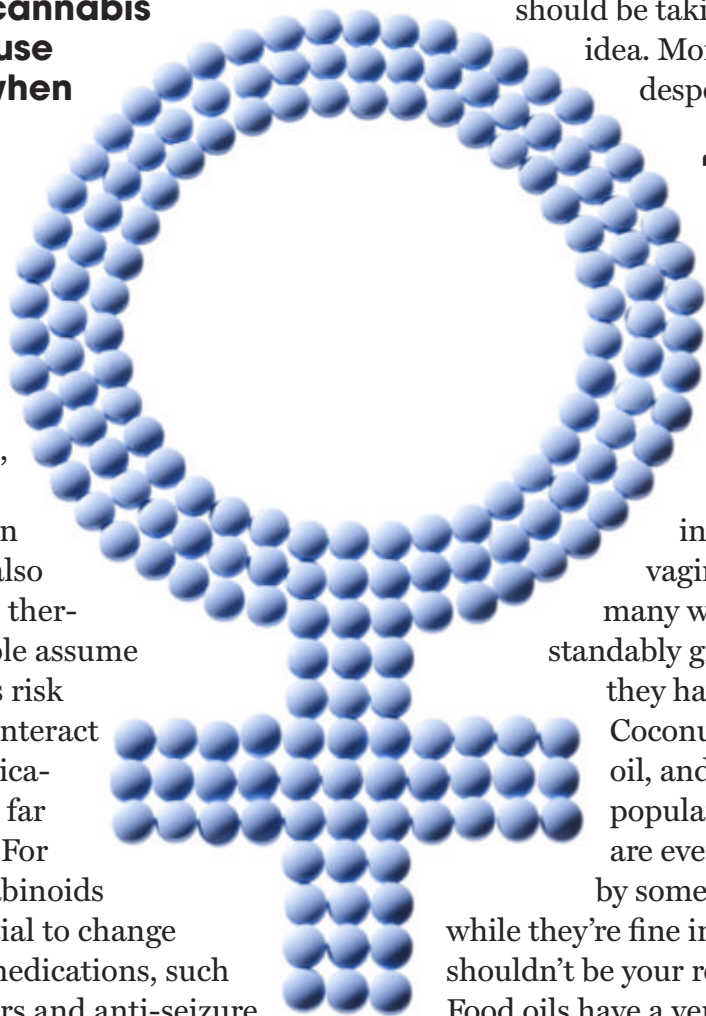
At least one in four women has used some form of cannabis for relief of hot flashes, vaginal dryness, and insomnia, but it's unknown how many are also taking estrogen therapy. Many people assume that cannabis is risk free and won't interact with other medications, but that's far from the truth. For instance, cannabinoids have the potential to change the way some medications, such as blood thinners and anti-seizure drugs, work.

While there are few published studies on the interaction of estrogen and cannabis, estrogen and cannabis metabolism are closely linked, so it stands to reason that there would be some sort of interaction. Some cannabis experts propose that the use of estrogen

and cannabis together may produce a greater effect than using either alone. But will taking both change the way the cannabis makes you feel or—more important—affect the estrogen dose you should be taking? I have no idea. More research is desperately needed.

“Is coconut oil a good lubricant?”

Coconut oil is great when making lunch, not when making love. When vaginal dryness hits, many women understandably grab a product they have at home: Coconut oil, almond oil, and apricot oil are popular choices and are even recommended by some doctors. But while they're fine in a pinch, they shouldn't be your regular choices. Food oils have a very thin consistency, and regular use of oil in the vagina may increase the risk of yeast infection. And as all food oils damage latex, they shouldn't be used with condoms. You're much better off with a low-osmolality water-based lubricant or, even better, a vagina-friendly, super-slippery silicone-based one.



CHALLENGE

Green Your Home

Does one new habit a week really matter? Absolutely.

BY ALYSSA JUNG

Sustainability starts at home—literally. “No individual can save the planet, but no action we take at home is too small,” says Mary DeMocker, author of *The Parents’ Guide to Climate Revolution*. The more action, the greater the impact.

The average U.S. citizen’s carbon footprint is about four times larger than the rest of the world’s, contributing significantly to climate change. “Planet care is self-care; what’s good for the earth is also good for us,” DeMocker says. Big things matter—flying less and using solar-powered energy—but your daily routine is crucial too. And you don’t have to change it overnight. Take a week at a time to tweak these habits, and you’ll help our planet for years to come.

THIS WEEK

▶ PURGE YOUR PLASTIC

Nearly 400 million tons of plastic—half of which is

single-use products—are produced worldwide each year. The process results in harmful emissions, and the plastic itself breaks down into microplastics that wreak havoc on the environment and wildlife. It also contains chemicals that can disrupt our endocrine system when we are chronically exposed to them. “Limiting the amount of plastic in the home can have a profoundly positive impact,” says Shawna Holman, author of *A Healthier Home* and founder of A Little Less Toxic.

Go through your house and make a pile of all your plastic items. Then order reusable replacements such as glass food storage containers or stainless steel water bottles and coffee mugs. You can find reusable spray bottles for cleaning supplies and containers for shampoo and body wash, and even refillable deodorant. “Other sustainable materials include ceramic, solid wood, bamboo, and silicone,” Holman says.



out of landfills but also gives back to the planet by enriching the soil and pulling carbon out of the atmosphere,” DeMocker says.

■ **Label groceries.**

Write the purchase date on new groceries; it’s a visual reminder of what needs to be eaten first. Also, freeze and label leftovers.

THE WEEK AFTER

▶ **SHIFT THE WAY YOU SHOP**

Seek out companies with a sustainability aspect. “Some take extra steps to create

NEXT WEEK

▶ **TACKLE FOOD WASTE**

One-third of the food produced in the U.S. never gets eaten, and most of that waste happens in our homes. “Food thrown in the trash ends up in incinerators or landfills, where it emits climate-harming methane as it rots,” says DeMocker. Here’s how to do your part:

■ **Compost.** Many communities provide compost containers, or you can purchase one online; look up your local food scrap drop-off location or pickup schedule. “Composting not only keeps unused food

mindful products that have healthier ingredients or production processes,” says Holman. Make a list of items you purchase regularly, such as snacks, gym clothes, or candles, then search online for greener options. Commit to passing used clothing on instead of tossing it, and opt for cotton, hemp, bamboo, wool, or other natural fibers.

How you shop matters too: “Buying local cuts down on carbon emissions and air pollution created by transporting purchases, and it often means less food packaging and waste,” says DeMocker.

GETTY IMAGES.

2023
Prevention
SLEEP
AWARDS

GET BETTER

QUALITY SLUMBER is one of the most important things you can give **YOUR BODY AND MIND** —but it doesn't always happen naturally. So we tapped top sleep **EXPERTS** to find out what types of **SLEEP TOOLS** they thought really helped, then **RESEARCHED AND TESTED** dozens of products meant to sweeten your dreams, from the pillow under your head to the sheets atop your feet. **NOW MEET THE WINNERS:** They'll help you create your optimal sleep sanctuary so you can have a very good night.

BY ALYSSA JUNG



YOUR SLEEP DEN

1. BEST SLEEP MACHINE

Hatch Restore
(\$130, hatch.co)

▲ We love a multi-functional item, and the Hatch Restore is the epitome of that in the sleep world. It plays a variety of white noise sounds or bedtime stories to lull you to sleep, has a soft-glow reading light to help you wind down, and features a sunrise alarm that simulates natural daylight for a gentle wake-up.



2. BEST PILLOW

LUXOME LAYR
(\$120, luxome.com)

▲ Behold a pillow even Goldilocks could love. Its three layers of inserts include down-alternative, solid memory foam, and shredded memory foam. You can add or remove material until you find your just-right height and firmness.



ZZZ'S

2023
Prevention
SLEEP
AWARDS

3

3. BEST BLACKOUT CURTAINS

Amazon Basics
Room Darkening
Blackout Curtains
(\$29, Amazon)

▲ A pitch-dark bedroom is what sleep experts recommend for rejuvenating slumber, and sometimes regular drapes or shades just don't cut it. Blackout curtains are made with extra lining to prevent even a sliver of light from sneaking through, and this affordable set comes in a variety of colors, patterns, and sizes.

4. BEST SHEETS

Brooklinen Luxe Core
Sheets (from \$159,
brooklinen.com)

▲ Soft and durable, these sheets are made from long-staple cotton, meaning with very fine,

strong yarns that make the fabric feel silky against your skin. Cotton helps support natural body temp regulation, so you'll get a blissful snooze. And no more bed-making struggles—the long and short sides are labeled to help you get the sheets perfectly oriented on your first try!

5. BEST EARPLUGS

Loop Earplugs Quiet
(\$20, us.loopearplugs.com)

▲ Silence is key to falling asleep and staying that

way, and if white noise isn't your thing, the right pair of earplugs can be helpful. This set is made from silicone, which molds to your ear for a comfortable fit, and it's noise-blocking enough to mask environmental sounds while allowing you to hear important things like a smoke detector or your alarm.

5

4

BEDTIME EXTRAS

6. BEST BEDROOM HUMIDIFIER

Hey Dewy Wireless Facial Humidifier (\$60, heydewy.com)

▲ Adding some moisture to the air can help you breathe more easily and reduce upper respiratory symptoms that stem from dry air, but some units can be loud and hulking. This one is meant to be portable, so it's the ideal size for a home or hotel nightstand; it's perfect if you sleep alone, and if you don't, it's small and affordable enough that you can get one for each side of the bed. One charge supports

eight hours of ultra-quiet hydrating mist, and keeping it clean is easy (all it needs is a quick rinse!).

7. BEST BODY PILLOW

Bedgear The Body Pillow (\$150, bedgear.com)

▲ A body pillow can take your slumber to the next level, whether you need a little extra support or are in the mood for a stress-relieving cuddle. Body pillows contour to the shape of your body to help prevent sleep-disrupting back pain. This one comes with a washable cover and dual-sided comfort—hug the cozy

jersey fabric side or flip it for a cooling vibe.

8. BEST SILK PILLOWCASE

California Design Den Classic Luxury Mulberry Silk Pillowcase (\$35, californiadesignden.com)

▲ The smoothness of a silk pillowcase makes for less friction—and that's what you want if you're looking to prevent wrinkles or fine lines or to wake up without frizzy bedhead. This silk pillowcase is more affordable than most, comes in a variety of colors, and has a zipper enclosure to keep your pillow from inching out while you sleep.



2023
Prevention
SLEEP
AWARDS



10



11

12



multicolor setting if that's your path toward zen.

10. BEST WEIGHTED BLANKET

Sleep Number True Temp Weighted Blanket (\$200, sleepnumber.com)

▲ While the pressure can help relax you and promote calming sleep, hot snoozers might find a weighted blanket too warm, and in some options the fill can shift, leading to uneven weight distribution. This one has an outer cover specifically crafted to attract and remove moisture, which helps keep your body at a comfortable temperature, and its no-shift channel construction prevents the fill from moving around so the weight will remain evenly distributed.

WIND-DOWN ESSENTIALS

9. BEST BEDTIME LIGHT

BioLite AlpenGlow 500 (\$80, bioliteenergy.com)

▲ Though technically a portable lantern you can take to your campsite or back deck, this is also perfect for your bedside table because it is compact and features several modes that are ideal for helping you relax. There's a warm or cool glow that's dimmable, a soothing candle flicker, and even a



9

11. BEST SHOWER TABLETS

J.R. Watkins

Bath & Shower
Aromatherapy Tablets
(\$10, jrwatkins.com)

▲ The shower is a great place to indulge in some pre-bed mindfulness, and you can add even more mind-clearing power by dropping an aromatherapy tablet on your shower floor before getting in. These are formulated with plant-derived ingredients, and they dissolve under the water stream to turn shower time into a steamy sensory experience.

12. BEST DIFFUSER

Now Foods Ultrasonic Ceramic Stone Diffuser
(\$50, nowfoods.com)

▲ Aromatherapy has long been used to promote calmness and relaxation, and one easy way to reap the benefits of essential oils is to diffuse them. The scent of lavender in particular has been shown to relieve stress and promote sleep. This diffuser is attractive, easy to use, and BPA-free, and it has automatic shutoff so it won't run all through the night. Pair your diffuser with a selection from Now Foods' wide variety of essential oils, many of which are organically sourced from around the world.



13

INSOMNIA HELPERS

13. BEST SLEEP PODCAST

Sleep With Me (free, iPhone and Android)

▲ If meditation and white noise are no match for your insomnia, give this podcast a shot. The host reads you a long, rambling "bedtime story" that has no linear plot, so you don't get distracted or engrossed; instead, you end up falling asleep as it gets progressively more boring. New bedtime stories are posted every few days.



14

14. BEST SLEEP-PROMOTING TEA

Herbal Revolution
Goodnight Moon Tea
(\$12, herbalrev.com)

▲ When you have tried your go-to sleep tricks and still need a little help nodding off, try sipping on a cup made with this loose-tea blend. It's crafted with organic herbs shown to promote relaxation such as chamomile, catnip, and lemon balm.

WHEN YOU DON'T LOOK SICK

People with **INVISIBLE DISABILITIES** and chronic illnesses number in the **MILLIONS**, but they're often **ALONE** with their struggles. Here's why they deserve **ATTENTION AND RESPECT**—and how to give it.

+ BY LIZZ SCHUMER

+ PHOTOGRAPHS BY DAN SAELINGER



Sagirah Ahmed Norris finished the San Francisco and New York City marathons last year, and she's training for another one. So you might be surprised to learn that she has multiple sclerosis, which causes numbness, tremors, and fatigue. Because she doesn't always walk with a cane or use a wheelchair, she's been yelled at for using a disabled parking space.


Rich Casias has worked for years as a hydrogeologist and an environmental consultant, but one summer he survived an airplane crash and fire. Now one-third of his body is covered with burn scar grafts; he also suffered a traumatic brain injury that affected his ability to focus. He is a "hidden burn survivor," since his clothes often cover the scars. With the help of speech and cognitive therapists, he has learned how to maintain his concentration, so no one is aware that his days are filled with mental and physical challenges.

Aunia Kahn is a successful, award-winning artist and digital marketing agency owner with two dogs, a long-term boyfriend, and a "ticking time bomb" inside her. She suffers from Ehlers-Danlos syndrome and mast cell activation syndrome as well as other invisible disorders, which leads to a great deal of pain and makes eating

most foods and going out into the world dangerous. For two decades of her life, doctors, friends, and family just didn't take her seriously.

Sagirah, Rich, and Aunia live with invisible disabilities. If you met any of them, you would probably have no idea that their challenges were constantly on their minds. Bridging this gap, and understanding more about the silent ways illness and disability can change lives, is one of the most important things people can do for one another.

WHAT COUNTS AS AN INVISIBLE DISABILITY

 The realm of invisible disabilities, sometimes called non-apparent disabilities, covers a wide array of chronic illnesses and conditions that even those who live with them sometimes don't think to categorize that way. The Center for Disability Rights lists a number of such conditions, including deafness, autism, traumatic brain injury, fibromyalgia, Crohn's disease, and diabetes, but there are many more.

"It's not uncommon for somebody to get in touch with me and say, 'I have such-and-such—is that an invisible disability?'" says Jess Stainbrook, executive director of the Invisible Disabilities Association. "My response is usually something like 'Does it impact your life in some way such that you have trouble working or people

misunderstand your situation? Then probably yes.” When illness and pain aren’t apparent, he adds, other people, even those close to you, may not believe there’s any illness at all. “This disbelief can lead to misunderstanding, or rejection by friends, family, employers, and health care providers,” he adds, but they’re very real: “An invisible disability is something you can’t see that still hinders you in such a way that you may need accommodations.”


Of course, realizing that a condition is technically a disability and embracing it as such can be a complicated and deeply personal process. Disability is scary, because the very word implies a loss or a deficit. “Our society penalizes you for being disabled,” says writer and disability activist Imani Barbarin. “When your



ability to live and find a home, food, and resources is tied directly to your productivity, identifying as disabled is not something that people want to do.”

Invisible disabilities and chronic illnesses present an additional challenge for many, because they don't follow the “get sick, get treatment, get better” redemption arc that acute illnesses do, and their severity and presentation can often change from day to day or week to week. That's hard for a lot of people to wrap their minds around, notes Kimberly Warner, founder and director of Unfixed Media. “There's a real lack of understanding around the uncertainty and the never-ending cycles of chronic illness,” she explains.

A WIDESPREAD, **SILENT** CONCERN

 It's hard to say exactly how many invisibly disabled people there are, because so many don't think to—or are afraid to—identify themselves that way. The CDC estimates that approximately 26% of the population lives with a disability, including non-apparent and invisible ones. That's about one in four people. And that prevalence matters, because the larger a group of people, the louder their voices and the more power they hold in society.

Those with disabilities are the largest minority group in the U.S. and the only such group that any one of us could find ourselves entering at any time, whether

temporarily or permanently. Those with disabilities are also irrevocably interconnected with all other minority groups, Barbarin notes, though disability is not often included alongside race, gender, and sexual orientation in discussions of diversity, equity, and inclusion. “Every single marginalization—whether based on class, race, gender, sexuality, or the lack of ability to access safe health care—leads to disability. When Black women's symptoms are not believed and they're waiting until an emergency to see a doctor, that is linked to disability; when we talk about people in food deserts because of class, that leads to disability,” she points out. “So if you're not looking at disability at all, you're missing a very important part of the puzzle.”

MISUNDERSTANDINGS **ALL AROUND**

 “People tend to think about disability in the context of a disability benefits check that comes from either a short-term disability carrier or the federal government,” explains Matthew Cortland, a disability rights lawyer and Data for Progress senior fellow. “And because that's the dominant mode of thinking about disability, it often means that folks will be like, ‘Well, I do work, and therefore I must not be disabled.’ We never really abandoned the sort of Puritan-work-ethic version of looking at someone's worth as what they can produce for capitalism.”

WHAT PEOPLE WITH INVISIBLE DISABILITIES WISH YOU KNEW

Living with a less immediately visible or less widely understood disability can often be lonely. If you're a friend, a family member, or an ally to someone with a less visible disability, keep these things in mind.

BY ALAINA LEARY

DISABILITY IS NOT A BAD THING

■ "I have several disabilities and I have a rewarding career, a supportive relationship, and a fulfilling life," says award-winning writer Wendy Lu, who has bilateral vocal cord paralysis, GERD, migraines, and anxiety. "Those things are all compatible with disability, unlike what many of us are taught to believe from a young age." Many disabled people also experience joy, pride, and a sense of community as a result of their disabilities.

SHARING CAN BE TRICKY

■ "Because I have both visible and invisible disabilities, often people

assume my physical, visible disability is the only one that exists," says Wendy. Disclosing the invisible disability can often feel like a risk and can change the dynamic between friends. If a disabled person chooses to share, then listen well, avoid changing the subject quickly, and ask questions like "Is there anything I can do to make our plans more accessible for you in the future?"

THERE'S NO SUCH THING AS NORMAL

■ As illuminated by the COVID-19 pandemic, life is always on the brink of shifting, and change is par for the course when you have

a disability. "Disability has shown me that there is no default or 'normal' way of being," Wendy says. "Living with a disability is not a static experience. It is dynamic and ever-changing. Some days are great, and other days are more difficult."


PUBLIC LIFE IS NOT DESIGNED FOR DISABILITY

■ When you're disabled, using public transportation may not be easy or even possible. You could find out that you can't get inside a restaurant or can't sit down or use the bathroom there. When nondisabled friends and family acknowledge this and even look into whether a venue has stairs, offers closed captioning, or has a varied menu, it goes a long way in showing that they care.



But even those who can and do work encounter barriers in the workplace and everyday life that can make it difficult to bring their entire selves. Open floor plans can be challenging for those with sensory sensitivities; fluorescent lights can wreak havoc on migraine sufferers; and daily commuting can present challenges for those with chronic fatigue or mobility disabilities. The Americans With Disabilities Act protects people whose disabilities are not apparent, but getting a school or employer to grant accommodations can be an uphill battle against bias. Organizations like the Invisible Disabilities Association are working to make non-apparent disabilities more visible in society through legislation, ID cards, and even parking placards that may help reduce stigma.

NOW'S THE TIME FOR **CHANGE**

 “Since the pandemic and the long COVID cases that continue to grow, there is more awareness of invisible disabilities,” says Warner. “That’s encouraging but also tragic, because so many more people are struggling and not getting the care they need, not just from doctors but from family members and friends who don’t understand that you can look normal while suffering inside.”

Even initial reports of long COVID cement the ongoing pandemic as a mass-disabling event. Analysis of the

NAVIGATING THE WORLD WITH AN INVISIBLE DISABILITY

If you’re new to life with an invisible disability or you’re in a position where your symptoms are changing, here are some tips for navigating some of the more challenging situations you might come up against.

BY ALAINA LEARY

FIND MENTAL HEALTH SUPPORT

▶ “My first recommendation, which I wish someone had told me eight years ago, is to seek mental health support,” says Warner, who has mal de débarquement syndrome, a rare neurological disorder. “It’s challenging living in a body that doesn’t work the way many other bodies do, and it’s challenging living in a world that can’t see that you’re struggling.”

Your first step might be to look for a therapist or licensed mental health expert who either specializes in working with patients who have chronic illnesses and disabilities or has experience with a disability themselves. Databases such as those from Psychology Today, TherapyTribe, Zencare, and TherapyDen might be good places to start.



While you're deciding if a mental health professional is the right fit for you, remember that you can interview them and ask them questions about their specialties and expertise, how they prefer to work with clients, their typical therapy style, and anything else you might want to know. If they aren't the right fit for you, it's absolutely OK to let a therapist know and to keep looking until you find one who is.

GET ACCOMMODATIONS AT YOUR WORKPLACE

▶ Start by gathering evidence that you can still perform your job effectively, and consider what you need to succeed, says Jess Stainbrook, executive director of the Invisible Disabilities Association. It's helpful to begin talking to your medical providers as early as possible to make sure they know that they might need to sign paperwork or provide documentation to your workplace of your need for the accommodation.

RESPOND TO SOMEONE WHO QUESTIONS YOU

▶ You might find that people give you dirty looks or challenge you for sitting in an accessible seat or taking a disabled parking spot (even if you have a placard). Stainbrook says the Invisible Disabilities Association designed the National Disability ID Card program for situations just like this in the hope that with a simple card, a person could confirm that they had the

right to a public accommodation. But until that's widely available and understood, Wendy Lu suggests

taking an accessible seat without offering an explanation. She says, "If someone said something like 'Why are you taking up that seat? You aren't disabled,' I'd probably just respond by saying, 'I am disabled,' and leave it at that. Remember, they aren't entitled to your whole life story, and you don't have to justify yourself or your needs to strangers."

INCLUDE YOUR FRIENDS

▶ There's nothing like having supportive loved ones when you have a disability. Warner recommends offering resources to those who are close to you with the goal of helping them learn more about your disability. These could include medical resources as well as personal stories that explain what it's like to live with your disability (find them on TikTok and Instagram; Warner's Unfixed Media also has a wealth of videos).

The more people close to you know about how you navigate your life, the more supportive they can be. Those of us with invisible disabilities "often say no to engagements more or cancel more often than we used to," says Warner. She adds that we should "tell our friends, the ones we care about, that it's not personal."

U.S. Bureau of Labor Statistics' data on the civilian noninstitutional population age 16 and over shows that in 2021, 1.2 million more people were identified as having a disability than in 2020. Within the portion of that population participating in the workforce, there were 496,000 more people with a disability. That means more people who are suffering from those gaps in understanding and access and are in desperate need of community.

"A lot of times there's this manufac-

tured urgency with this idea of getting back to 'normal,' because that's how people navigate society," Barbarin says. "Realizing *I'm not going to be cured, just learning to live with this* was freeing," Warner adds. "I'm a changed person through closing that one door and allowing myself to be in relationship with who I am instead of who I think I should be."





ADVERTISEMENT

#1 AWARD-WINNING
HAIR SUPPLEMENT IN SCANDINAVIA



I panicked-

MY HAIR WAS THINNING!

Lately my hair started to look dull and it was shedding like crazy. It was frustrating because thick and beautiful hair makes me feel good and I didn't want to lose that.

NUTRIENTS FOR YOUR HAIR

My friend told me about Hair Volume™. I searched online and found all the positive reviews and also learned that hair loss due to lack of nutrients is common. I wanted to do something good for my hair so I decided to give Hair Volume™ a try.

3 MONTHS LATER

Now it has been almost 3 months. I feel so much more confident and happy. My husband recently commented on my hair, which made me feel great. I strongly recommend this product."

- Amy, NYC



Why take Hair Volume™?

- ✓ #1 hair supplement in Scandinavia
- ✓ Contains a hair growth-promoting factor from apples
- ✓ One tablet a day
- ✓ With Biotin, Millet, Apple and B Vitamins
- ✓ Clinically proven
- ✓ With patented apple extract
- ✓ 100% drug free
- ✓ Winner of multiple beauty awards

FOLLOW US ON SOCIAL!
@newnordicusa

Results may vary. Please read the information on the box to determine if this product is right for you. This product is not intended to diagnose, treat, cure or prevent any disease.



SCIENCE

An illustration on a light pink background featuring two baby strollers. One stroller is teal and the other is pink. They are positioned on a light blue and white curved surface that resembles a bathtub. Several balloons in teal and pink are scattered around the strollers, some attached to them and others floating independently. The overall style is clean and modern.

5 Myths About Pregnancy

We've come a long way, baby, in what we know about producing new humans. Throw out this outdated thinking with the bathwater.

BY KATE ROCKWOOD

ILLUSTRATIONS BY ANDREA DE SANTIS



MYTH #1 You can tell the sex of your baby by how you're carrying.

MYTHBUSTER No matter how definitively Grandma insists that your low-hanging belly means you're having a boy, baby-bump size, shape, and position have nothing to do with the sex of the baby. Instead, how you carry is based on factors such as your height, weight, and abdominal muscle tone as well as the baby's size and position, says Kecia Gaither, M.D., a maternal fetal medicine specialist and an associate professor of clinical obstetrics and gynecology with Weill Cornell Medicine in New York City. The number of pregnancies you've had plays a big role too: With a first pregnancy, your abdominal muscles are tighter and thus often hold the belly more inward, says Jennifer Lew, M.D., an ob/gyn at Northwestern Medicine Kishwaukee Hospital. In future pregnancies, though, you may show sooner and appear larger. Either way, the look of your belly is usually no cause for worry; if your doctor is concerned about the baby's size, they'll likely order an ultrasound to check that your pregnancy is progressing OK.

MYTH #2 You're more likely to have a C-section if you get an epidural.

MYTHBUSTER "Having an epidural doesn't mean a woman is more likely to have an operative delivery," says Dr. Gaither. It's been established in multiple studies that the risk of C-section doesn't go up with epidural use, per a report in the journal *Obstetrics & Gynecology*. Instead, "epidural allows for a more restful labor that is not overwhelmed with pain," says Dr. Lew. This myth might be tied to the fact that epidurals can shorten the first stage of labor and may lengthen the second stage, which might prompt interventions from medical staff (depending on your doctor or the policies of the hospital where you're giving birth). The important thing is to choose a doctor you can talk to, no matter what your epidural preference. "Your birth may not go the way you planned, but to be able to trust and build the team you want around you is really critical in these situations," says Kathryn Schubert, president and CEO of the Society for Women's Health Research.

MYTH #3

If you eat certain foods while pregnant, that can cause your baby to develop food allergies or asthma.

MYTHBUSTER There's no evidence that eating high-allergen foods like tree nuts, dairy, or eggs while pregnant or breastfeeding causes food allergies in kids, the National Institute of Allergy and Infectious Diseases reports. In fact, many of them are part of a healthy diet and needn't be avoided, says Dr. Lew. Aim for "a well-balanced diet that includes a variety of foods...focusing on grains, fruit, vegetables, protein, fats, and dairy to ensure that all macronutrient and micronutrient needs are met," says Myranda Vig, a registered dietitian nutritionist at UC Davis Health. You may be able to have a positive effect, however: Eating foods high in omega-3 fatty acids (salmon, chia seeds, mackerel) while pregnant may help lower your child's allergy and asthma risk later in life, some research suggests.

**MYTH #4**

You can't eat lunch meat or hot dogs when you're pregnant.

MYTHBUSTER Hot dogs and deli meat aren't automatically off the menu when you're pregnant, but they must be heated to 165°F, or steaming hot, according to the Centers for Disease Control and Prevention (CDC). That's because of the risk of listeria, a germ that can sometimes be found in lunch meats and (more commonly these days) produce and unpasteurized dairy products. Listeria is the reason you shouldn't eat soft cheeses like Brie or feta made with unpasteurized milk—especially while pregnant—and why you should wash your produce no matter what. And while listeria infections are not common, pregnant women are 10 times as likely to get listeriosis as other healthy adults because of changes to their immune system. Listeriosis may not even make a pregnant woman sick, but it can cause early labor, birth defects, and fetal death. So if you don't want to heat up your deli cold cuts in the microwave, take a pass on them.



MYTH #5

If you've had a C-section with your first delivery, you must have C-sections with your future ones.

MYTHBUSTER The thinking on that has changed. "It used to be that if you had a C-section before, you'd automatically be scheduled for a C-section for subsequent pregnancies," Schubert says. But in 2021, 14.2% of all births were vaginal births after C-section (VBAC), the CDC reports. That might not sound like much, but VBAC rates have been steadily ticking upward. Certain factors influence whether you will have a VBAC or another surgical delivery, including whether you had a vertical or horizontal incision the first time (a horizontal cut to the uterus has a less than 1% risk of rupturing if you give birth vaginally). You may be advised to have another C-section, however, if the reason you had one in the first place (such as a very large fetus) comes into play again, Dr. Lew says. You and your doctor will discuss your options throughout your pregnancy to figure out what's best for you and the baby, she adds.

DOES IT WORK?

Sound Baths

This ancient practice involving chimes, gongs, and bowls promises to soothe your soul.

BY SHARLENE BREakey

If you've ever left a concert with your body feeling tingly, that's a clue to the kind of high you might experience from a sound bath. Available at spas, retreats, gyms, and clinics, these trendy meditative-listening sessions purport to improve mental health, enhance a sense of spirituality, and help heal the body. At prices ranging from \$20 per group experience to \$300 for a private session, can the sounds really soothe you?

▶ WHAT IT'S LIKE

In a sound bath, you lie or sit in a relaxed position while a practitioner uses a wand to strike a gong, Tibetan bowls, and other ancient instruments. It's about not just what you hear, say fans of the practice, but also how the sound resonates through you. "The electrical activity of our organs, brain, heart, and

central nervous system generates electromagnetic fields in our bodies," explains Helen Lavretsky, M.D., a professor-in-residence in UCLA's department of psychiatry. She says this vibrational field reacts to other electromagnetic stimuli like music or other sound. "Our bodies can be in harmony or in dissonance with it, and that can impact our health; the reverberations that cause the bowl to 'sing' oscillate at frequencies that resonate with us," she explains.

▶ THE SCIENCE SAYS...

One small study found that an hour-long session with singing bowls lessened fatigue, anxiety, anger, and tension while increasing feelings of well-being. Another showed that certain sounds could help relieve tinnitus (chronic ringing in the ear).



According to Dr. Lavretsky, who studies the effect of such integrative practices on depression in the elderly, the harmonious, calming sounds can relax your muscles and cause your breathing to slow and your heart rate and blood pressure to drop. “This activates the parasympathetic nervous system, releasing endorphins and suppressing the fight-or-flight response,” she says.

► **WE TRIED IT FOR YOU**

Margy Crary underwent private sound bath sessions after chemotherapy. “Chemo made me feel jittery and out of sync; I could only lie down tensed up in a ball,” the Chicago resident says.

“But the sound felt like it ‘organized’ the buzzing, calming my nausea and loosening me up so I could sleep.”

THE BOTTOM LINE

If you find meditating difficult, a sound bath can be an effortless shortcut to calm. It’s not for those who are pregnant (the vibrations can initiate contractions) or have a neurological condition such as epilepsy. Since no licensing is required for sound therapists, Dr. Lavretsky recommends asking around for recommendations, starting with a single session, and listening to your body: “If you feel uncomfortable, it’s OK to get up and leave,” she says.

INSIGHTS

Where Pain Relief Begins

Your brain plays a crucial role in helping you feel better.

Pain “is felt in the body, but it’s an experience of the mind,” says Darcy Mandell, Ph.D., a pain psychologist at Kaiser Permanente. Say you twist your ankle. Receptors in the joint shoot signals to your brain that say, “Hey, there’s a threat down here!” If you were walking in the woods when you stumbled, your brain might immediately produce a sensation so sharp you’d have to limp home. But if you tripped because there was a poisonous snake in your path, your brain might determine that the reptile was the greater danger. You’d hightail it out of there, not giving your ankle much thought until you were safely home. Same injury, different brain response.

Snake or no snake, you’d have damaged the ankle joint, so you’d feel acute pain—a direct result of harm to tissues,

joints, or bones. You’d probably take it easy for a few days or pop a painkiller. But in chronic pain sufferers, for reasons that aren’t entirely understood, the danger signals keep getting sent even after an injury has healed. These messages eventually rewire the nerves, making them extra sensitive.

This neurological glitch is called central sensitization, and it can be triggered by anything that activates the central nervous system—“injury, muscle strain, accident, medication, or emotional stressor,” says Xavier Jimenez, M.D., director of psychiatry and chronic pain consultation at Long Island Jewish Medical Center at Northwell Health in New York.

Research shows that the way we talk about pain can actually contribute to it. People who catastrophize pain (“My life is ruined!”) or feel helpless about it (“Things will never get better”) feel it more severely. One theory: When your body is in a constant state of high alert, your muscles tense, your heart rate goes up, and your breathing becomes more rapid—all of which can increase pain. Mind-body approaches can ease at least some of that pain.



MIND-BODY SOLUTIONS

Biofeedback therapy targets the physiological signs of stress so you can ID them and dial them down, along with the pain. A practitioner puts electrodes on your body, then connects them to a computer that measures signs of stress such as muscle tension and high heart rate. As you learn what these feel like, a therapist teaches you techniques, such as deep breathing, that help you relax. “When you apply these new skills, your nervous system calms down. You practice on your own and see how your pain changes over time,” says Beth Darnall, Ph.D., director of the Stanford Pain Relief Innovations Lab. Mindfulness-based stress reduction (MBSR) is also useful for short-circuiting stress responses. This group training uses meditation

and relaxation techniques to help you disengage from your thoughts. Go to beia.org to find nearby biofeedback practitioners, or ask your doctor where to find a class.

GET MORE HELP FOR PAIN

Discover therapies to alleviate acute and chronic pain in our **Prevention Premium** exclusive *Smarter Pain Relief*. Visit prevention.com/pain-guide to download it if you're a member or learn how to sign up.

▶ **JOIN FOR FULL ACCESS**
prevention.com/join





INVENTING THE

FUTURE

Climate change can be scary and overwhelming—and it affects everyone’s health. But industry, governments, and everyday people are innovating as fast as they can—and **there’s reason to be hopeful.**

BY MERYL DAVIDS LANDAU

THERE'S BEEN SO MUCH REPORTING ABOUT CLIMATE CHANGE IN RECENT YEARS,

and experts' alarm is not in the least misplaced. The window for taking critical actions is quickly narrowing, according to the latest report by a group of international experts known as the Intergovernmental Panel on Climate Change (IPCC).

But the crisis has fueled impressive and necessary momentum among scientists, organizations, and individuals aiming to slow the planet's warming. "I'm absolutely optimistic. When it comes to innovation, there's a good amount of progress being made," says Anna Stefanopoulou, Ph.D., a professor of mechanical engineering at the University of Michigan and an expert on advances in battery energy storage.

Here are some technological breakthroughs and new approaches we can all get behind—and participate in—to keep the progress rolling and mitigate the impact of climate change as much as we can.

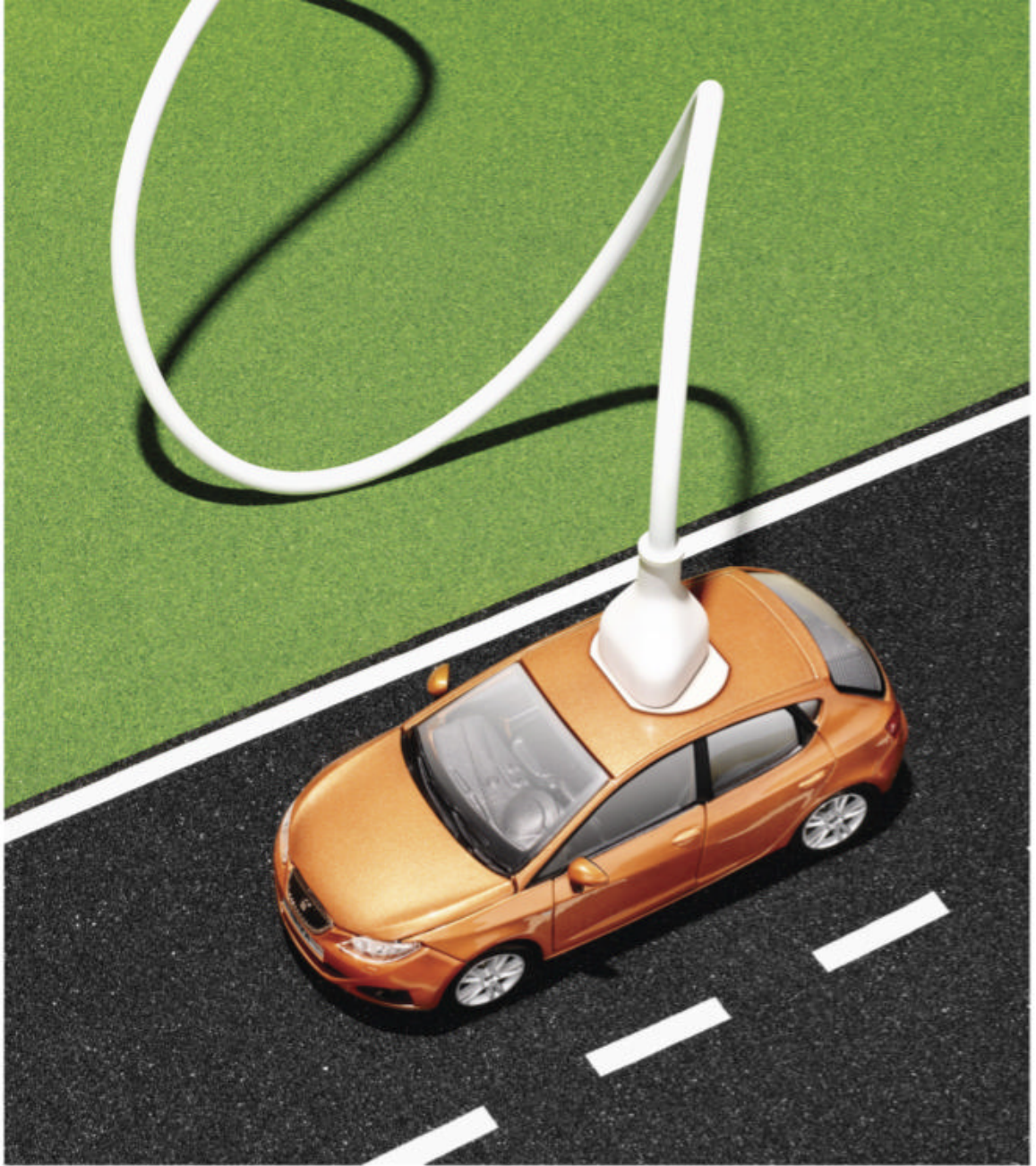
A DRIVING FORCE

▶ WHAT'S HAPPENING Electric vehicles are projected to make up 10% of those on our roads in the next few years, with cars, light trucks, and buses rapidly going electric.

▶ WHY IT MATTERS Transportation produces the largest share—some 27%—of the greenhouse gas emissions that cause climate change, according to the Environmental Protection Agency (EPA). If enough of us switch to EVs, that could keep more than 10 gigatons of greenhouse gases from being belched into the air in the next few decades, according to environmental nonprofit Project Drawdown.

▶ A DEEPER DIVE Fifteen years ago, the idea of driving past gas stations to plug in our ride or charging up at home or at the office seemed like sci-fi. But now we all know about electric vehicles, and by 2030 fully half of Americans are expected to make their next car electric, according to a report from BloombergNEF. Tax credits from the Inflation Reduction Act (IRA) and batteries that now let people go up to 300 miles per charge are fueling the speedy adoption, Stefanopoulou says. By next year, car buyers will have some 20 new electric models to choose from.

Boosting electric vehicles is one of the most crucial components of curbing climate change. "The world must replace all gasoline- and diesel-powered



DAN SAELINGER/TRUNK.

vehicles with a fleet of zero-emission cars, trucks, and buses by 2050,” states the climate action plan *Speed & Scale*. Such a shift will make us healthier too, as tailpipe emissions are associated with asthma, neurological and cardiovascular diseases, cancers, and immune system damage, according to the EPA.

What vehicles are electrifying most quickly? Community buses, and that makes sense given they cover great

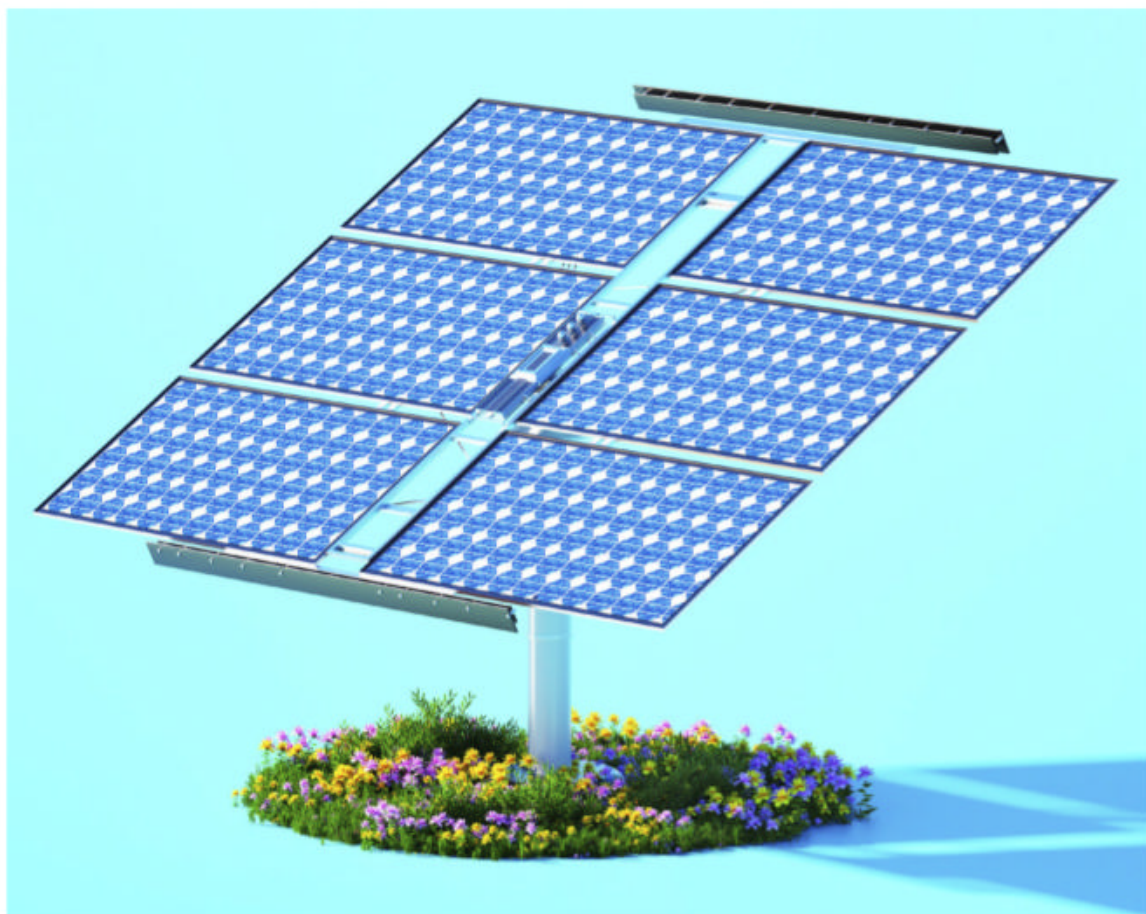
distances each year and have had notoriously poor fuel efficiency. School buses are also great candidates, and last fall the EPA awarded \$1 billion to school districts to help the wheels on the bus go round and round gas-free. And don't be surprised if your next package is delivered via a clean (and silent) electric truck—companies such as Amazon are moving swiftly to switch over their local fleets.

CO₂ IS IN REHAB

▶ **WHAT'S HAPPENING** Companies are increasingly capturing CO₂ from power and manufacturing plants and turning the waste into useful products.

▶ **WHY IT MATTERS** Even if CO₂ stopped being produced tomorrow (and we're very far from that), there's still too much in the atmosphere and the oceans to avoid warming the planet. To hit climate goals by 2050, the U.S. may need to vacuum up as much as 1,850 million tons a year.

▶ **A DEEPER DIVE** One of the fastest-growing industries in the U.S. is carbontech, which aims to remove some carbon dioxide from the atmosphere and put it to safe and productive use. In short, carbontech technologies capture CO₂ emissions from places such as coal and oil power plants and cement and steel factories or suck it directly from the air and oceans, says Volker Sick, Ph.D., a mechanical engineering professor and director of the Global CO₂ Initiative at the University of Michigan. Companies do this with CO₂ filters or CO₂-attracting chemicals. Once it's



STOCKSY.

collected, the CO₂ can be cleaned and used to make products or compressed and stored in tanks to be transported to another user.

DyeCoo, a Dutch textile company, is using reclaimed CO₂ instead of water and processing chemicals to affix fabric dyes; Air Company, a New York City-based manufacturer, produces vodka and perfume made with the stuff. Sick expects captured CO₂ to eventually be widely used in construction materials and plane fuels, and some estimate that carbontech will ultimately become a trillion-dollar industry. That's in part because crucial products like plastics and medicines cannot be made without carbon; as we stop using fossil carbon, says Sick, demand for recycled carbon from CO₂ will grow.

LETTING THE SUN SHINE

▶ **WHAT'S HAPPENING** People are banding together with other rooftop solar buyers through co-ops, saving both money and Mother Earth.

▶ **WHY IT MATTERS** Coal- and oil-fired electric plants are a huge source of CO₂ emissions; homeowners can reduce this by installing solar panels.

▶ **A DEEPER DIVE** Electricity heats and cools our homes, cooks our food, and lets us get onto the Internet. But that energy doesn't have to come from plants that burn fossil fuels, the planet's largest contributor of greenhouse gases,

according to Speed & Scale. Instead, we can power our homes cleanly and cheaply by installing solar arrays on our roofs. Solar today accounts for 2.8% of America's power generation, but it's growing fast: Some 500,000 new residential systems were installed in 2021, up 30% from the year before. And you don't need to live in super-sunny Florida or California to benefit from solar—residents of Minnesota, Michigan, and even Alaska successfully use this renewable power, says Ben Delman, a spokesperson for the co-op Solar United Neighbors (solarunitedneighbors.org). Co-ops like this one can help you figure out whether your home is a good candidate for solar panels, and they organize free information sessions. Homeowners choose an installer through a competitive bidding process, with a proposal provided to each co-op member. Members then review their personalized proposals and decide whether they want to go solar.

Doing so can be economical, according to the U.S. Department of Energy. Up-front costs with a co-op discount average about \$15,000, Delman says, but that doesn't include tax credits of up to 30%. "In general, you'll probably save one-third or two-thirds of your current electric bill," Delman says, with the majority of folks recouping their investment in savings within five to 10 years. Other co-ops operating around the country include Solarize (solarcrowdsource.com) and Spark Northwest (sparknorthwest.org).

MERMAID FOOD FOR COWS

▶ **WHAT'S HAPPENING** Scientists are sprinkling seaweed into cow feed to dramatically reduce the methane the bovines belch into the air.

▶ **WHY IT MATTERS** Methane is a potent greenhouse gas—some 25 times as efficient at trapping heat as CO₂. Cows are a huge part of the problem.

▶ **A DEEPER DIVE** Methane accounts for some 11% of U.S. greenhouse gas emissions from human activities, and raising livestock is responsible for more than a quarter of that, according to the EPA. But when a handful of the red seaweed *Asparagopsis* was added to the usual cattle feed, it reduced methane in the animals' digestive tracts by as much as 80% without changing the taste of the milk or the meat the cows produced, according to research published in the scientific journal *PLOS One*. "This is a rare win-win for the planet—it is simple and cost-effective, yet has a huge impact," says Joan Salwen, CEO of Blue Ocean Barns, which cultivates the seaweed used in the study.

To get this climate fix out fast, Blue Ocean gives the feed to farmers; the cost is eventually paid by companies, such as Clover Sonoma Dairy and Ben & Jerry's, that use the animals' milk or meat. By the end of this decade, the company intends to have capacity to grow seaweed for all 100 million cattle in the U.S. Another company, Symbrosia, has

created a proprietary blend of red seaweed called SeaGraze that also cuts methane substantially.

HARNESSING MAMA BEAR ENERGY

▶ **WHAT'S HAPPENING** More than a million people, mostly moms, are joining forces to push legislators and regulators to protect children from the ravages of climate change.

▶ **WHY IT MATTERS** The 1.4 million Moms Clean Air Force volunteers have (among other things) written hundreds of thousands of messages to Congress and regulatory agencies and scored important climate wins.

▶ **A DEEPER DIVE** A dozen years ago, when major national climate legislation went down in defeat, the environmentalist (and mom) Dominique Browning saw one major reason it failed: There was no groundswell of worried parents urging lawmakers to do something about coal-fired plants spitting out toxic mercury alongside CO₂, or methane-emitting fracking sites injecting unhealthy chemicals into the ground. "Parents weren't engaging on big, systemic fixes because they weren't being educated about the link between the climate crisis and their children's health," Browning says.

Working with donors and colleagues at the Environmental Defense Fund, Browning started Moms Clean Air Force. Its goal is to harness the energy



of everyday Americans to press lawmakers to act. Some come to the website (momscleanairforce.org) to learn about issues in order to spread the word. Others sign petitions or use the group's guidance to write to the EPA about things like supporting stronger methane rules. The group also trains volunteer "Supermoms" to call or present their concerns in person to their local and national representatives.

Browning believes the actions of Moms Clean Air Force helped make the climate-focused IRA legislation

a reality by meeting some 300 times at congressional offices and hosting more than 100 public-awareness events about the bill. These Moms are successful on a local level too, Browning says, pointing to Mom-aided wins on methane rules in New Mexico and Pennsylvania and pressure from Orlando mothers that nudged a dirty coal-fired power plant to start transitioning to renewables. "Moms will do everything to keep our children safe, and now we're uniting to take action that ensures cleaner air and a better climate for their future," Browning says.

FOOD

Prevention
EARTH DAY
EVERY DAY

Eat for a Healthy Planet

It's easy when the food is this delicious.

BY ALYSSA JUNG
RECIPES BY KRISTINA KUREK

Some foods are simply kinder to the planet. And happily, certain ones that are produced, sourced, or harvested to put minimal strain on the environment are also super nourishing for our bodies. "How we grow and produce food reflects back directly to our own health," says Kate Geagan, R.D., cofounder of Food + Planet and author of *Go Green Get Lean*. "Organic and regenerative agriculture practices translate into a higher nutrient density in foods—including essential minerals like selenium and magnesium in plants, omega-3 fatty acids in animal products, and anti-oxidants across all categories." Grab these good-for-the-Earth go-tos, which are grown in an especially sustainable way.

TOASTED NORI AND SESAME BARLEY

ACTIVE 5 MIN.
TOTAL 45 MIN.
MAKES ABOUT 4 CUPS

Cook 1½ cups **barley** per pkg. directions. Meanwhile, heat heavy skillet on high. Toast 2 sheets **sushi nori** (1 at a time), flipping, until shriveled and darkened in spots, 15 to 30 sec. Crush and finely grind in spice grinder or blender (you should have 2 to 3 Tbsp). Transfer cooked barley to large bowl; mix in 3 Tbsp **mirin** and 1 Tbsp each **reduced-sodium tamari** and **toasted sesame oil**. Fold in ¼ cup **toasted sesame seeds** and ground nori. Serve topped with sliced **scallions**.

PER SERVING 188 cal, 4 g pro, 26 g carb, 4 g fiber, 3.5 g sugars (0 g added sugars), 8.5 g fat (1 g sat fat), 0 mg chol, 418 mg sodium

SEAWEED



"Seaweed is brimming with minerals such as iron, selenium, magnesium, and iodine, which is absorbed from the sea," says Geagan. Cultivated seaweed is highly sustainable (no land-based farming), filters water, and fights ocean acidification, which can positively impact the health of animals and plants that live there.





ROASTED LEMONY PANKO CLAMS

ACTIVE 25 MIN.
TOTAL 25 MIN.
SERVES 4

Heat oven to 400°F. On small rimmed baking sheet, massage together $\frac{3}{4}$ cup **panko**, 2 Tbsp **olive oil**, 1 clove **garlic** (finely grated), and a pinch of **kosher salt**. In 9- by 13-in. baking dish, mix $\frac{1}{2}$ cup **dry white wine**,

3 cloves **garlic** (finely grated), 1 Tbsp **oil**, and $\frac{1}{2}$ tsp **red pepper flakes** with 3 dozen **littleneck clams** (scrubbed). Transfer both pans to oven; bake, tossing panko once, until golden brown, 8 to 10 min. Remove panko, increase

oven temp to 475°F, and roast until clams open, 8 to 10 min.; discard any unopened clams. Toss panko with $\frac{1}{3}$ cup **flat-leaf parsley** (chopped) and 1 Tbsp **lemon zest**. Pour 3 Tbsp **lemon juice** over clams, drizzle with 1 Tbsp **oil**, and sprinkle with half of lemony panko. Serve with remaining panko.

PER SERVING 279 cal, 18 g pro, 18 g carb, 1 g fiber, 1 g sugars (0.5 g added sugars), 15 g fat (2 g sat fat), 40 mg chol, 806 mg sodium


CLAMS



“Clams, as well as mussels, are some of my favorite unsung heroes of sustainable eating,” Geagan says. “They help filter the ocean and clean our waterways; in fact, many environmental

nonprofits consider them some of the most sustainable animal proteins on the planet.” They’re also both excellent sources of iodine, omega-3s, vitamin B₁₂, and protein.

CANNELLINI BEANS

 Beans like these are the cornerstone of diets in all five Blue Zones (geographic regions where people live longest). These extremely healthy plant proteins are

among those that require the fewest natural resources to grow, says Geagan. These powerhouses are packed with fiber and protein and rich in folate.

BROTHY BEANS **WITH HERB SAUCE**

ACTIVE 5 MIN.
TOTAL 1 HR. 25 MIN.
SERVES 6

Heat 2 Tbsp **olive oil** in Instant Pot set to Sauté on medium. Add 1 medium **onion** (chopped) and 2 cloves

garlic (crushed) and sauté 3 min. Stir in 1 lb **dried cannellini beans**, 2 **bay leaves**, and 10 cups **water**. Lock lid and cook on high pressure 40 min. Meanwhile, in food processor, pulse to chop 1 clove **garlic**, 1½ cups **fresh basil**, and 1 bunch **chives** with ¼ tsp **kosher**

salt. With machine running, slowly add ½ cup oil. Let Instant Pot pressure release naturally for 15 min., then manually release any remaining pressure and open lid. Discard bay leaves and stir in 1 Tbsp **chicken or vegetable base** (we used Better Than Bouillon) and 1 tsp coarsely ground **black pepper**. Serve beans in bowls; swirl in herb sauce and top with 1 bunch **asparagus** (peeled into ribbons), 3 oz **Parmesan** (shaved), and **dill sprigs** if desired.

PER SERVING 534 cal, 24 g pro, 50 g carb, 27 g fiber, 3.5 g sugars (0 g added sugars), 27 g fat (5.5 g sat fat), 10 mg chol, 653 mg sodium



GRILLED CHICKEN AND NOPALES SALAD

ACTIVE 30 MIN.

TOTAL 40 MIN.

SERVES 4

Heat large grill or grill pan on medium-high. Using paring knife, trim perimeter of 2 **nopal paddles** (about 12 oz total), then use knife to scrape off all spikes. Rinse, pat dry, brush with 1 Tbsp **olive oil**, and season with $\frac{1}{4}$ tsp **kosher salt**. Brush three 6-oz **chicken breasts** with 1 Tbsp oil and season with $\frac{1}{4}$ tsp salt. Grill nopales until tender and chicken until cooked through, 5 to 6 min. per side; transfer to cutting board. Thinly slice nopales crosswise and let chicken rest at least 5 min. before slicing. Meanwhile, in large bowl, combine 3 Tbsp each **fresh lime juice** and oil, 1 Tbsp

chopped **canned chipotles** plus 2 tsp **adobo**, $\frac{1}{2}$ Tbsp **honey**, and $\frac{1}{4}$ tsp salt; add $\frac{1}{2}$ small **red onion** (thinly sliced). Fold in 1 pint **grape tomatoes** (quartered),

$\frac{1}{3}$ cup **cilantro** (chopped), and grilled nopales. Serve over chicken and top with 3 oz **goat cheese** (crumbled; $\frac{2}{3}$ cup) and $\frac{1}{2}$ cup **roasted salted almonds** (chopped). Serve with lime wedges.

PER SERVING 539 cal, 44 g pro, 19 g carb, 5 g fiber, 5.5 g sugars (2.5 g added sugars), 34.5 g fat (7.5 g sat fat), 104 mg chol, 713 mg sodium

CACTUS



"Nopales" on Mexican menus or in your supermarket's international foods aisle are cactus leaves; you can also find the sweet fruit that grows on certain varieties, called cactus pear

or prickly pear. Both the leaves and the fruit are filled with antioxidants and fiber. Cactus thrives in the world's most arid regions, meaning it requires significantly less water to grow than most food crops.



TASTE TEST

The Best Dried Fruit Snacks

The *Prevention* Test Kitchen tore into over 200 bags to find ones that would satisfy all kinds of cravings.

BY BECCA MILLER

1 SWEET FAVORITE

Watermelon Road Watermelon Lemonade, \$24 for four bags, watermelonroad.com

▲ The brand adds a squeeze of lemon juice before dehydrating perfectly ripe watermelon to create chewy, jerky-like strips of fruit. Every bag offers sweet summer flavor at any time of year with 4 g of protein and a hit of iron.

2 TART CHOICE

Whole Foods 365 Organic Dried Goldenberries, \$7 for one bag, wholefoodsmarket.com

▲ These puckery picks resemble plump raisins with their chewy texture but also have a sour bite and 20% of your daily potassium per serving—important for maintaining healthy blood pressure and reducing the risk of kidney stones and bone loss.

3

3 SNACK WITH SPICE

Crispy Green Piña Picante Chili Lime, \$3 for one bag, crispygreen.com

▲ Dried pineapple pieces get a flavor-packed kick from a sprinkle of cayenne, which contains antioxidants that studies have shown may have antimicrobial, digestion-supporting, and pain-reducing properties.

4 CRUNCHY TREAT

Sow Good What's Apple'n,

\$5 for one bag, thisissowgood.com

▲ Tasters loved these airy pieces for their surprisingly fresh apple flavor and satisfying crispness. Each slice is freeze-dried with its skin, so every serving boasts 3 g of gut-friendly fiber.

1



2



4



Blue Berry™ has done wonders for my eyes!

Claudette is a retired secretary. She loves to stay active and to read, but in recent years, she was suffering with her eyesight. She had to do something.

“I’ve worked as a secretary my entire life, and even though I’m retired now, I still enjoy staying active and reading my daily newspaper. A few years ago, I noticed my vision start to suffer. My optometrist told me about how the eye’s core, the macula, loses its function with age and it only gets worse with time. This made me very upset, and quite sad.

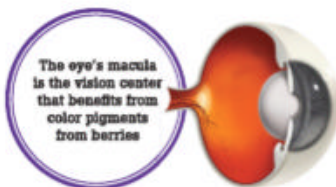
I DIDN'T WANT TO GIVE UP ON MY EYES

I started researching eye macula health, as I was determined to maintain my eyesight. I came across an article about a product called Blue Berry™ which explained the benefits of colorful fruit pigments on the eye’s macula. So, I went straight to the pharmacy and bought my first box.

I LOVE THE RESULTS I'M NOW SEEING

After a few months of taking Blue Berry every day, my optometrist noticed a change in optical pigments in my eyes. I was noticing it too, as I was enjoying reading stories to my grandson. I now also enjoy the scenery when I take my daily walks. I am thrilled. I will surely keep taking Blue Berry as it has done wonders for my eyes and highly recommend this product to anyone wanting to keep their eyes healthy!”

- Claudette, France



Blue Berry™ has been the no.1 eye supplement in Scandinavia for two decades. Based on blueberries and lutein, it provides high concentrations of carotenoids (color pigments) to nourish your eye’s vision center.



THE SWEDISH SECRET TO HEALTHY EYES



Wild Swedish low bush blueberries are popular in Sweden when it comes to eye health. These are small, tasty and so colorful inside that they color your hands blue when you eat them. It’s this natural color that benefits the eye’s macular vision center.

Available at participating pharmacies, health food stores and online.

Walmart.com

iHerb.com

amazon.com

Kroger

Walgreens.com



SHOPPERS DRUG MART

HyVee


CVS.com



BUY DIRECTLY ONLINE OR CALL US

1-877-696-6734

www.newnordicus.com



Every one of these freezer-friendly make-ahead breakfasts deserves a place in your Most Important Meal of the Day rotation: They are packed with nutrients and flavor—and won't add any stress to those early hours.

PHOTOGRAPHS BY MIKE GARTEN

Have
a *really*



good
morni

FOOD STYLING: CHRISTINE ALBANO.
PROP STYLING: PAIGE HICKS.

**CITRUS-SPICED
OVERNIGHT OATS**

recipe, p. 92

CITRUS CRUSH

This bowl boasts freshly squeezed orange juice in the oat mixture and citrus segments on top, offering a boost of vitamin C as well as fiber—and an extra burst of sunny flavor—from the whole fruit.

ng!

CRUNCH TIME

The cracker-like base is made from gluten-free buckwheat flour, which is high in minerals like manganese and copper. Prep them ahead of time for a speedier breakfast.

**CRISPY SEEDED
BUCKWHEAT
FLATBREADS WITH
SMOKED SALMON**

recipe, p. 92





**SOUTHWEST EGG
MUFFINS**

recipe, p. 93

REVVED UP

These savory bites—made from veggies, seeds, and beans—bring a whole new (delicious!) meaning to “muffin.” Better yet, the essential macronutrients in them will keep your energy firing ‘til lunch.

**YOGURT WITH
STRAWBERRIES AND
ALMOND-
BUCKWHEAT
GROATS**

recipe, p. 93

POWER BALLS

Groats—the small, round seeds of the buckwheat plant that are often ground and turned into flour—take on a nutty flavor when toasted. Packed with more antioxidants than many other grains, they'll be your new granola go-to.



SWEET START

This berry crisp-like bake relies on freeze-dried raspberries when fresh ones aren't in season. They offer the same nutrients, including potassium, with more concentrated flavor.

■ RASPBERRY-PECAN BAKED OATMEAL

ACTIVE 20 MIN.
TOTAL 1 HR.
SERVES 4 TO 6

- 3 Tbsp extra virgin olive oil, plus more for pan**
- 1/3 cup pecans, chopped**
- 1/4 cup finely shredded unsweetened coconut**
- 2 cups plus 2 Tbsp old-fashioned rolled oats, divided**
- 2 tsp ground cinnamon**
- 1 tsp baking powder**
- 1/2 tsp kosher salt**
- 2 large eggs**
- 2 cups cashew milk or milk of choice**
- 1/3 cup pure maple syrup**
- 2 tsp pure vanilla extract**

1 13-oz pkg. freeze-dried raspberries

- 1.** Heat oven to 375°F. Grease 8-in. square glass or ceramic baking dish with oil. In small bowl, combine pecans and coconut. In medium bowl, combine 2 cups oats with cinnamon, baking powder, and salt and toss well.
- 2.** In large bowl, whisk eggs until no streaks remain. Whisk in milk, maple syrup, oil, and vanilla. Add oat mixture and all but 1/4 cup nut mixture and stir to combine.
- 3.** Pour half of oatmeal into prepared baking

dish. Scatter raspberries on top and press in; let sit 5 min. to absorb liquid. Spoon remaining oatmeal on top to cover raspberries.

4. Toss remaining 2 Tbsp oats with remaining 1/4 cup nut mixture and sprinkle over batter; press lightly to adhere. Bake until fully set and edges begin to brown, 35 to 40 min. Let cool and slice. (This is best eaten just barely warm, so reheat leftovers before serving.)

PER SERVING 416 cal, 9 g pro, 48 g carb, 8 g fiber, 17 g sugars (13 g added sugars), 22 g fat (5 g sat fat), 74 mg chol, 399 mg sodium

CITRUS-SPICED OVERNIGHT OATS

ACTIVE 10 MIN.
TOTAL 8 HR.
SERVES 4

- 1¾ cups cashew milk, plus more for serving**
- 1 Tbsp honey, warmed, plus more for drizzling if desired**
- 2 tsp orange zest plus ¾ cup orange juice**
- 1 tsp grated nutmeg**
- ¾ tsp ground cinnamon**
- ¼ tsp kosher salt**
- 1 generous pinch of ground cardamom**
- 1½ cups rolled oats**
- 2 Tbsp chia seeds**
- 3 oranges, peeled and cut into segments**
- ⅔ cup chopped toasted walnuts**
- Pomegranate arils, for serving**

1. In large bowl, whisk cashew milk with honey, orange zest and juice, nutmeg, cinnamon, salt, and cardamom. Stir in oats and chia seeds. Cover and refrigerate overnight.

2. To serve, adjust consistency with more cashew milk if desired. Roughly chop half of orange segments and fold into oats along with half of walnuts. Top with remaining whole orange segments, chopped walnuts, additional honey,

and pomegranate arils if desired.

PER SERVING 365 cal, 9 g pro, 47 g carb, 9 g fiber, 18.5 g sugars (4.5 g added sugars), 18 g fat (2 g sat fat), 0 mg chol, 192 mg sodium

CRISPY SEEDED BUCKWHEAT FLATBREADS WITH SMOKED SALMON

ACTIVE 1 HR. 15 MIN.
TOTAL 1 HR. 15 MIN.
SERVES 4 (WITH LEFTOVERS)

- 1 cup buckwheat flour**
- ½ cup almond flour**
- 1 tsp onion powder**
- 1¼ cups hot water**
- ¼ cup olive oil**
- Kosher salt and pepper**
- Nonstick cooking spray**
- ¼ cup sesame seeds**
- ¼ cup hulled sunflower seeds**
- 1 cup low-fat cottage cheese, drained**
- 2 scallions (pale and dark green parts only), thinly sliced, plus more for serving**
- 8 oz smoked salmon**
- 2 Persian cucumbers, thinly sliced**

1. In medium bowl, whisk together flours, onion powder, hot water, oil, and ½ tsp each salt and pepper until smooth. Let

batter rest 20 min.

2. Heat oven to 300°F. Coat two 11½- by 17-in. rimmed baking sheets with nonstick spray and line with parchment paper. Divide batter between prepared sheets (about 1 cup each) and, using offset spatula, spread thinly and evenly to cover parchment. Sprinkle seeds on top.

3. Bake 15 min., rotate and switch positions of pans, then bake another 15 min. Carefully slide each parchment with unbroken flatbread directly onto separate oven rack and bake until deeply colored and very crisp around edges, 10 to 15 min. Let cool on wire racks.

4. Meanwhile, in mini food processor, puree cottage cheese until smooth; fold in scallions.

5. Break flatbreads into large shards and spread with scallion cottage cheese. Top with salmon, cucumbers, scallions, and pepper if desired.

6. Leftover flatbreads can be stored at room temp in airtight container for up to 10 days.

PER SERVING 529 cal, 27 g pro, 34 g carb, 7 g fiber, 4.5 g sugars (0.5 g added sugars), 34.5 g fat (5 g sat fat), 20 mg chol, 829 mg sodium

■ YOGURT WITH STRAWBERRIES AND ALMOND-BUCKWHEAT GROATS

ACTIVE **30 MIN.**
TOTAL **40 MIN.**
SERVES **4**

- 1 Tbsp olive oil**
- 1½ Tbsp pure maple syrup, divided**
- Kosher salt**
- ½ cup buckwheat groats**
- ¼ tsp ground cinnamon**
- ⅓ cup sliced almonds**
- 1 lb strawberries, thickly sliced**
- 3 cups Greek yogurt**

1. Heat oven to 300°F. Line small rimmed baking sheet with parchment paper. In bowl, whisk together oil, 1 Tbsp maple syrup, and ¼ tsp salt.

2. Heat medium cast-iron skillet on medium-high. Add groats and toast, shaking and tossing often and adjusting heat as needed, until color and aroma deepen and groats are crisp, 1 to 2 min.

3. Transfer to bowl with maple syrup and toss to coat (it will sizzle), then stir in cinnamon and almonds. Spread onto prepared baking sheet and bake, stirring halfway through and rotating baking sheet, until golden brown, 15 to 20 min. Let cool.

4. In bowl, toss berries with remaining ½ Tbsp maple syrup and a pinch of salt; let sit 5 min. Spoon berries and juices over yogurt; top with groats.

▶ MAKE AHEAD

Store groats in airtight container at room temp for up to 10 days.

PER SERVING 332 cal, 20 g pro, 27 g carb, 4 g fiber, 18 g sugars (4.5 g added sugars), 17 g fat (5.5 g sat fat), 25 mg chol, 250 mg sodium

■ SOUTHWEST EGG MUFFINS

ACTIVE **25 MIN.**
TOTAL **45 MIN.**
MAKES **12**

- 1 Tbsp olive oil**
- 1 medium onion, finely chopped (1¼ cups)**
- 1 large poblano pepper, diced (1 cup)**
- Kosher salt**
- ⅔ cup fire-roasted frozen corn**
- 1½ tsp ground cumin**
- ½ cup plus 2 Tbsp raw pepitas, divided**
- ½ cup cilantro leaves**
- 8 oil-packed sun-dried tomato halves, blotted dry**
- 1 15-oz can bean trio, drained**
- 7 large eggs**
- 3 oz extra-sharp white Cheddar, shredded (1 cup), divided**

1. Heat oven to 450°F. Line 12-cup muffin pan with paper liners. Heat oil in large skillet on medium. Cook onion, poblano, and ½ tsp salt, stirring occasionally, until tender, 8 min. Transfer to bowl; toss with corn and cumin.

2. In food processor, pulse ½ cup pepitas to finely chop; transfer to bowl with vegetables. Pulse cilantro and sun-dried tomatoes until chopped; transfer to vegetables. Pulse beans until chopped but not pureed; transfer to vegetables. Pulse eggs until blended. Transfer to vegetables; mix in ⅔ cup cheese.

3. Divide mixture among muffin liners and top with remaining 2 Tbsp pepitas and ⅓ cup cheese. Bake until golden brown and fully set, 14 to 17 min. Let cool 15 min., then serve.

▶ MAKE AHEAD

Wrap each muffin individually and freeze for up to 2 months. To reheat: Wrap frozen muffins in paper towels and microwave at 50% power for 2 min.

PER SERVING 170 cal, 10 g pro, 10 g carb, 4 g fiber, 2 g sugars (0 g added sugars), 10 g fat (3.5 g sat fat), 116 mg chol, 206 mg sodium

Prevention

EDITOR IN CHIEF
Sarah Smith

CREATIVE DIRECTOR
Jarred Ford

DIGITAL DIRECTOR
Allie Early

**EXECUTIVE DIRECTOR,
HEALTH NEWSROOM**
Lisa Bain

CHIEF FOOD DIRECTOR
Kate Merker

EDITORIAL

**DEPUTY DIRECTOR,
HEALTH NEWSROOM**
Stephanie Dolgoff

DEPUTY EDITOR
Marisa Cohen

SENIOR EDITORS
Emily Goldman, Alyssa Jung,
Kaitlyn Phoenix, Lizz Schumer

ASSOCIATE COMMERCE EDITOR
Hannah Jeon

ASSISTANT EDITOR
Madeleine Haase

MANAGING EDITOR
Dana A. Levy

PRODUCTION COORDINATOR
Sue Kakstys

EDITORIAL BUSINESS MANAGER
Ann Schinnerer

FOOD

DEPUTY FOOD EDITOR
Trish Clasen Marsanico

RECIPE EDITOR
Susan Choung

FOOD PRODUCER
Tina Martinez

ASSOCIATE EDITOR
Becca Miller

ASSISTANT EDITOR
Joy Cho

EDITORIAL ASSISTANT
Samantha MacAvoy

COPY & RESEARCH

COPY CHIEF
Benay R. Bubbar

DEPUTY COPY CHIEF
Kristy Kofron

RESEARCH DIRECTOR
Sonya Maynard

HEARST VISUAL GROUP

**CHIEF VISUAL CONTENT
DIRECTOR**

Alix Campbell

EXECUTIVE VISUAL DIRECTOR
Christina Weber

VISUAL DIRECTOR
Bruce Perez

DEPUTY VISUAL DIRECTOR
Ulrika Thunberg

DEPUTY VISUAL RESEARCHER
Deirdre Finzer Read

VISUAL RESEARCH EDITOR
Nicole Clacken

CONTRIBUTORS

Kayla Blanton, Denise Harris (Art),
Shannen Zitz

Jane Francisco

EDITORIAL DIRECTOR, HEARST LIFESTYLE GROUP

EXECUTIVE MANAGING EDITOR
Kim Cheney

GROUP DIGITAL CONTENT DIRECTOR
Lauren Matthews

Patricia Haegele

SENIOR VICE PRESIDENT, GROUP PUBLISHING DIRECTOR

GROUP FINANCE DIRECTOR
David Rockefeller

**VICE PRESIDENT,
HEARST DIRECT MEDIA**
Christine L. Hall

VICE PRESIDENT, MARKETING
Christine Rannazzisi Gerstein

VICE PRESIDENT, HEALTH
Karen Deutsch

VICE PRESIDENT, SALES
Sara Rad

**EXECUTIVE MARKETING
DIRECTOR**
Jenifer Walton

ADVERTISING SALES

MIDWEST

EXECUTIVE SALES DIRECTORS
Diane Burke, Marisa Warren

SOUTHEAST

EXECUTIVE SALES DIRECTOR
Kelly Peterson

SOUTHWEST

WISDOM MEDIA
Leslie Wehrmann

WEST COAST

EXECUTIVE SALES DIRECTOR
Kelly Beres

DIRECT MEDIA

SALES MANAGER
Kelly Zindel

HEARST HEALTH MEDIA

EXECUTIVE SALES DIRECTORS
Sari Kleinman, Kassie Means,
Tara Outly

SALES DIRECTOR

Nicole Guba

SALES PLANNERS

Amanda Le, P.J. Lepper,
Serena Vohra

SALES ASSISTANT

Victoria Librizzi

**EXECUTIVE ASSISTANT TO THE
SENIOR VICE PRESIDENT/
GROUP PUBLISHING DIRECTOR**
Elizabeth V. Ruch

MARKETING

EXECUTIVE MARKETING DIRECTOR
Barbara Semmel

SENIOR MARKETING MANAGERS
Kayla Kommer, Kailin Villamar

ASSOCIATE MARKETING MANAGER
Emily Locke

**MARKETING DIRECTOR,
BRAND STRATEGY**

Lisa Schwartz Golodner

**MARKETING DIRECTOR,
RESEARCH**

Theresa B. Salimbene

CIRCULATION & PRODUCTION

CIRCULATION

**VICE PRESIDENT,
CONSUMER MARKETING**
Rick Day

PRODUCTION

**OPERATIONS
ACCOUNT MANAGER**
Maria Fernandez

**PREMEDIA
ACCOUNT MANAGEMENT**
Tania Lara

CORPORATE RESEARCH

MANAGER Lynn Sessa

ANALYST Christina Mak

PREVENTION MEDICAL REVIEW BOARD

Our 25+ advisers review, write, and provide expertise for articles we run in print and on prevention.com.

CARDIOLOGY
Karol Watson, M.D.,
UCLA Program in
Preventative Cardiology

DERMATOLOGY
Mona Gohara, M.D.,
President,
The Women's
Dermatologic Society

DIABETES
Rita Kalyani, M.D.,
Johns Hopkins University
School of Medicine

EPIDEMIOLOGY
Michelle M. Mielke, Ph.D.,
Wake Forest University
School of Medicine

GASTROENTEROLOGY
Hiroshi Mashimo, M.D.,
Ph.D., Boston VA
Medical Center

INTEGRATIVE MEDICINE
Andrew Weil, M.D.,
Andrew Weil Center for
Integrative Medicine

**OBSTETRICS AND
GYNECOLOGY**
Lauren Streicher, M.D.,
Northwestern
University Feinberg
School of Medicine

THERAPY
Rachel Zar, L.M.F.T.,
Spark Chicago Therapy

Meet our full board at
prevention.com/review-board.

Published by
Hearst

Steven R. Swartz
President and Chief Executive Officer

William R. Hearst III
Chairman

Frank A. Bennack, Jr.
Executive Vice Chairman

Mark E. Aldam
Chief Operating Officer

Hearst Magazines, Inc.

Debi Chirichella
President

Lisa Ryan Howard
Global Chief Revenue Officer

Kate Lewis
Chief Content Officer

Regina Buckley
Chief Financial and Strategy Officer; Treasurer

Brian Madden
Senior Vice President, Consumer
Revenue and Development

Catherine A. Bostron
Secretary

Gilbert C. Maurer, Mark F. Miller
Publishing Consultants

HEARST MAGAZINES INTERNATIONAL

PRESIDENT

Jonathan Wright

**SENIOR VICE PRESIDENT/
EDITORIAL AND BRAND DIRECTOR**

Kim St. Clair Bodden

DEPUTY BRANDS DIRECTOR
Chloe O'Brien

EXECUTIVE DIRECTOR, CONTENT SERVICES
Shelley Meeks

INTERNATIONAL EDITION

Australia

AUSTRALIA/EDITOR IN CHIEF
Andrea Duvall

CUSTOMER CARE

Online: prevention.com/service

Email: precustserv@cdfsfulfillment.com

Phone: (800) 813-8070

Mail: Prevention Customer Care,
PO Box 6000, Harlan, IA 51593-1500

Printed in the U.S.A. Published at
300 West 57th Street, New York, NY 10019.

Get your doctor's approval before beginning
any exercise or dietary program.

Prevention (ISSN 0032-8006), Vol. 75, No. 4, is published monthly by Hearst, 300 W. 57th St., New York, NY 10019, USA. Steven R. Swartz, President & Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennack, Jr., Executive Vice Chairman; Mark E. Aldam, Chief Operating Officer. Hearst Magazines, Inc.: Debi Chirichella, President; Regina Buckley, Chief Financial and Strategy Officer, Treasurer; Catherine A. Bostron, Secretary. Copyright 2023 by Hearst Magazines, Inc. All rights reserved. Prevention is a registered trademark of Hearst Magazines, Inc. Periodicals postage paid at New York, NY, and at additional mailing offices. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: Send address corrections to PREVENTION, PO Box 6000, Harlan, IA 51593-1500. In Canada: Postage paid at Gateway, Mississauga, Ontario; Canada Post Publication Mail Agreement Number 40012499. GST #R122988611. Mailing Lists: From time to time we make our subscriber list available to companies that sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings by postal mail, please send your current mailing label or exact copy to: Prevention, Mail Preference Center, PO Box 6000, Harlan, IA 51593-1500.

Licensing and reprints: Contact Wyndell Hamilton at (281) 419-5725 ext. 152 or whamilton@wrightsmedia.com.



The Best Advice, Just for You



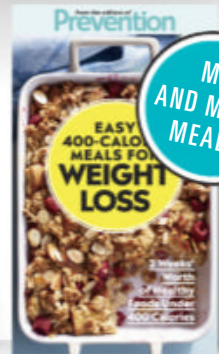
Our special publications can help you reach your goals.

➔ Members of **Prevention Premium** can now dive deeper into fascinating health and wellness subjects with our exclusive guides. Each one explores a way to take control of your health, with helpful, practical tips and valuable science-backed info.

Here's just a sample of what you'll find:

▶ **Simple home remedies** for issues from acid reflux to warts

▶ **Effective natural solutions** for easing all kinds of pain



▶ **The healthiest way to do keto**, including tons of recipes

Download all our exclusives once you've joined **Prevention Premium!**



NOT A MEMBER YET?
prevention.com/signup



Stay Sharp

Fun ways to give your brain a little workout

ALL ABOUT APRIL

Use the clues (all related to articles in this issue!) to fill in the blanks, then unscramble the highlighted letters to reveal the final answer.

1. There are promising innovations to help solve this crisis.

	●	●		●		
--	---	---	--	---	--	--

2. What you might be if you don't check out our Sleep Awards!

	●		●	
--	---	--	---	--

3. There are lots of myths about this months-long condition.

			●	●				
--	--	--	---	---	--	--	--	--

Prevention's favorite type of exercise:

●	●	●	●	●	●	●
---	---	---	---	---	---	---

LETTER PATTERN

Which letters are missing from this sequence?

O T T _ F S S E N _

FUNNY MATH

Figure out the final answer using the clues in the previous problems.

$$\begin{array}{r} \boxed{2} \# \boxed{2} = \boxed{2} \\ \boxed{8} \# \boxed{3} = \boxed{21} \\ \boxed{5} \# \boxed{6} = \boxed{24} \\ \boxed{4} \# \boxed{1} = \boxed{?} \end{array}$$

MISSING PIECE

Which of these belongs in the empty spot (rotated if necessary)?



ANSWERS: All About April: climate, awake, pregnancy, walking, Letter Pattern: FT (the first letters of the numbers one through 10 spelled out); **Funny Math:** 3 (multiply the two numbers, then subtract the second); **Missing Piece:** D.

ZZZZZZ

COMFORTABLY

with up to
12 hours
of overnight
protection



Depend Night Defense
has lightweight protection
that absorbs all night, so
you can sleep comfortably.



THE ONLY THING **STRONGER** THAN US, IS **YOU.**™

Trademarks of Kimberly-Clark Worldwide Inc. or affiliates ©KCWW