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## November 2016







Features + Cover Stories

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#### COVER: A GLIMPSE INTO TARAJI P. HENSON'S HEART & SOUL

At the height of her career, Academy Award nominee and Golden Globe winner Taraji P. Henson has a full plate. She travels coast to coast promoting her first memoir Around the Way Girl and her new film Hidden Figures, while launching her limited edition MAC Cosmetic line, and shooting the third season of her critically-acclaimed drama series Empire. By Aja Chestine

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#### THE ONCE UPON A PREEMIE STORY

November is Prematurity Awareness Month. I've come to personally know and celebrate this month, as the mother of a tiny miracle. Nearly three years ago, I gave birth to my first child by: Jenné Johns

#### **PRE-MATURE BLACK BABIES**

If you are a Black woman living in the United States of America, there is a pretty good chance you or someone you know has had a baby that was born too early.

By Dr. Joia Crear-Perry

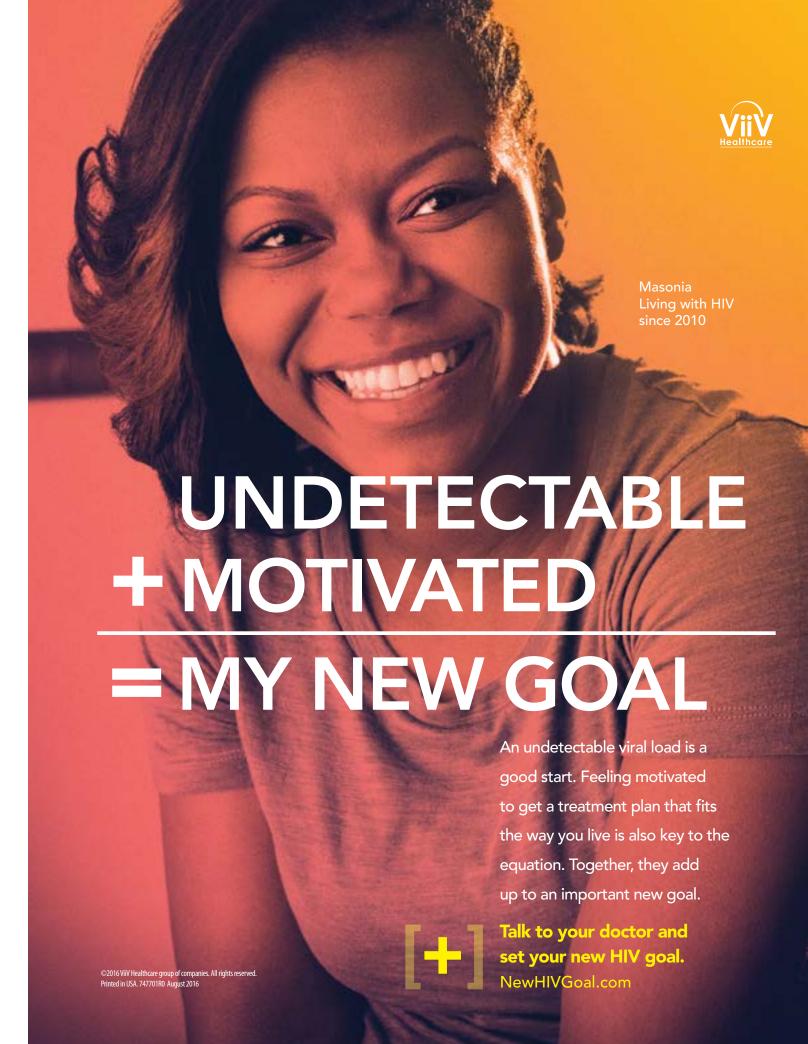
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#### **SHAUN ROBINSON**

Emmy Award-winning journalist and recipient of Dove's prestigious Real Beauty Award, Shaun Robinson is a true role model. As an author, television and digital content producer, entrepreneur, philanthropist and television personality, she has won the respect and admiration of millions of daily viewers



Cover Photographer- Erik Umphrey



# December 2016









#### Health

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58 SOUL KITCHEN Fall in Love with Fall and Winter

By Michelle Mitchum, MPH, HHP





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#### Contributors



Daphne Douge'-Espinal Personal

Daphne Douge'-Espinal is a personal trainer/fitness coach, fitness competitor and also the founder of Lift Brooklyn. She lives in the heart of Park Slope, Brooklyn with her daughter and two dogs Lily and Rocket. As Heart & Soul's fitness editor, she's excited to share and introduce to you the in depth world of the fitness industry.



Jenné Johns, MPH AUTHOR & AWARD WINNING HEALTH DISPARITIES EXECUTIVE

A first time author of, "Once Upon A Preemie". As an advocate for healthy lifestyles, childhood obesity prevention, and reducing healthcare disparities, Jenné found herself advocating for the needs of her son who was born prematurely. Although Jenné had a decade of experience working in the health field, this was not enough to prepare her for the life changing experience of nurturing her micro-preemie son out of the NICU. She wrote, "Once Upon a Preemie" to motivate, encourage, and inspire parents whose children land in the NICU. She hopes this book uplifts families during the most fragile time of **parenthood**.

Once Upon a Preemie pg 40



#### Michelle Mitchum,

Educator, speaker, writer, culturalist, natural wellness professional, and philanthropist-Michelle has been an advocate of natural healing and functional medicine for over 15 years. Passionate about empowering others to make informed decisions to maintain optimal health, she has empowered a plethora of people thru meditation programing, wellness workshops, nutrition classes, and articles written for dozens of wellness magazines, news publications and wellness blogs.

Soul Kitchen pg 58



Marcus Moore

Is not your normal chef; He is a Creative Director in the advertising and marketing industry with a passion for cooking visually for three amazing daughters. Although he is not a classically trained chef, Marcus taught himself how to cook by developing a simple process and philosophy; "Complimentary Colors = Complimentary Taste" using only fresh and pure herbs and spices to induce an infinite amount possibilities and flavor.

Fresh pg 8



Dr. Joia Crear-Perry FOUNDER

Dr. Crear-Perry is the Founder and President of the National Birth Equity Collaborative. Previously, she served as the Executive Director of the Birthing Project, Director of Women's and Children's Services at Jefferson Community Healthcare Center and as the Director of Clinical Services for the City of New Orleans Health Department where she was responsible for four facilities that provided healthcare for the homeless, pediatric, WIC, and gynecologic services within the New Orleans clinical service area. Dr. Crear-Perry continues to work to improve access and availability of affordable health care to New Orleans' citizens post the Hurricane Katrina disaster of 2005.

A proud recipient of the Congressional Black Caucus Healthcare Hero's award, Dr. Crear-Perry currently serves on the Board of Trustees for Community Catalyst, National Medical Association, and the New Orleans African American Museum.

Premature Black Babies pg 60

#### Masthead

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The information in Heart & Soul is meant to increase your knowledge of health development and disease prevention. Because everyone is different, the ideas expressed by physicians and researchers cannot be used to diagnose or treat individual health problems. A health care professional can best guide you.

Letter From The Editor

ur most precious gifts are

not material. Although we

spend much of our holidays

pondering what gifts to get

and for whom, our presence is the true

gift. Just as Maya Angelou so powerfully

states, we are the gifts that our ancestors

gave. In order to honor ourselves as such.

we must cherish and heal our whole

We here at Heart & Soul Magazine

honor you as a gift, and we reflect that

in our content. Our cover this month,

the amazing Taraji P. Henson, has been

a gift to us all this year. From staring in

the inspirational film, Hidden Figures, to

releasing her memoir, Around the Way

Girl, Taraji has lived her life just as she

Cookie, from the hit show Empire, "She

can assist us in remembering that we

Words to set our goals to learning the

are gifts to the world. From using *Vision* 

reality of premature black babies, we are

Below are some easy exercises to I use

As this year comes to a close, you can

sure to value ourselves as gifts once we

to realign myself with being a gift and

knowing my worth in mind, body and

honor yourself by making a list of all

of the accomplishments, achievements

and wins that you experienced this year.

This issue is full of valuable truths that

has described her beloved character,

simply lives her truth."

read these pages.

soul:

Mind:

Anita Kopacz

Editor-in-Chief

Follow me on Twitter and

Instagram @anitakopacz

being: mind, body and soul.



Most likely, you will realize that you have accomplished more than you think. This exercise will put you in the mindset of gratitude and celebration, the perfect setting to honor yourself as a gift.

Body:

Eating healthy and exercising regularly are key aspects in respecting and honoring your body, but you know this already. Why have you not been able to make any significant, lasting changes in this area? Community is the answer. Do you have accountability partners for your exercise routine? A doctor or health coach that you check in with to monitor your food intake? We are in this together, find someone who already sees you as a gift, and ask her to hold you accountable. It might feel overwhelming as first, but most likely you will begin to look

Soul:

forward to those calls!

Just breathe. Close your eyes and follow your breath. Feel yourself inhaling new energy and exhaling everything that no longer serves you. Allow your body the time and space to process and heal any aliments. Conscious breath and meditation allows for better oxygen supply, calms the nerves, relaxes the muscles and lowers blood pressure. This simple exercise will quiet your mind and your body, allowing you to hear the whispers of your soul.

I humbly offer you these jewels from my heart and soul,



**AFFIRMATION**From Finding Your Way

O is for Openness

"I am open to receive my blessings."-

- Anita Kopacz

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# COOK BY COLOR® WITH MARCUS MOORE











## FRESH | freSH

#### Definition:

- 1 . Something that has a totally different look and is unlike no other
- 2. To mean it is acceptable and highly approved by someone.
- 3 . Exceptionally great / fly
- 4. Not canned, frozen or otherwise preserved
- $5^{\cdot}$  Bright and healthy in appearance
- . CLEAN, PURE AND COOL



the FLAVOR back in the meals, the PURE joy back in each bite and the SIMPLE ease of cooking back to our demanding lifestyles.

Cook By Color®, is a series of one-of-a-kind hand crafted blend of SEASONINGS, made with 100% ALL NATURAL herbs, fruits, vegetables, and spices. Cook By Color®, contains no GMOs, preservatives, chemicals or MSG. While supporting all diets ranging from; Bullet Proof, BBG, Paleo, Akins, The Zone, Weight Watchers, South beach, Raw Food, Mediterranean, Vegetarian and Vegan.

Cook By Color®, allows you to compete against Mom's best, Aunt's signature, Big-Sis' specialty and Grandma's foot during



the holidays... LOL- when you cook and put your twist on any holiday favorite to make it your own with:

"FRESH TO DEF"... COOK BY COLOR® SEASONINGS is the epitome of the culture of FRESH. With ingredients in each blend that consist of 100% all natural herbs, fruits, vegetables, spices and contains no GMOs, preservatives, chemicals or MSG. Allowing anybody to create quick, simple, fun, healthy and amazing tasting meals; ranging from breakfast, snacks, lunch and dinner and occasionally desserts with a simple splash of color.

"YES, YES Y'ALL"... Cook by Color® is a new philosophy to cooking and embodies this simple life style equation of "Complementary Colors = Complementary Taste". This FRESH line of seasonings supports all diets ranging from; Bullet Proof, BBG, Paleo, Akins, The Zone, Weight Watchers, South beach, Raw Food, Mediterranean, Vegetarian and Vegan.

"THE GET FRESH CREW"..., Cook by Color allows you to cook fresh and stay fresh in the kitchen with hand crafted easy to use blends:

+ CBC Mushrooming Around (Shitake Mushrooms, Banana, Onion, Garlic)— A pure cozy, sweet flare of herbs and vegetables





+ CBC Sassy Me (Sesame Seed, Pepper Corn, Hawaiian Lava Salt, Vanilla Bean)— A roasted smoky spark of earth, combined with a sweet pure blend of vanilla

- + CBC Me Myself & Lime (Lime, Chilies, Basil, Cilantro, Kiwi) – A sexy pure blend of sweet heat and tangy herbs
- + CBC Bell of The Ball (Bell Pepper, Smoked Paprika, Raspberry)– A fresh pure pick of sweet, tangy and savory yumminess
- + CBC Habla Habanero (Habanero, Bell Pepper, Sweet Carrot, Orange) – A robust punch of pure heat, with a touch of savory sweetness
- + CBC Ginger Tease (Ginger, Turmeric, Sweet Carrot, Lemon) – A soft hint of pure spice, zest, packed with savory and earthy notes

#### "TIS THE SEASONINGS"

The Healthy Holidays are here, RUN DMC Christmas song is playing in the background, the house is filled with family + friends and you're in the kitchen Nae Nae'ing, Cupid-Shuffling and Whipping up some something FRESH as you Cook By Color®.

#### "I WANNA ROCK RIGHT

NOW"... Rock out with all 6 at <a href="www.cookByColor.co">www.cookByColor.co</a> and get 10% OFF of your first purchase of Cook By Color® all natural flavorful seasonings, by using the promo code "Heart and Soul".



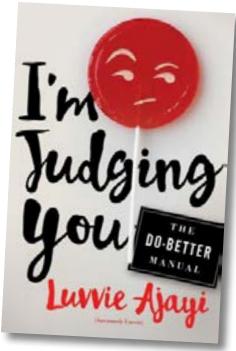
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Fresh .....

# I'm Judging You: The Do-Better Manual by Luvvie Ajayi

omedian, activist, and hugely popular culture blogger at AwesomelyLuvvie.com, Luvvie Ajayi, serves up necessary advice for the masses in this hilarious book of essaysWith over 500,000 readers a month at her enormously popular blog, AwesomelyLuvvie.com, Luvvie Ajayi is a go-to source for smart takes on pop culture. I'm Judging You is her debut book of humorous essays that

dissects our cultural obsessions and calls out bad behavior in our increasingly digital, connected lives from the importance of the newest Shonda Rhimes television drama to serious discussions of race and media representation to what to do about your fool cousin sharing casket pictures from Grandma's wake on Facebook. With a lighthearted, razor sharp wit and a unique perspective, I'm Judging You is the handbook the world needs, doling out the



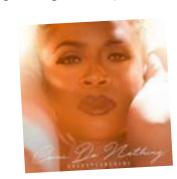
hard truths and a road map for bringing some ""act right"" into our lives, social media, and popular culture. It is the Do-

# Avery\*Sunshine Set to Drop New CD February 2017

nown for her captivating show-stopping live performances, compelling songwriting and radiantly optimistic anthems, Avery\*Sunshine has steadily filled a void for those starved for authentic message driven soul anthems. Calling herself a cross between Oprah and Bette Midler, there is something about Avery\*Sunshine that makes you feel right at home, able to share an intimate moment or uproariously can-

did experience. Essence Magazine declares, "...You'll be hard pressed not to fall in love with Avery's optimism, and vocal chops" while The New York Times says her "jazzy gospel voice can loosen bricks from their mortar." This #1 Billboard artist shot to the top of the charts with her single "Call My Name" last year and garnered a who's who list of fans. Aretha Franklin-The Queen of Soul- invited Avery\*Sunshine to perform as one of three

artists at her Birthday Bash last year, Babyface had Avery\*Sunshine open for him at Madison Square Garden and Patti LaBelle has admitted to being a fan. February 2017, Avery\*Sunshine will release her highly anticipated second recording for Shanachie Entertainment featuring the hot new single "Come Do Nothing." Watch Avery\*Sunshine continue to shine in 2017 which promises to be the stellar singer/songwriter's year!



# Finally, the Coretta Scott King Story: 'My Life, My Love, My Legacy' is Shared With The World

oretta Scott King, wife of Dr. Martin Luther King Jr., founder of the Martin Luther King Jr. Center for Nonviolent Social Change (The King Center), and twentieth-century American civil and human rights hero toward the end of her life commissioned Rev. Dr. Barbara Reynolds to write her memoir. It will be released on January 17th 2017.

Dr. Reynolds, a journalist and author of six books, first came into contact with Coretta King in 1975 when she was assigned to write a magazine article for the Chicago Tribune. From that encounter a 30-year life-changing relationship of mentorship and friendship evolved, resulting in King turning to Reynolds, an ordained minister, to write about her most note-worthy accomplishments but also her deepest pain and setbacks.

From the pages of this compelling book,

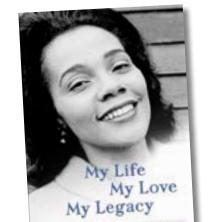


Coretta King emerges from the shadows, the margins of history and more importantly from behind the labels of wife of... mother of...and leader of...which - while correct - never went deep enough to reveal the fullness of her life.

In her memoir, readers will see both character and courage, a woman who was not only married to Dr. King, but was married to the movement of which she was a partner. She was born in April 27, 1927 into the troubled and twisted times in Alabama, where her house was burned down as a teen-ager; she was in her home with her 2-year-old baby when her home was fire-bombed during the 1955 Montgomery Bus Boycott. Although she never knew if the same hate that killed the love of her life would also claim her life and those of her children, she refused to step aside even as threats continued long after the assassination of her husband.

In her own voice, the book reveals a

Coretta, moving on through many lonely days as the architect of her husband's legacy, working tirelessly to found and develop The King Center as a quasiinternational West Point of Non-violence, lobbying for 15 years for the US national holiday in honor of her husband and campaigning for the rights of the disadvantaged around



Coretta Scott King

the globe and at home.

In this memoir, for the first time
Coretta King talks candidly about her
marriage and the rumored reports of Dr.
King's infidelity; she offers her thoughts
on the reasons behind SCLC co-founder
Ralph Abernathy's unfavorable characterization of Martin in his autobiography, as
well as some unproductive characteristics
within the inner circle of the civil rights
movement.

Legendary leaders, such as Maya Angelou, former U.N. ambassador and U.S. congressmen Andrew Young; Myrlie Evers-Williams, a past chairman of the NAACP, whose civil rights active husband Medgar Evers was assassinated; Rep. John Conyers, who played a major role in legislating the King Holiday bill as well as Dr. Bernice King, also provide reflections in this historic work.

Dr. Reynolds views Coretta King as one of the world's most trusted moral leaders,



and effective disciples of nonviolent direct action, who left a model of selfless, compassionate leadership that is sorely needed today

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#### \*Less than I pregnancy per 100 women who used NEXPLANON for I year.

### NEXPLANON IS THE SMALL ARM IMPLANT THAT PROVIDES UP TO 3 YEARS OF CONTINUOUS BIRTH CONTROL.

- NEXPLANON is a small, thin, flexible implant that is placed discreetly under the skin of your inner, upper arm by your health care provider.
- NEXPLANON does not require any daily, weekly, or monthly dosing.
- NEXPLANON is reversible and can be removed by your health care provider at any time.
- You may become pregnant as early as a week after removal of NEXPLANON.
- NEXPLANON must be removed at the end of the third year.

Talk to your health care provider to find out if NEXPLANON is the right birth control option for you.

NEXPLANON is a prescription medication for the prevention of pregnancy in women.

#### **IMPORTANT SAFETY INFORMATION**

- You should not use NEXPLANON if you are pregnant or think you may be pregnant; have or have had blood clots; have liver disease or a liver tumor; have unexplained vaginal bleeding; have breast cancer or any other cancer that is sensitive to progestin (a female hormone), now or in the past; or are allergic to anything in NEXPLANON.
- Talk to your health care provider about using NEXPLANON if you have diabetes, high cholesterol or triglycerides, headaches, gallbladder or kidney problems, history of depressed mood, high blood pressure, allergy to numbing medicines (anesthetics) or medicines used to clean your skin (antiseptics). These medicines will be used when the implant is placed into or removed from your arm.
- Immediately after the NEXPLANON implant has been placed, you and your health care provider should check that the implant is in your arm by feeling for it. If you cannot feel the NEXPLANON implant, contact your health care provider immediately and use a non-hormonal birth control method (such as condoms) until your health care provider confirms that the implant is in place. You may need special tests to check that the implant is in place or to help find the implant when it is time to take it out.
- The implant may not be placed in your arm at all due to failed insertion. If this happens, you may become pregnant. Removal of the implant may be very difficult or impossible if the implant is not where it should be. Special procedures, including surgery in the hospital, may be needed to remove the implant. If the implant is not removed, then the effects of NEXPLANON will continue for a longer period of time. Other problems related to insertion and removal include pain, irritation, swelling, bruising, scarring, infection, injury to the nerves or blood vessels, and breaking of the implant. Additionally, the implant may come out by itself. You may become pregnant if the implant comes out by itself. Use a back up birth control method and call your health care provider right away if the implant comes out.
- The most common side effect of NEXPLANON is a change in your normal menstrual bleeding pattern. In studies, one out of ten women stopped using the implant because of an unfavorable change in their bleeding pattern. You may experience longer or shorter bleeding during your periods or have no bleeding at all. The time between periods may vary, and in between periods you may also have spotting.
- If you become pregnant while using NEXPLANON, you have a slightly higher chance that the pregnancy will be ectopic (occurring outside the womb) than do women who do not use birth control. Ectopic pregnancies can cause serious internal bleeding, infertility, and even death. Call your health care provider right away if you think you are pregnant or have unexplained lower stomach (abdominal) pain.
- The use of NEXPLANON may also increase your chance of serious blood clots, especially if you have other risk factors, such as smoking. If you smoke and want to use NEXPLANON, you should quit. Some examples of blood clots are deep vein thrombosis (legs), pulmonary embolism (lungs), retinal thrombosis (eyes), stroke (brain), and heart attack (heart). It is possible to die from a problem caused by a blood clot, such as a heart attack or stroke. Tell your doctor at least 4 weeks before if you are going to have surgery or will need to be on bed rest, because you have an increased chance of getting blood clots during surgery or bed rest.
- · Cysts may develop on the ovaries and usually go away without treatment, but sometimes surgery is needed to remove them.
- Besides changes in menstrual bleeding patterns, other common side effects reported in women using NEXPLANON include: headaches; vaginitis (inflammation of the vagina); weight gain; acne; breast pain; viral infection such as sore throats or flu-like symptoms; stomach pain; painful periods; mood swings, nervousness, or depressed mood; back pain; nausea; dizziness; pain and pain at the site of insertion. Implants have been reported to be found in a blood vessel, including a blood vessel in the lung.
- Call your health care provider right away if you have pain in your lower leg that does not go away; severe chest pain or heaviness in the chest; sudden shortness of breath, sharp chest pain, or coughing blood; symptoms of a severe allergic reaction, such as swollen face, tongue or throat, trouble breathing or swallowing; sudden severe headaches unlike your usual headaches; weakness or numbness in your arm, leg, or trouble speaking; sudden partial or complete blindness; yellowing of your skin or whites of your eyes, especially with fever, tiredness, loss of appetite, dark-colored urine, or light-colored bowel movements; severe pain, swelling, or tenderness in the lower stomach (abdomen); lump in your breast; problems sleeping, lack of energy, tiredness, or you feel very sad; heavy menstrual bleeding; or if you feel that the implant may have broken or bent while in your arm.
- NEXPLANON does not protect against HIV or other STDs.

Not actual implant size

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call I-800-FDA-1088 (I-800-332-1088).

Please read the adjacent patient brief summary for NEXPLANON and discuss it with your doctor.

READY TO LEARN MORE? VISIT NEXPLANON.COM



Nexplanon® (etonogestrel implant) 68mg Radiopaque

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#### **Patient Brief Summary**

#### Nexplanon<sup>®</sup>

(etonogestrel implant) 68mg

Radiopaque

Subdermal Use Only

**NEXPLANON®** does not protect against HIV or other STDs. Read this Patient Brief Summary carefully before you decide if NEXPLANON is right for you. This information does not take the place of talking with your healthcare provider. If you have any questions about NEXPLANON, ask your healthcare provider.

#### What is NEXPLANON?

NEXPLANON is a hormone-releasing birth control implant for use by women to prevent pregnancy for up to 3 years. The implant is a flexible plastic rod about the size of a matchstick that contains a progestin hormone called etonogestrel. It also contains a small amount of barium sulfate so that the implant can be seen by X-ray, and may also contain magnesium stearate. Your healthcare provider will insert the implant just under the skin of the inner side of your upper arm. You can use a single NEXPLANON implant for up to 3 years. NEXPLANON does not contain estrogen.



#### What if I need birth control for more than

<u>3 years?</u> The NEXPLANON implant must be removed after 3 years. Your healthcare provider can insert a new implant under your skin after taking out the old one if you choose to continue using NEXPLANON for birth control.

#### What if I change my mind about birth control and want to stop using **NEXPLANON before 3 years?**

Your healthcare provider can remove the implant at any time. You may become pregnant as early as the first week after removal of the implant. If you do not want to get pregnant after your healthcare provider removes the NEXPLANON implant, you should start another birth control method right away.

#### **How does NEXPLANON work?**

NEXPLANON prevents pregnancy in several ways. The most important way is by stopping the release of an egg from your ovary. NEXPLANON also thickens the mucus in your cervix and this change may keep sperm from reaching the egg. NEXPLANON also changes the lining of your uterus.

<u>How well does NEXPLANON work?</u> When the NEXPLANON implant is placed

correctly, your chance of getting pregnant is very low (less than 1 pregnancy per 100 women who use NEXPLANON for 1 year).

It is not known if NEXPLANON is as effective in very overweight women because studies did not include many overweight women.

#### Who should not use NEXPLANON? Do not use NEXPLANON if you:

- Are pregnant or think you may be pregnant
- Have, or have had blood clots, such as blood clots in your legs (deep venous thrombosis), lungs (pulmonary embolism), eyes (total or partial blindness), heart (heart attack), or brain (stroke)
- Have liver disease or a liver tumor Have unexplained vaginal bleeding
- Have breast cancer or any other cancer that is sensitive to progestin (a female hormone), now or in the past
- Are allergic to anything in NEXPLANON

Tell your healthcare provider if you have or have had any of the conditions listed above. Your healthcare provider can suggest a different method of birth control

In addition, talk to your healthcare provider about using NEXPLANON if you:

- Have diabetes
- Have high cholesterol or trialvcerides
- Have headaches
- Have gallbladder or kidney problems
- Have a history of depressed mood
- Have high blood pressure
- Have an allergy to numbing medicines (anesthetics) or medicines used to clean your skin (antiseptics). These medicines will be used when the implant is placed into or removed from your arm.

#### **Interaction with Other Medicines**

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Certain medicines may make NEXPLANON less effective, includina:

- barbiturates
- bosentan carbamazepine
- felbamate
- griseofulvin oxcarbazepine
- phenytoin
- rifampin
- St. John's wort
- topiramate
- HIV medicines

Ask your healthcare provider if you are not sure if your medicine is one listed above.

If there are medicines that you have been taking for a long time, that make NEXPLANON less effective, tell your healthcare provider. Your healthcare provider may remove the NEXPLANON implant and recommend a birth control method that can be used effectively with these medicines.

When you are using NEXPLANON, tell all of your healthcare providers that you have NEXPLANON in place in your arm.

#### How is the NEXPLANON implant placed and removed?

Your healthcare provider will place and remove the NEXPLANON implant in a minor surgical procedure in his or her office. The implant is placed just under the skin on the inner side of your upper arm. The timing of insertion is important.

Your healthcare provider may:

- Perform a pregnancy test before inserting NEXPLANON
- Schedule the insertion at a specific time of vour menstrual cycle (for example, within the first days of your regular menstrual bleeding)

Your healthcare provider will cover the site where NEXPLANON was placed with 2 bandages. Leave the top bandage on for 24 hours. Keep the smaller bandage clean, dry, and in place for 3 to 5 days.

#### Immediately after the NEXPLANON implant has been placed, you and your healthcare provider should check that the implant is in your arm by feeling for it.

If you cannot feel the implant immediately after insertion, the implant may not have been inserted, or it may have been inserted deeply. A deep insertion may cause problems with locating and removing the implant. Once the healthcare professional has located the implant, removal may be recommended.

If at any time you cannot feel the NEXPLANON implant, contact your healthcare provider immediately and use a non-hormonal birth control method (such as condoms) until your healthcare provider confirms that the implant is in place. You may need special tests to check that the implant is in place or to help find the implant when it is time to take it out. If the implant cannot be found in the arm after a thorough search, your healthcare professional may use x-rays or other imaging methods on your chest.

Depending on the exact position of the implant, removal may be difficult and may

You will be asked to review and sign a consent form prior to inserting the NEXPLANON implant. You will also get a USER CARD to keep at home with your health records. Your healthcare provider will fill out the USER CARD with the date the implant was inserted and the date the implant is to be removed. Keep track of the date the implant is to be removed. Schedule an appointment with your healthcare provider to remove the implant on or before the removal date.

Be sure to have checkups as advised by your healthcare provider.

#### What are the most common side effects I can expect while using NEXPLANON?

 Changes in Menstrual Bleeding Patterns (menstrual periods)

The most common side effect of NEXPLANON is a change in your normal menstrual bleeding pattern. In studies, one out of ten women stopped using the implant because of an unfavorable change in their bleeding pattern. You may experience longer or shorter bleeding during your periods or have no bleeding at all. The time between periods may vary, and in between periods you may also have spotting.

Tell your healthcare provider right away if:

- You think you may be pregnant
- Your menstrual bleeding is heavy and prolonged

Besides changes in menstrual bleeding patterns, other frequent side effects that caused women to stop using the implant

- Mood swings
- Weight gain
- Headache
- Acne
- Depressed mood

Other common side effects include:

- Headache
- Vaginitis (inflammation of the vagina)
- Weight gain
- Acne
- Breast pain Viral infections such as sore throats or flu-like symptoms
- Stomach pain
- Painful periods
- Mood swings, nervousness, or depressed mood
- Back pain
- Nausėa Dizziness
- Pain at the site of insertion

Implants have been reported to be found in a blood vessel, including a blood vessel in the lung.

This is not a complete list of possible side effects. For more information, ask your healthcare provider for advice about any side effects that concern you. You may report side effects to the FDA at 1-800-FDA-1088.

#### What are the possible risks of using NEXPLANON?

• Problems with Insertion and Removal The implant may not be placed in your arm at all due to a failed insertion. If this happens, you may become pregnant. Immediately after insertion, and with help from your healthcare provider, you should be able to feel the implant under your skin. If you can't feel the implant, tell your healthcare provider.

Location and removal of the implant may be difficult or impossible because the implant is not where it should be. Special procedures, including surgery in the hospital, may be needed to remove the implant. If the implant is not removed, then the effects of NEXPLANON will continue for a longer period of time.

Implants have been found in the pulmonary artery (a blood vessel in the lung). If the implant cannot be found in the arm, your healthcare professional may use x-rays or other imaging methods on the chest. If the implant is located in the chest, surgery may be needed

Other problems related to insertion and removal are:

- · Pain, irritation, swelling, or bruising at the insertion site
- Scarring, including a thick scar called a keloid around the insertion site Infection
- Scartissue may form around the implant making it difficult to remove
- The implant may come out by itself. You may become pregnant if the implant comes out by itself. Use a back up birth control method and call your healthcare provider right away if the implant comes out.

- The need for surgery in the hospital to remove the implant
- · Injury to nerves or blood vessels in vour arm
- The implant breaks making removal difficult

• Ectopic Pregnancy
If you become pregnant while using NEXPLANON, you have a slightly higher chance that the pregnancy will be ectopic (occurring outside the womb) than do women who do not use birth control. Unusual vaginal bleeding or lower stomach (abdominal) pain may be a sign of ectopic pregnancy. Ectopic pregnancy is a medical emergency that often requires surgery. Ectopic pregnancies can cause serious internal bleeding, infertility, and even death. Call your healthcare provider right away if you think you are pregnant or have unexplained lower stomach (abdominal) pain.

#### • Ovarian Cysts

Cysts may develop on the ovaries and usually go away without treatment but sometimes surgery is needed to remove

#### Breast Cancer

It is not known whether NEXPLANON use changes a woman's risk for breast cancer. If you have breast cancer now, or have had it in the past, do not use NEXPLANON because some breast cancers are sensitive to hormones.

#### • Serious Blood Clots

NEXPLANON may increase your chance of serious blood clots, especially if you have other risk factors such as smoking. It is possible to die from a problem caused by a blood clot, such as a heart attack or a stroke.

Some examples of serious blood clots are blood clots in the:

- Legs (deep vein thrombosis)
- Lungs (pulmonary embolism)
- Brain (stroke)
- Heart (heart attack)
- Eyes (total or partial blindness)

The risk of serious blood clots is increased in women who smoke. If you smoke and want to use NEXPLANON, you should quit Your healthcare provider may be able

Tell your healthcare provider at least 4 weeks before if you are going to have surgery or will need to be on bed rest. You have an increased chance of getting blood clots during surgery or bed rest.

#### Other Risks

A few women who use birth control that contains hormones may get:

- High blood pressure
- Gallbladder problems
- Rare cancerous or noncancerous liver tumors

#### • Broken or Bent Implant

If you feel that the implant may have broken or bent while in your arm, contact your healthcare provider.

#### When should I call my healthcare provider?

Call your healthcare provider right away if you have:

- Pain in your lower leg that does not
- go away • Severe chest pain or heaviness in the chest
- Sudden shortness of breath, sharp chest pain, or coughing blood
- Symptoms of a severe allergic reaction, such as swollen face, tongue or throat, trouble breathing or swallowing
- Sudden severe headache unlike your usual headaches
- Weakness or numbness in your arm, leg, or trouble speaking
- Sudden partial or complete blindness
- Yellowing of your skin or whites of your eyes, especially with fever, tiredness, loss of appetite, dark colored urine, or light colored bowel movements
- Severe pain, swelling, or tenderness in the lower stomach (abdomen)
- Lump in your breast
- Problems sleeping, lack of energy, tiredness, or you feel very sad
- Heavy menstrual bleeding

#### What if I become pregnant while using NEXPLANON?

You should see your healthcare provider right away if you think that you may be pregnant. It is important to remove the implant and make sure that the pregnancy is not ectopic (occurring outside the womb). Based on experience with other hormonal contraceptives, NEXPLANON is not likely to cause birth defects.

#### Can I use NEXPLANON when I am breastfeeding?

If you are breastfeeding your child, you may use NEXPLANON if 4 weeks have passed since you had your baby. A small amount of the hormone contained in NEXPLANON passes into your breast milk. The health of breast-fed children whose mothers were using the implant has been studied up to 3 years of age in a small number of children. No effects on the growth and development of the children were seen. If you are breastfeeding and want to use NEXPLANON, talk with your healthcare provider for more information.

#### **Additional Information**

This Patient Brief Summary contains important information about NEXPLANON. To receive a copy of the FDA-approved Patient Labeling, call 1-877-467-5266 or visit www.nexplanon.com. If you would like more information, talk with vour healthcare provider. You can ask your healthcare provider for information about NEXPLANON that is written for healthcare professionals. You may also call 1-877-467-5266 or visit www.nexplanon.com.

Manufactured by: N.V. Organon, Oss, The Netherlands, a subsidiary of **Merck & Co.**, Inc., Whitehouse Station, NJ 08889, USA

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## Vision Words

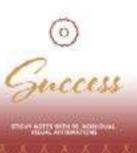


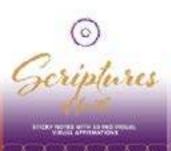














ision Words is an e-commerce website, www.VisionWords.co, that sells Motivational Sticky Notes with Visual Affirmations. Mantras and Scriptures.

Recognizing that not everyone has the time, energy or motivation to write out their own inspirational quotes, Vision Words has created Sticky Notepads with Motivational statements already on them. Currently offered in eight categories

(Be Happy, Believe in Yourself, Fitness, Gratitude, Love, Success, Scriptures of Faith and Scriptures of Encouragement) these Sticky Notes:

- help spread positivity and positive thinking, providing oashtonaverall wellness.
- can be used in the home and the workplace or on a vision board.
- are the only sticky notes on the market with 50 unique statements that will affirm your goals in life. Vision Words partnered with Alchemy

Life and Heart & Soul Magazine to create "I Ignite..." sticky notes for their inspirational Ignite Lounge. Women wrote their intentions for the New Year on the notes and stuck them on the wall to declare what they want. Statements such as, I ignite my courage, I ignite my

Vision Words looks forward to expanding the line of Sticky Notes with new categories as well as introducing new products in their pipeline shortly.

About Vision Words LLC: Vision Words is a Black and Latina woman owned New York-based company. Founded in 2016,

#### STICKY NOTES WITH

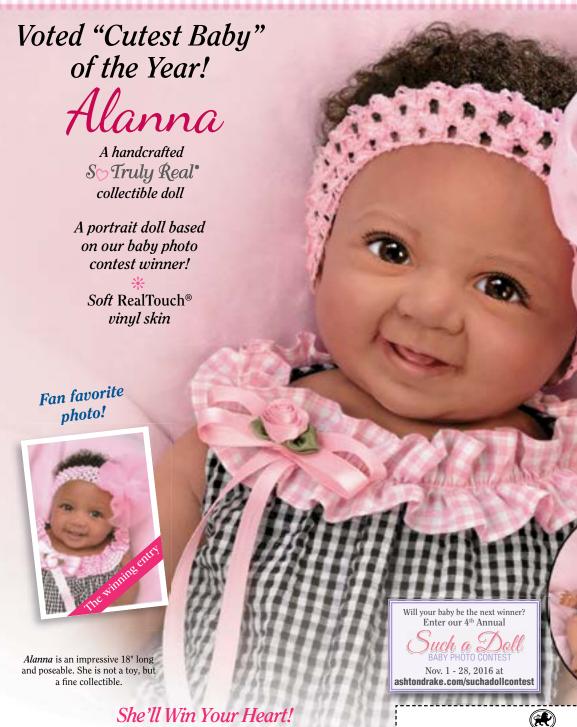
AFFIRMATIONS, MANTRAS, MOTIVATIONAL QUOTES AND SCRIPTURES

passion, and I ignite my bestselling novel, decorated the walls of the building.

After studying numerous reports about The Power of Words and The Power of Intention and Visualization, Vision Words has made it their mission to empower people by creating products focused on positive statements. "I believe that words on a sticky note can change your life, as it has happened to me on three separate occasions," said Vision Words Creator Martha Banks Hall.

Vision Words creates products that that inspire, empower and motivate people to achieve their goals and dreams in life.





For the third year in a row, we invited doll lovers to submit photos of the cutest babies they know on Facebook®, and put them to a vote. Amid thousands of entries, Alanna's picture, submitted by her godmother, was far and away the fan favorite. We then commissioned world-renowned portrait doll artist P. Lau to expertly sculpt a doll so adorably accurate to the winning photograph, it's hard to believe she's a doll and not a real baby!

Alanna is a So Truly Real® collector doll, handcrafted of RealTouch® vinyl and handpainted to capture every lifelike detail of her sweet personality. Her baby-soft curls are held in place underneath a lush floral headband and the long lashes framing her big brown eyes are applied by hand. She is poseable and weighted to feel so real in your arms. She wears a gingham romper with pink ruffle trim—simply precious!

#### A unique collecting opportunity, destined to sell quickly!

Portrait dolls by P. Lau sell for thousands, but *Alanna* can be yours for just \$139.99\*, payable in five easy installments of \$27.99. This baby contest portrait doll is available for a limited time only; order yours today!



Apt. No.

THE ASHTON-DRAKE GALLERIES

9200 North Maryland Ave., Niles, Illinois 60714-1397

**TYES!** Please reserve my *Alanna* So Truly Real® baby

contest winning doll as described in this announcement.

RESPOND

\*Plus a total of \$15.99 shipping and service charges. Please allow 2 to 4 weeks for shipment after initial payment is received. All orders are subject to acceptance.

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# The Gateway Program at Benjamin Cardozo High School



he Gateway Program at
Benjamin Cardozo High
School in Queens, NY provides
rigorous academic programs
in science, math and literacy that prepare
students for success in college and
beyond. Sadly there funding was cut last
year and they are in need of sponsors. A
graduate of Cardozo H.S., fitness trainer
Davon Livingston, aka Mr. Make it
Happen and CEO of Lose-N-Tone Fitness
continually gives back to his community
as a mentor to the students of the
Gateway Program and works tirelessly to
raise money on their behalf.

We, his loyal clients inspired by his passion for fitness and changing lives and as an act of gratitude for all he has done to support all of us in getting healthy and fit for life, have come together to create a 2017 health and fitness calendar as a fundraiser for Cardozo H.S. Gateway Program. All proceeds from the sale of the calendars will be donated to the Gateway Program at Cardozo.

The mission for this calendar is just as great as the cause that drives it. As we enter the season of family and giving I am in awe of the generosity of everyone that participated in making this calendar happen. Every gender, age and fitness

level is represented in this project.

We are here to show that anyone can get healthier and stronger.

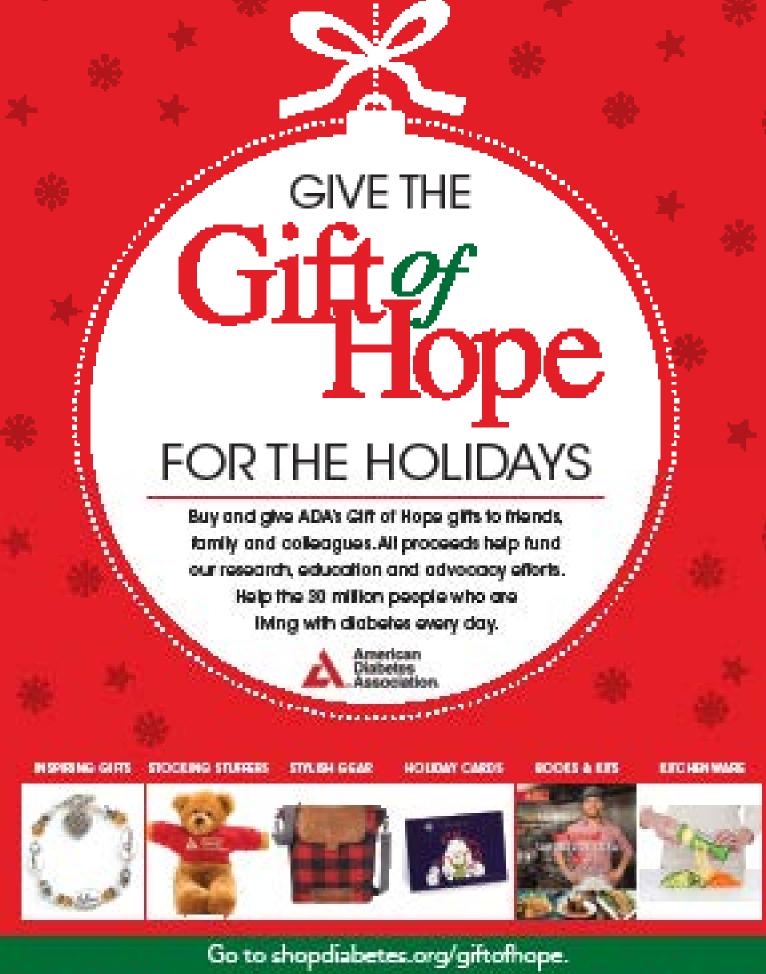
All it takes is that first step. The gift of this calendar is to the students of the Gateway Program. And it is equally a gift of monthly inspiration to anyone that purchases it. I'd say that's a win win!

It is a testament to the trainer that created this community called Lose-N-Tone Fitness, which brought us all together for a greater purpose than ourselves.









Call toll free 1-855-575-0565 for a FREE catalog. Coupon Code GOH2016



#### ANITA'S FAVORITE THINGS



he holidays bring magic and cheer. I'm sharing a few of my favorite things that have enhanced my life in mind, body and soul. Join my family as we celebrate the gifts that keep bringing us joy!





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#### ANITA'S FAVORITE THINGS 🚙

#### ANITA'S FAVORITE THINGS

ho took these amazing photos? If you are in the NY area, be sure to grab up Laika Estime to capture your most precious belongings.

laikaestimephotographie.com

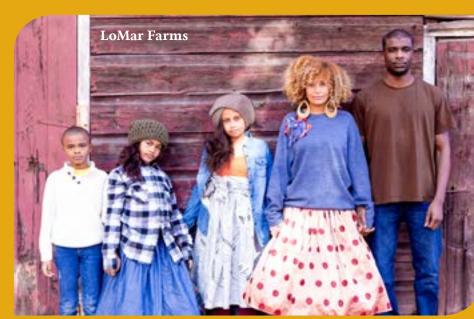
The dope skirts we are wearing are by **Sofistafunk!** 

sofistfunk.com

My golden nails are done by **sHOO Nail Polish**. 5 FREE: Free of Formaldehyde, DBP, Toluene, Formaldehyde resin, and Camphor. Made in the USA and Cruelty Free.

shooinc.com









**LoMar Farms** 









from Natural Jewels.

Why is my skin glowing? It's the yummy Vanilla Bean Whipped Shea Butter lotion





Madam CJ Walker



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#### ANITA'S FAVORITE THINGS

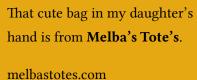


BEAUTYWARRIORTRIBE.COM



My makeup... I love the **Beauty Warrior**, Adamme Sosa!

beautywarriortribe.com









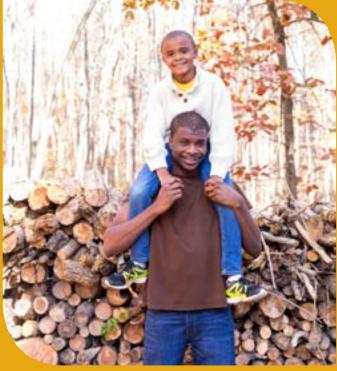


The only jewelry I wear is by the amazing **Mehalina Jewels**.

Instagram @mehalinajewels







My body is by **BUTI yoga**. My instructor is Krista Cordovano, but find one near you or do videos online!

butiyoga.com



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# DR. AURORA DEJULIIS BREAKS DOWN WHICH FOODS MAKE THE 'NAUGHTY OR NICE' LIST FOR YOUR SKIN THIS **HOLIDAY SEASON**

ood and holidays go handin-hand. This time of year, we're tempted at every turn by rich, sugary high-calorie foods and drinks, from rum-spiked eggnog to candied sweet potatoes, with plenty of pumpkin pie, fruitcake and chocolate decadence in between. We all know the Thanksgivingto-New Year's holiday season is one long, tempting food fest designed to make you gain weight. Studies show the average person consumes an extra 600 calories a day during this season, which translates to an extra 6 pounds of weight gain. Unfortunately, your waistline isn't the only thing that will suffer - some of your favorite holiday foods can have a damaging toll on your skin.

Dr. Aurora DeJuliis, anti-aging skin expert and founder of The Aurora DeJuliis MD European Medical Spa in Montclair, New Jersey, firmly believes there's an important connection between what you eat and how you look. "If you want healthy radiant skin, the old adage 'you are what you eat' has never been more true," says Dr. DeJuliis. "The

intention here isn't to be a Grinch everyone's entitled to a little indulgence during the holidays. It's just smart to be aware and make good choices when it comes to taking care of your skin."

#### Naughty: Candy, Candy Canes, Candy Corns & Syrup

The holidays is a perfect time to indulge your sweet tooth; unfortunately, that Christmas sugar cookie you just ate is also wreaking havoc on the collagen and elastin in your skin, causing the onset of wrinkles. According to Dr. DeJuliis, when you ingest sugar or high-glycemic foods that rapidly convert to sugar your body breaks down these carbohydrates into glucose, which raises your insulin levels. Simple carbohydrates, like refined sugar, cause your insulin levels to spike, which leads to inflammation throughout the body. "Inflammation produces enzymes that break down collagen and elastin, resulting in sagging skin and wrinkles," says Dr. DeJuliis. "Digested sugar permanently attaches to the collagen in your skin through a process known as glycation. Aside from increasing the effects of aging, glycation can also exacerbate skin conditions like acne and rosacea."

#### Nice: Pumpkin Power

Pumpkin is filled with vitamins C, E, and A, as well as powerful enzymes that help to cleanse the skin. Pumpkin pulp is packed full with carotenoids, which are touted for their anti-aging properties. "Carotenoids are known skin-savers due to their ability to neutralize free radicals that fast-forward the aging process," explains Dr. DeJuliis. But not all pumpkin infused foods are healthy. "Pass on the pumpkin spice latte - they are generally packed with loads of sugar, and not-so-healthy artificial ingredients," warns Dr. DeJuliis. She recommends pumpkin seeds - this nutty-flavored treat is packed with zinc, an essential in the creation of new skin cells and an aid in protein synthesis and collagen formation. It controls the production of oil in the skin and adds color and brightness to the complexion. Acne is often a sign of zinc deficiency, so adding more zinc-rich foods can help clear up breakouts.



#### Naughty: Alcohol

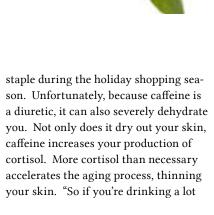
Eggnog, hot toddy, champagne. For many, the Christmas spirit includes holiday cocktails and party punches. Unfortunately, a headache isn't the only thing you'll suffer from the next morning - it will severely dehydrate you, making you look more tired and older than you really are. "This affects your skin because your body metabolizes what little water it gets before it has the chance to reach your skin," says Dr. DeJuliis. "Alcohol can also cause vasodilatation. which aggravates rosacea, and make your skin look dull."

#### Nice: Savory Sage

Sage is an ever-popular herb used in cooking many classic holiday dishes such as roasted chicken, sweet potatoes and stuffing. Aside from the taste factor, this small herb also boasts a wide array of skincare benefits. "Along with stimulating cell renewal and increasing blood circulation, sage oil can also reduce redness and improve acne," says Dr. DeJuliis.

#### Naughty: Say No to a Cup of Jo

Caffeinated coffees and lattes are a



of caffeine, remember to stay hydrated," recommends Dr. DeJuliis. "We need about six to eight glasses of water per day, anyway, but if you're drinking a lot of lattes to get through the holiday madness, you'll need to drink even more water to keep your skin looking healthy."



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Skin Deep Skin Deep



# 1 OWAYS STRESS IS WRITTEN ALL OVER YOUR FACE

By Dr. Sanam Hafeez Psy. D

ccording to Dr. Sanam Hafeez Psy. D, Colombia University Professor and Founder of Comprehensive Consultation Psychological Services in New York City; stress is written all over our face and can result in looking years older when stressed for prolonged periods of time.

Dr. Hafeez whose expertise is in understanding neural pathways as they respond to anxiety, stress and trauma explains that how we think directly impacts how we age and how youthful we appear. The routine stressors in our lives really impact how fast or slow we age. When stressed, we see it in our skin tone, texture, elasticity, and over

all glow.

"When someone is under stress they can appear up to 5 years older, 10 years if they don't manage stress or make changes to their lives. Stressful relationships and careers age people. I have seen patients end relationships or get new jobs and look 10 years younger within days. People are spending money on creams, facials and cosmetic procedures but if the stress is still there it will still show in their face." offers Dr. Hafeez.

Here are Ways Stress is Written All Over Your Face

#### 1. You have dark circles.

Stress results in blood flow to main organs plus capillaries under eyes are fragile and break under stress leaving your face looking sallow and tired. Dark circles seem more apparent.

#### 2. Mini-Menopause

The jury is still out on exactly how or if this is possible, but it appears that the constant flow of cortisol that goes along with chronic stress causes a dip in estrogen, one that mimics, on a smaller scale, the dip that occurs during menopause. Less estrogen means less collagen and less moisture. So, while estrogen levels may not drop enough to shut down your period, stress may make them dip enough to make your skin look dull and dry.

3. You notice more wrinkles. Life's stress due to divorce, death of loved one, job-loss, financial concerns; impacts our brain chemistry. When we feel sad or anxious, are crying or not sleeping well it's common to see deeper lines around

the middle of the eyes, forehead, under eye area and mouth.

4. You itch, flack and even have hives. Stress leads to inflammation which may lead to rashes, rosacea, eczema flare ups and changes in skin moisture.

5. People ask if you're feeling okay. When the Starbucks barista or guy at the dry cleaners asks if you're feeling okay, pay attention. These people may not know the details of your life but they know how you look because they see you quickly.

6. Under-Eye Bags: Tomorrow's to-do list can weigh on your mind, keeping you from getting enough beauty sleep. This can cause fluid to pool below your lower eyelid area, and what you end up with is a puffy mess in the a.m. Stomach sleepers, bad news: You can expect the puffiness of your under-eye bags to be

even worse because of gravity.

7. Increased jaw size – Heavy jaw Grinding teeth and clenching of the jaw are common symptoms of stress. Unfortunately, these habits can cause the jaw muscles to work overtime. This can result not only in damaged teeth, but also a heavier than usual jawline,

as the muscles become larger with the

#### grinding action. 8. Hair Loss

Stress can cause sudden hair loss by literally flipping the switch on the hair follicle's growth stage from an active to a resting phase. Once the follicle enters this resting phase prematurely, it stays there for about three months, after which time a large amount of hair will be shed. When you experience an overall shedding of hair, you must cast back a few months to find the trigger. Rest assured that in most women, this

> hair will grow back. 9. Adult Acne

Acne isn't just for hormonally crazed teenagers. Many adults can't seem to outgrow it because of stress hormones. What makes it worse is that tense people often can't leave pimples alone. Squeezing, poking and picking at them becomes an almost obsessive way to release tension, but it also makes breakouts worse, exacerbating the inflammatory response, and you're left feeling a bit

10. Hormonal Mood Swings

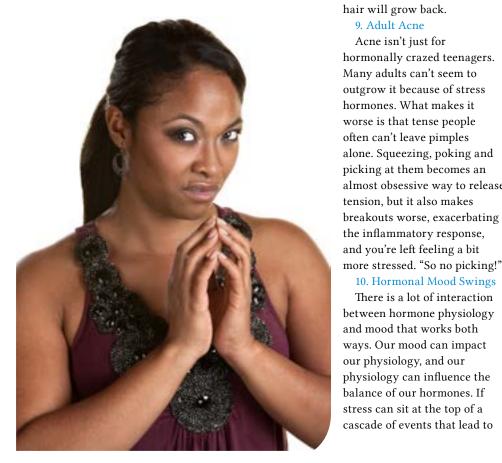
There is a lot of interaction between hormone physiology and mood that works both ways. Our mood can impact our physiology, and our physiology can influence the balance of our hormones. If stress can sit at the top of a cascade of events that lead to

undesirable hormonal changes in the body (like those that trigger insomnia, insatiable hunger and weight gain, and collagen breakdown), then what we want to do is find ways to gain the upper hand on our stress level and ensure that we keep all those hormones in check.

According to Dr. Hafeez, "The good news is that we can get to the root cause of our stress and manage it. When you notice changes in your facial appearance take inventory of what is going on in your life and what may be stressing you out. Simple things like sitting quietly for 10 minutes focusing on breathing, writing in a journal, exercising or taking a walk outside, reading, baking, painting, listening to music and reaching for an activity that takes focus off the stress is helpful. If you find yourself reverting back to the stressful issue consider therapy. Clearly there is a connection between how we look and how we feel and think."

About Dr. Sanam Hafeez:

Dr. Hafeez is available to speak to media on a plethora of topics that connect stress, anxiety and depression and its negative impact on our wellbeing and physical appearance. She provides neuropsychological educational and developmental evaluations in her practice. She also works with children and adults who suffer from post traumatic stress disorder (PTSD), learning disabilities, autism, attention and memory problems, trauma and brain injury, abuse, childhood development and psychopathology (bipolar, schizophrenia, depression, anxiety, etc...) In addition, Dr. Hafeez serves as a medical expert and expert witness by providing full evaluations and witness testimony to law firms and



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# CURLS LAUNCHES A REVOLUTIONARY ALL-NATURAL LIQUID HAIR GROWTH MULTI-VITAMIN

URLS, one of the pioneering natural hair care brands in North America, introduces a revolutionary new hair growth enhancement liquid vitamin to help fill the gap for many consumers longing to achieve healthy hair from the inside out. The company launched its CURLS Blissful Lengths Liquid Hair Growth Vitamin earlier this year internationally and will go to market in the United States on October 22.

"As a leader in the natural hair care industry, it was imperative for CURLS to set the trend by pairing quality organic hair care products with all-natural hair growth enhancing vitamins," says Mahisha Dellinger, CURLS Founder & CEO. "We are excited to introduce this product to the health and beauty market to meet the demands of our customers who truly desire healthy hair growth."

According to WebMD, dietary supplements are a \$19 billion dollar-a-year industry. Research shows that the presence of nutrient deficiencies and the imbalance of hormones are often the leading causes of hair loss. While the average diet may not give the necessary nutrients to ensure proper hair growth, CURLS Blissful Lengths Liquid Hair Growth Vitamin was developed to be a safe and effective product to grow healthy hair from the inside out. This all-natural vitamin supports the proper nutrition healthy hair needs by working to supplement a healthy diet as well as providing the body with the nutrition

it needs to help strengthen, grow, and maintain the hair.

"In order to derive benefit from the micronutrients in vitamins, your body has to absorb them – rapidly. However, we have known for a long time that the rate of absorption of micronutrients from vitamins taken in pill form may be compromised by several factors, such as fillers, binders, and flow agents," says Dr. Lorna Thomas, a Board Certified Dermatologist. "What if we had a liquid vitamin that started to absorb in the

mouth and continued to absorb all the way through the digestive tract, optimizing the amount of micronutrients in every dose? CURLS Blissful Lengths Liquid Hair Growth Vitamin answers this question and the age old problem of 'Doc, I just can't swallow pills.'"

Formulated with high quality ingredients comprised of a proprietary blend of bioactive coenzymes, herbal, and organic blueberry extracts, CURLS Blissful Lengths Liquid Hair Growth Vitamin promotes healthy hair growth, enhances the strength

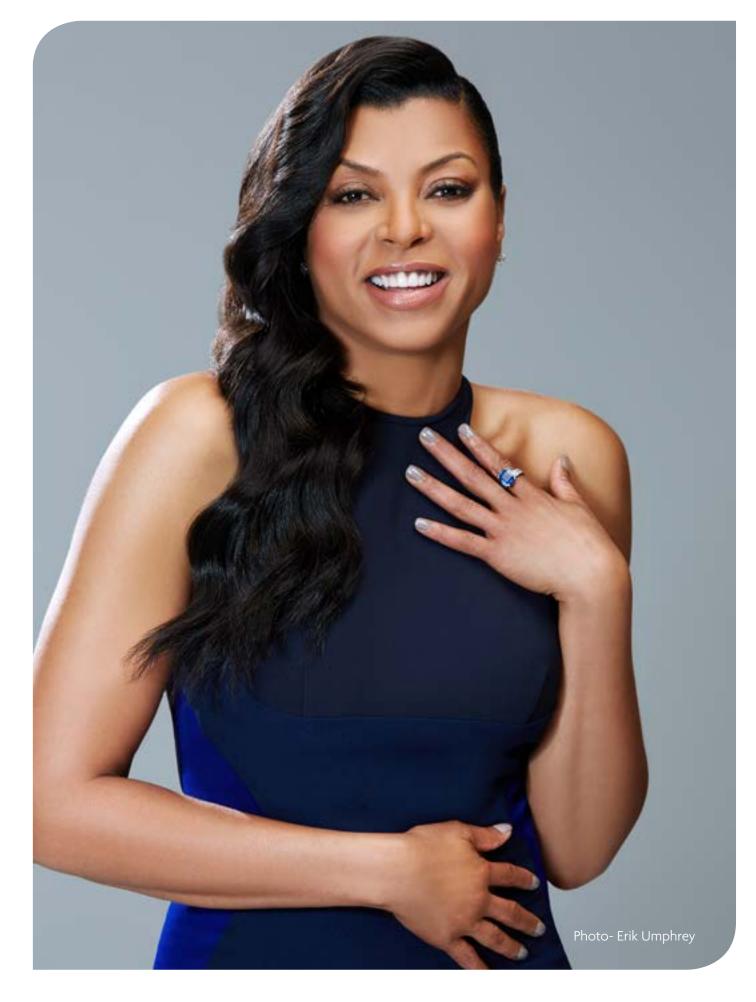
of each hair shaft, and increases the integrity of the hair. With an innovative time-release formula, the CURLS Blissful Lengths Liquid Hair Growth Vitamin has an absorption rate into the bloodstream of 98% versus up to 20% absorption when consuming a pill. Additionally, the liquid vitamin supports preventative skin health and optimizes metabolism.

"We know that the B-complex vitamins: thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folic acid are key players in maintaining a healthy head of hair," says Dr. Thomas. "CURLS Blissful Lengths Liquid Hair Growth Vitamin can be used to support hair loss and other issues."

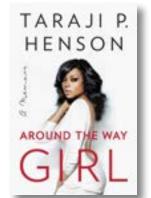
CURLS Blissful Lengths Liquid Hair Growth Vitamin (8 fl. oz) retails at \$25.00 and is available now at www.CURLS. biz.



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# A Glimpse into Taraji P. Henson's Heart & Soul:



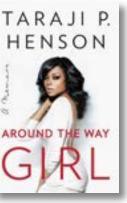
# An Intimate View Behind the Empire

By Aja Chestine



At the height of her career, Academy Award nominee and Golden Globe winner Taraji P. Henson has a full plate. She travels coast to coast promoting her first memoir Around the Way Girl and her new film Hidden Figures, while launching her limited edition MAC Cosmetic line, and shooting the third season of her criticallyacclaimed drama series Empire. After 20 years in the business, what has kept her grounded and hungry? Henson maintains the same humble spirit, witty humor, and faith-driven ambition that propelled her to stardom.

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n our recent interview, she rendered a glimpse of the woman behind her collection of characters that she's been associated with across her career: Yvette (Baby Boy) the boisterous, but wounded baby mama, April (I Can Do Bad All By Myself) the low self-esteem alcoholic that finds redemption, and the fan favorite, Cookie Lyon (Empire), the controversial, unapologetic felony and matriarch of her family. The mere reference of past, present and future characters sparked exhilaration in Henson's voice. As we discussed how she viewed herself as an actress, Henson stated "I take on roles that might scare other actors. When I get a script I don't judge my characters. I view them as human beings, I have to tell their truth. I am a true artist. For some reason God put me in the forefront, and I'm supposed to use my gift for good".

At the beginning of 2017, Henson has firmly positioned herself at the top of Hollywood's elite. Starring in Fox's number one TV drama Empire, as Cookie Lyon. Henson admits that after building a successful movie and TV career, this role in fact was the game changer. Henson states "Cookie is beloved because she says and does the things we all wish we could. She simply lives in her truth". The character of Cookie Lyon has earned Henson two Emmy nominations and a Golden Globe for Best Actress in a Drama Series, single-handedly making her an international phenomena and a bankable actress. Henson says "I saw Empire doing well domestically but not overseas. I've always been told that blacks couldn't sale overseas, so I was conditioned to believe it. I knew it was a myth, because black culture is too popular not to go overseas. That concept never made sense, that's why I'm so thankful for Empire. It dismissed the lie because it's just not true". Henson's faith in God is evident in her attitude. She believes stepping outside the

box will be uncomfortable, but worth it. Henson recites "If I only have the faith of a mustard seed anything is possible".

Along that same sentiment, Henson's faith was rewarded once again. When she received her very own MAC Cosmetic line. This opportunity bought forth an array of feelings: "It blows my mind! Mac has always been in my life. First of all, they made products for us [African-American women] they didn't leave us out. I remember as a teenager going to the mall getting samples and seeing women I admired on the campaign posters". She also recalls a time after moving to LA, working as a struggling actress, taking trips through the mall visualizing herself on the campaign posters. Henson says "The whole experience was astounding to me. I literally went to the product testing and even participated in the photo shoot, still not gasping the reality of what's happening. It didn't truly hit me until the actual release day. I walked in the store and saw that big life size poster that I used to walk pass at the mall with my face on it. I broke down into the ugly cry face. Then







trust and believe in

God."



"I don't know how this movie was even made, because I hate math. I never fail at anything, but math. I'm terrible with numbers."

to top that, it sold out the night it dropped. I was out done." Full of emotions, Henson expresses "To show you how good God is, in that instant I realized that everything they told me about me were lies. Hearing in Hollywood no matter what I did, that I was too edgy, and not bankable. I understand that it took me years of building a portfolio of quality work and an enormous following to sell out a product the same day. I'll tell anyone that sleeps on me now it's their lost and a bad mistake".

This month Henson stars in the highly anticipated new movie Hidden Figures, an untold true story of Katherine Johnson, an African American woman

math genius at the NASA Space Program. The movie also co-stars Oscar winner Octavia Spencer (Dorothy Vaughan) and singer/songwriter Janelle Monae (Mary Jackson). Henson shares the moment she laid eyes on Ms. Johnson. "As I approached the table I could see her legs crossed, nails painted, a vision of a woman full of grace. Everything about her was effortless. She was regal, but not pretentious. As we began our conversation I could tell she loved math

because her eyes lit up the same way mine do when I discuss acting." This is how Henson says they connected. At that moment she was able to take that comparison and transform

herself into Katherine. Henson says jokingly" I don't know how this movie was even made, because I hate math. I never fail at anything, but math. I'm terrible with numbers." She recalls failing per-calculus at North Carolina A&T where she majored in Electrical Engineering. Henson later graduated from Howard University where she studied acting. This career change was meant to be, because Henson was always destined to be an entertainer. When it was mentioned that there is early Oscar buzz surrounding this film, Henson quickly set the record straight. "I didn't take this role to get nominated,

> I'm not that artist. I want to affect people and if I win an award, that means I did my job. This movie is so much bigger than me. I'm just a vessel God has chosen to use along with the Director Theodore Melfi, my co-actors, and 20th Century Fox which green-lit this must needed film. If any awards come they'll be for the accomplishments of these spectacular ladies Katherine Johnson, Dorothy Vaughan & Mary Jackson".

Expanding her brand Henson recently released her first memoir Around the Way

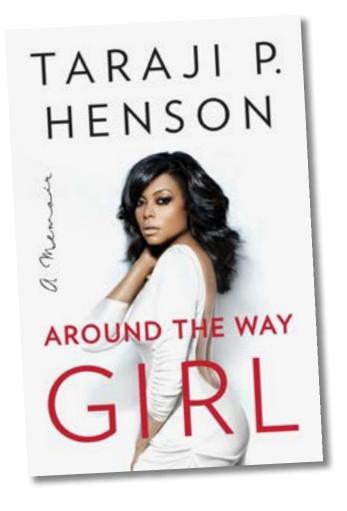
Girl. Which depicts her personal & family conflicts growing up in the Washington D.C area. Henson also opens up about her domestic violence experience with the love of her life,

"I wrote this book to let people know that they can do it to. I'm not special, I just

her child's father. Throughout the book Henson peels off layer after layer exposing her tumultuous struggles and triumphant victories. She says "I wrote this book to let people know that they can do it to. I'm not special, I just trust and believe in God. After moving to Hollywood with \$700 to her name, Henson says "I hustled and was committed to doing the work to take care of my son (Marcel Johnson)". This book is a testament to Henson's strength, courage and resilience. Every page breathes life into the dreams of the dreamer. Henson says "I'm passionate about uplifting others on their journey."

With the completion of this book, Henson adds author to an already long list of accomplishments.

While maintaining numerous titles of executive producer, director, actress, author and philanthropist, Henson makes sure she devotes time to self-care. Henson's physical and mental health are one of her top priorities. She exercises a couple hours a day, several days a weeks and maintains a healthy diet. Henson says "I enjoy working out because I love the way it makes me feel. I also love the way I look when I put my clothes on, Yes I like to flex. Eating healthy is necessary, people think you can eat tons of Oreo's, chips and consume alcohol, then not workout. That will never work!" In addition to healthy eating and exercise Henson makes time to be alone and digest everything happening in her life. She surrounds herself with good energy and positivity. Lastly, Henson attributes love as the factor that balances and fuels her: "Love feeds my heart and soul. It gives me balance in everything I do. I just love to love".

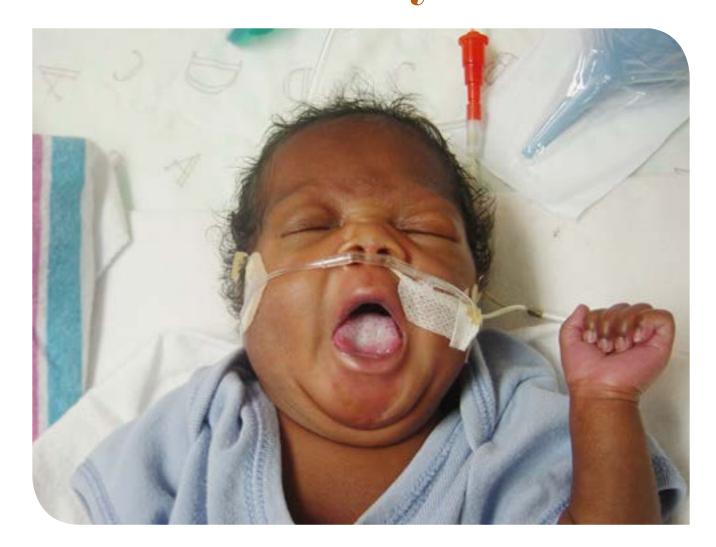




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# The Once Upon a **Preemie Story**

By Jenné Johns



ovember is Prematurity Awareness Month. I've come to personally know and celebrate this month, as the mother of a tiny miracle. Nearly three years ago, I gave birth to my first child. Beautiful dreams of carrying my baby 40 weeks, gaining lots of weight, having a beautiful baby shower filled with family, friends and a room full of amazing baby gifts, and going home with my beautiful big boned healthy baby came to a screeching halt when I delivered my son 14 weeks early. He weighed one pound, 15.3 ounces, and was smaller than a preemie- he was a micropreemie. My son joined the ranks of the 500,000 premature babies born in the United States (and nearly 50% are African American or Hispanic). Before his birth, I was unaware that babies were born this soon...and this tiny.

My introduction to motherhood was the most challenging and heart wrenching experience I've ever had to face in life! Although I am a woman of faith, I was shocked, confused, and feared for my sons survival, when I visited him in the Neonatal Intensive Care Unit (Unit) for the first time. He had all types of medical equipment attached to his tiny and fragile body to keep him alive; oxygen, photo therapy lights, feeding tubes, a heart monitor and much more. My pain intensified when I had to leave the hospital without my son. I turned this severe pain into power and prayer as I needed it for the journey ahead.

Over our nearly three month stay in the NICU, traveling through snow storms and blizzards, I was by my sons side everyday. A typical day in the NICU lasted from 7am until midnight, with many breaks to pump, as my lactation consultant promised that my breastmilk was liquid medicine. My advocacy skills were tested daily, as his life depended on how well, I could speak "neonatology" language to be his voice, and articulate his needs. This was challenging because, after all, "I'm just a Mom", and not a doctor.

During our day together, his father and I constantly, prayed, sang, gently kangarooed (cuddled), and read books to him. Research studies indicate that in preemie babies, reading stimulates brain development and helps them bond with their parents. While we read many fantastic books to him, none of these books spoke directly to our unique situation. That is, many bedtime stories end with the parent tucking the child into bed at night and at home, which was not our reality for a

One month after my son finally came home with us from the NICU, I wrote many poems to reflect on our journey. Two years later, I self-published, "Once Upon a Preemie" (www. onceuponapreemie.com) -an uplifting, motivational children's book for parents whose babies are born prematurely and have a hospital stay. The book depicts a flower that's growing and weathering life's storms until it is big and strong enough to be picked by a gardener, just like a preemies journey through the NICU until they go home.

My wish for all pregnant women is that they carry their babies to term and deliver healthy, happy, and beautiful babies. However, if this is does not happen, here are a few helpful preemie mom tips for surviving the NICU:

- 1. Keep Your Eyes on the Prize- Pray, meditate, and envision your baby in your arms and in your home! Keeping your spirits lifted high is important, as there will be highs, lows, and everything in between (all in one day) in the NICU. This positive reinforcement and imagery is needed to help you fix your mind on the end goal!
- 2. Use Mommy's Gut intuition and Speak up -You are your child's voice! Don't be afraid to ask lots questions, especially if something isn't right. Ultimately, this is your baby, and your voice deserves to not only be heard, but highly regarded, and included in decisions regarding your child's health. You don't need a medical degree to speak up for your baby based on a gut feeling, intuition, or spirit speaking to you from within! The more vocal and concerned you are, the better your child's treatment.

- 3. Share your story -Your story matters and can support and encourage another new preemie mother joining this sisterhood.
- 4. Read to your Preemie Daily! Once Upon a Preemie was written just for you during this special



time, and your baby will love hearing your comforting voice read it to them. Having a dedicated set of favorite quotes, scriptures, books, etc at your disposal will help you and your baby daily, as you'll need a constant renewal of mind, body,

Visit www.onceuponapreemie.com or Amazon to purchase or gift Once Upon a Preemie. Follow us on social media and share your stories.



Jenné Johns, MPH Author & Award Winning Health Disparities Once Upon a Preemie www.onceuponapreemie.com

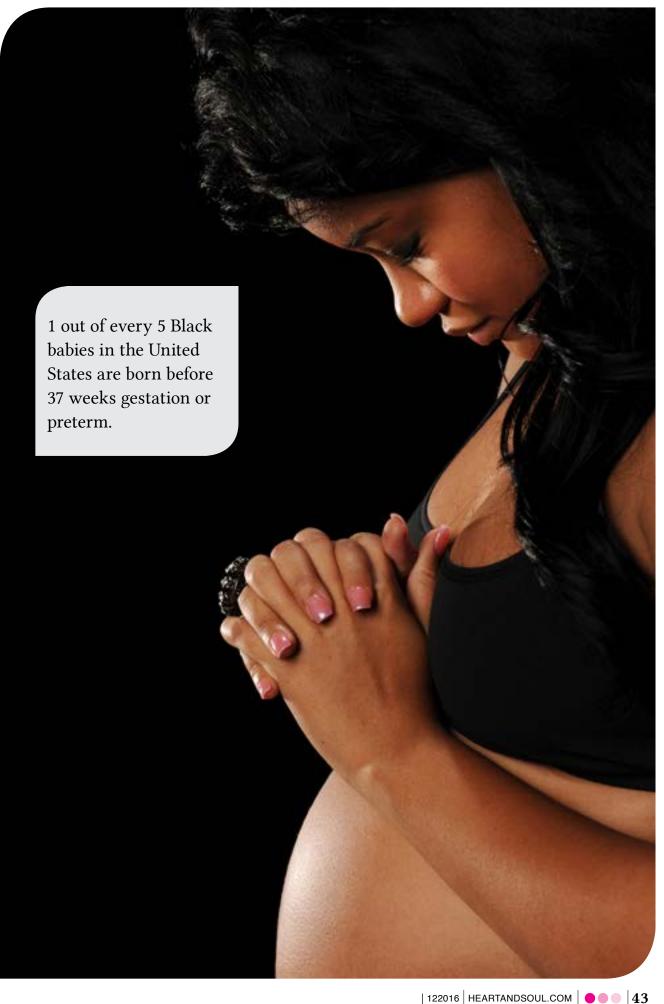


Pre-Mature Black Babies

By Dr. Joia Crear-Perry

living in the United States of America, there is a pretty good chance you or someone you know has had a baby that was born too early. In fact, about 1 out of every 5 Black babies in the United States are born before 37 weeks gestation or preterm. Our babies when born premature or weighing less than 2500 grams (5.5 pounds), have higher risk of death, intellectual disabilities, cerebral palsy and hearing problems. Considering these very real risks that occur at an increased rate for Black families despite the income or educational status of the mother, it is critical that we work as a community to improve this inequity.

f you are a Black woman



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Our country utilizes a medical model that concentrates on sick care and provision of services in a hospital or clinic to for wellness to occur. When we discuss the numbers of Black babies born too soon across the U.S. we point to risk factors such as previous preterm infant, chronic medical illnesses like hypertension, and infections. The Centers for Disease Control points to things such as high or low maternal age, tobacco use and yes, being Black as factors associated with preterm birth. But, do we as a community understand that the conditions that make our babies come too early occur long before we enter a health care facility? Have we embraced that this is not a genetic illness but a consequence of generations of increased stress that we have been unable to buy or educate our way out of? Data has shown that first generation U. S. born African and Caribbean immigrants have higher birth weights than native born U.S. Black infants. Yet by the time those first generation infants have a baby, having a generation of minority status, their birth weights are similar to those of the established Black community? https://www.ncbi.nlm. nih.gov/pmc/articles/PMC1913086/

Because premature infants have increased risk of death, cerebral palsy and learning disabilities; it is crucial that

we continue to fight to end it. The American College of Obstetrics and Gynecology suggests that women start prenatal care early and know if they are at increased risk. The difficulty for Black women is that we are ALL at increased risk. So its important we know the signs and symptoms such as pelvic pressure, increase discharge and pain. We must also ensure we have access to appropriate high risk referral when problems are identified for treatment such as Progesterone injections or weekly ultrasounds. However, data shows that clinical and in hospital care will only get us less than half way there. Relying on personal responsibility messaging and programs place no onus on the healthcare system and the society at large to change. Focusing on prenatal care, exercise, diet, and smoke cessation require no movement to address racism, stress, and other social determinants of health inequities.

Social determinants of health inequities matter. Expensive childcare, lack of paid leave and unequal pay are just a few of the social factors that families must navigate before, during and after pregnancy. What resources and strategies are being put into place to address these very impactful factors on prematurity? How do we align the

We are fighting for policies that resource the health of women, babies and families

incentives of public health, hospitals, insurers and providers with the realities that women live and die outside of these systems? Support services as we deem them now, are not part of our medical model. Yet we know without pay equity, addressing toxic stress, expanding early child care services, ect. the disparity in prematurity will continue to grow. The rates are improving. But, the inequities are increasing.

At the National Birth Equity Collaborative, we are fighting for policies that resource the health of women, babies and families outside of the traditional fee for service sick care medical model. We know the return on investment in women across the life span to keep them out of the medical model of care saves lives. We have fought and continue to fight for healthcare access. The next iteration of this fight for ending prematurity requires equity in opportunity so that everyone has the right and opportunity to live to their full potential.





NATIONAL BIRTH EQUITY COLLABORATIVE

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#### Celebrity Fit



S.H.A.U.N.

foundation for girls

We believe that we can help reduce the inequities that girls face by focusing on solutions that break down barriers:

mmy Award-winning journalist and recipient of Dove's prestigious Real Beauty
Award, Shaun Robinson is a true role model. As an author, television and digital
content producer, entrepreneur, philanthropist and television personality, she has won
the respect and admiration of millions of daily viewers throughout her career including her work as co-host of the entertainment news show, Access Hollywood.

Shaun has interviewed Hollywood's biggest stars and covered the red carpets for the Academy Awards, Golden Globes, Emmy's and Grammy's. She has hosted the official pre-shows for the Oscars and anchored NBC's coverage of the Tournament of Roses Parade. She has contributed reports to NBC Nightly News, Today Show, MSNBC and CNN. Shaun has also been featured as a panelist on Piers Morgan Tonight, Larry King Live, served as a guest co-host on The View, and guest host of The Joy Behar Show and Who Wants to be a Millionaire?, in addition to hosting shows for TLC and Lifetime networks.



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We believe that we can help reduce the inequities that girls face by focusing on solutions that break down barriers:

Supporting (S)TEM programs that get girls interested in Science, Technology, Engineering and Math

Promoting initiatives that encourage (H)EALTHY lifestyles for young

Promoting positive images of young women in the (A)RTS.

Creating (U)NITY by connecting girls across the world.

Improving the quality of life for girls who live in underserved (N)EIGHBORHOODS.

Shaun grew up in Detroit, Michigan and graduated of Spelman College in Atlanta. Prioritizing her goal of being a positive role model, Shaun is the author of the best-selling book, Exactly As I Am: Celebrated Women Share Candid Advice with Today's Girls on What it Takes to Believe in Yourself. The book encourages girls to be comfortable in their own skin and to embark on the path to becoming

tomorrow's leaders. Shaun was honored with an invitation from the U.S. Ambassador to the Bahamas to speak to the girls about her book. Shaun was awarded the "Inspiring Woman" Award by the LA Sparks. She created the "One Girl, One Voice: A Million Ways to Make a Difference", movement of one million socially responsible girls each pledging to use their voices for positive change in the

world through volunteering.

Shaun serves on the Advisory Board of the United Nations Foundation's Girl Up adolescent girls campaign and served on the national board of Girls, Inc. Since launching the S.H.A.U.N. Foundation for Girls, she was chosen to be featured on the CBS show, "Chicken Soup for the Soul's Hidden Heroes".

Every girl has a dream. The

Over 70% of girls say social media and gender stereotypes negatively affect their self-esteem leaving them feeling inadequate and/or incompetent.

Girls continue to lag behind boys in academic performance and career aspirations in math and science resulting in underrepresentation in tech fields

Violence against girls and young women is a problem of pandemic proportions. One in four girls will be sexually abused by the time they are 18-years-old

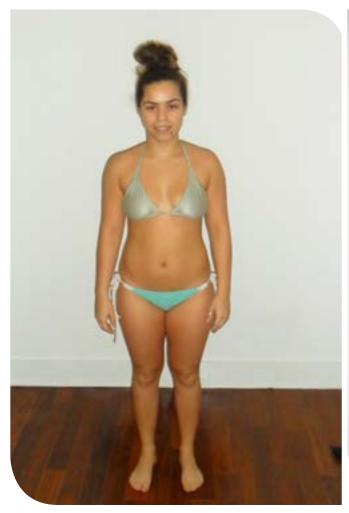


S.H.A.U.N. Foundation for Girls was created to help girls and young women have access to opportunities that they need to succeed in life. Shaun believes that the foundation can help reduce the inequities that girls face by focusing on solutions that break down barriers. Once those obstacles are reduced, she can set forth a path of endless possibilities.

Our girls need support. Even though we have made tremendous strides in the empowerment of females in our society, there is still a lot of work to do. Girls still lag behind in the science, technology, engineering and math fields. Countless girls need to make better lifestyle choices to endure long-term health. Young women are bombarded with unrealistic images in the media that negatively affect them and fight barriers to artistic expression that could create positive and uplifting content. Their sisters across the globe face horrific conditions including child marriage and lack of access to education. And, back here at home, lack of opportunities in underserved neighborhoods leads to an endless cycle of poverty and despair.



#### ESTHER LOPEZ





rowing up,
I may not
have been the
skinniest nor
the strongest
of the bunch
but I had a
fight to prove my worth with effort.
However, at some point in my young,
adult life I found myself consumed by
the thought that I wasn't good enough.
My confidence had been destroyed,
perhaps by the pressures of meeting
the high standards of my university
or by my young, volatile relationship.

Perhaps, even, by myself alone thinking that I had to fit into some societal or cultural "norm".

I was suddenly not smart nor pretty enough. Not good enough for my job, not good enough for my then boyfriend. Not even worthy enough of self-love. At some point during this low point, I suddenly shifted my focus away from external acceptance to rebuilding my confidence from the inside out.

I poured my energy into physical challenges with the mission of becoming emotionally resilient and I soon became devoted to looking and feeling my best. I had decide to put myself first. Unfortunately, my enthusiasm for self improvement wasn't immediately accepted by my friends and family but I remained steadfast in meeting my goals I learned a lot about self-discipline. Most importantly, I relearned how to love myself. I entered my first amateur bodybuilding competition and felt amazing!

Soon after, I fell out of my routine and became haunted by the image of my "best self". To say the least, I nearly poured my energy into physical challenges with the mission of becoming emotionally resilient and I soon became devoted to looking and feeling my best



reverted to the a self-deprecating state until I reminded myself of my potential. I reminded myself of how much I was letting myself down by giving up. Since I started my fitness journey four years ago, I can't say that I've been consistent.

However, I've learned along the way (after a series of ups and rebounds) that it's more important for me to feel my best emotionally and to be physically strong than it is to appeal to pure aesthetics. Of course, it's rewarding to see a lean set of legs or abdominal definition but it's more fulfilling to build a body for a purpose. I've learned to value balance. Although, it's still a struggle to fully achieve it.

So for now, I'll eat what makes me happy and exercise to be strong. I want to feel my best and the aesthetics are just a bonus. Learn to love yourself at every stage of your journey. Learn your weaknesses as much as you do your strengths. Celebrate your flaws as a part of your beauty.

My goal isn't to compete any time soon. My goal is to build up my strength because I know what it's like to be weak. I also now know to respect the health that I am blessed to have and to be happy because life is too great not to be.

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# RETURNING HOVE by Jazz Biancei

Fit Deck

in the body and unplugs us from the inherent power of being a woman. We can think one thing, feel another and take action that contradicts both. It's no wonder that we walk around silently suffering. We are in need of catharsis, of letting our body sweat the tears we are unable to cry.

Dance allows us this. It is when we surrender to the movement that we are reminded who we are, as individuals and as a pack.

We are alchemists, equipped to change the world. Our soul is able to transform pain into wisdom. Our body is equipped with what I call Soul-nar, which enables us to discern Truth, detect disturbances and receive

messages from surprising distances, however; those gifts are dependent on our Free Will. It is as Winston Churchill said, "Where there is great power, there is great responsibility". We must be willing to remember and reclaim our greatness and to do as our ancient sisters did: to gather, to drop into our body, to communicate without language and to dance!

Join me for a Soulesque experience. Details at Soulesque.com. Find me on social media. Instagram and FaceBook: @ LifestyleConsigliera Twitter: JazzVBiancci

ake a moment to just close your eyes and let your body sway. Inhale deeply and as you exhale melt into the darkness deep inside of yourself where it's calm and still. This is where you begin to connect to the mystery and the wisdom that is you.

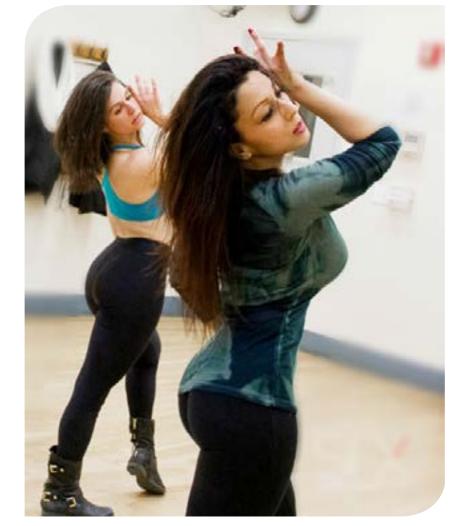
Go ahead...we'll be here when you open your eyes.

It felt good right?

It's easy to get lost in a world that inundates us with information. A world that often invalidates our values, our bodies and reinforces circumstances ripe with conflict that make little to no sense. We can forget how powerful we truly are. That's the point of chaos though, to rattle, and to shake and to disconnect us from, well, us. Now, more than ever we need to wake our bodies up and move.

Dance let's us make love to the parts of ourselves that the light can't reach. It allows us to express what words can't and to reunite the spirit with the body.

As women, we have adapted to living life from the neck up, the antithesis to our divine state of being. Being locked in our head on a treadmill of thought deadens us to the sensations happening



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### The Essential Basic Estate Plan:

t happens all too often

— a person passes away
unexpectedly, and those left
behind spend unnecessary time,
money and energy figuring out
what to do. Who should care for their
children? Should the house be sold?
What about their car? Who benefits from
insurance policies and investments?

No matter what your age, net worth or family status is, you have the power to help your loved ones avoid going through this with an estate plan.

Done properly, an estate plan can prevent major headaches, family disagreements and confusion regarding your goals and wishes both while you're living and after you pass away.

Discussing estate plans with your heirs and family now may prevent

unpleasant disputes or confusion in the coming years. Inheritance can be a loaded issue, and by being clear about your intentions for your loved ones and your assets, you can dispel conflicts that may arise after you're gone.

In addition, every year billions of dollars in assets are tied up in probate instead of going to deserving loved ones because people haven't planned properly for their own disability or death. Though most families are exempt at the federal level, every year families pay local inheritance and "estate tax" — a term our presidential candidates are talking about a lot this fall.

#### What Does an Essential Basic Estate Plan Include?

Estate planning documents — which should include a Last Will and

Testament, Durable Power of Attorney for Property, Durable Power of Attorney for Healthcare, HIPAA Authorization and a Living Will (also known as an Advance Medical Directive) — cover a variety of topics. In addition to helping you add some predictability concerning your estate, these include caring for your loved ones, collecting and distributing your assets, supporting causes that are important to you, and managing your assets if you are disabled. An estate plan may also cover your digital legacy, including online accounts and social media profiles.

With an estate plan, your family and your lifetime of assets can be protected from predatory individuals who may try to claim some of your estate. And, your family may receive your assets faster and with less stress after you pass away.

# Are You Prepared?

#### So how do you get an Estate Plan?

A good estate planning attorney can help you get these documents and work alongside you to customize these plans to your exact specifications.

An estate plan is not a one-size-fits-all product – what goes into your plan depends on your net worth, your assets, your relationship with your family and friends, your business and personal interests and more. In collaboration, you and your attorney can determine whether you should establish a living trust, which would give you flexibility in managing challenging family circumstances. Your attorney can also help you choose fiduciaries and plan for incapacity to protect your assets if you are ill or disabled for a long period of time.

Your estate attorney should have

a network of accountants, financial advisors, insurance specialists and other professionals at the ready to customize and execute your plan.

#### What To Do Now

The time to make an estate plan is now — while you're still healthy. In fact, the holiday season is the perfect time to start thinking about your legacy and discussing it with your loved ones.

Because discussing financial and personal matters may be stressful, you may consider working with a family legacy planner who can facilitate multigenerational family conversations. These will empower your family with the knowledge and direction needed to executive family wishes, charitable donations, and discuss important family matters while all family members are present. This critical conversation is an

important part of estate planning and should be done in addition to creating a will, trusts and other legal documents.

After all, leaving behind a happy and well-cared-for family is a legacy we all should have.

Lisa McCurdy is the Managing Partner of The Wealth Counselor, LLC, a law firm based in Washington, D.C. which focuses on estate planning and asset protection, exclusively. She has served in a variety of fiduciary roles, as guardian, trustee, trust protector and attorney-in-fact for clients, protecting their assets and preserving their legacies.

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DETOREBOOTING
UITH MENLA SPA

By Jill Goldsberry

/ Sister Ret

f you live in a metropolitan area more than likely your on the everyday wheel of technology between a laptop, tablet smartphone, calls and social media. Usually all of this goes on before even geting to the office. For me in particular I was was feeling very lethargic toward the end of the my days day craving sugars, constantly on wifi, between a multiple devices even sleeping with the phone. It was that time of year when the diet needed a reset and I felt like my face bloated It was time for a change.

Fortunately I happen to get an invitation to an R&R Hiking retreat at the Menla Mehasuka Spa and Mountain retreat in Phonecia, NYC. aka the Catskills. This is was perfect timing. I had first heard about Menla over the summer at media event attended by Micheal Burbank Executive director and Lynne Schauwecker at an event given by Organic Spa Magazine. The new R&R retreats are designed to help you separate from your devices and return more alert and in touch with yourselft.

#### **Getting There**

Getting to Menla spa is the first part of your retreat. You can take the bus from Port Authority for a two hour trip to unwind. Phonecia, NY is up north near Woodstock. The Menla retreat rests on land with a 375-400 million year history. Panther Mountain is a nearly perfect circurlar mountain the includes a half mile wide meteor buried deep beneath. Native Americans used the land for sacred ceremonies because of its energy. One thing to note on the way is your cell service will decline the closer you get and then eventually stop at Menla. But if you really need a phone rhtere are land lines available in the room and front desk . Any calls you make or receive are complimentary

Directions: <a href="http://menla.us/directions/">http://menla.us/directions/</a>

#### The Experience

Once we arrived at Menla we were greeted by Micheal Burbank, given a short overview, rooms numbers and then it was time for the dinner meet and great. The group of journalist and retreaters were treated to an incredible vegetarian buffet meal. Menla's chefis actually personal trainer and kickboxing instructor so he' created meals during our that give energy and stamina and full of flavor. After dinner were encouraged to get to bed early and be ready for our 7am wake up for yoga

The rooms at Menla are welcoming with coffee ,chocolates and teas. Each room at Menla as an open door policy .Guest do not need to lock their door but it is an option with a small fee.

My room was like a small suite with a a den and bedding are with two queen bed. There are no televisions or radio in the in the rooms but the wifi is solid. No phone call, text in or out but you can be reached by email with no problem.

Menla also has the most thirst quenching water I've had in a while from a tap . Burbank explained that the lands water is filtered with ultraviolet rays giving it an extra special quality only in Catskills .

7:30am: Normally at this time I'd fight getting up and hit the snooze but the combo of traveling ,clean air and sleeping early was great motivation for the early morning Tibetan 5 Rites Yoga and Breathing Practice. This is designed to help you clear out stale air ,thoughts and breathing to prep to take in new fresh air and better thoughts.

After yoga and a delicious breakfast we had about 20 minutes to get ready for the hike at the Giant Ledges. This morning was particurlarly chilly and then began rain in buckets .At this point I was wishing I'd stayed in for a spa treament. But by the time we reached the mountain top the sun had come out and I was thankful

for the breeze and our group of motivated climbers. The only reason I thought of my phone was to take photos.

After that incredible workout a spa treament was a must . Our tour of this Mahasuka Spa and Healing Center revealed the careful nature behind the decor from artists who donated work to friends of the Tibetan House who donated funds over the years. Everthing is filled and created with love. Ayuvedic diagnosis is often used but you can also get treaments with

out it. The spa offers massages, facials, steam room , sauna , showers and more.

After this retreat you will feel more energized, rested and ready to tackle anything. Your boss will lthank you and so will your devices for the break.

More on Menla Spa and Retreats www.menla.org

Soul Kitchen
Soul Kitchen

# Fall in Love with Fall and Winter Foods-



by Michelle Mitchum, MPH, HHP

t's no secret, that fall has arrived. It is not 'around the corner', it is not 'on the way'. Fall is HERE, and accompanying the cooler temperatures, and earth tones of the season, are a plethora of savory flavors. The colors of the foods of the season are just as beautiful in colors and textures, and intricate as the pallet of foliage, as it changes from lush green to gorgeous hues of yellow, orange and golden brown.

Fall and winter foods can be exciting. There are the staple foods of the season, such as apple, butternut squash, pumpkin, sweet potatoes and yams. These foods are grounding, as they provide energy and sustenance to support your body during months of low physical activity and lower external temperatures. These foods contain protein, fiber, glucose and minerals, including sodium and potassium, creating the perfect environment for energy sustainability and cell support.

The flavors of fall foods are rich and decadent, and should be experienced with care and appreciation. These foods can be prepared in many different ways, for and example – pumpkin and butternut squash can be prepared as a savory soup or sweet pastry/pie.

The activities around gathering and preparing fall foods also provide great opportunities to participate in outdoor exercise. One of the more popular activities includes apple/pumpkin picking. Crisp temperatures + beautiful foliage + delicious food = healthy fun for the whole family.

Here is an interesting twist on preparation of some of the seasons' popular dishes.

#### **Pumpkin Soup**

(Ingredients)

- 3 cups of water
- ½ teaspoon crushed garlic pinch of salt
- $1\ teaspoon\ of\ fresh\ black\ pepper$
- ½ diced small ginger root
- 3 cups of cubed steamed pumpkin

1 peeled white potato ¼ cup of chopped cilantro

#### (Instructions)

- 1. Place potato, water, garlic, salt and onions in covered pot and boil for 20 minutes, or until potato is cooked thoroughly
- 2. Pour mixture in blender with pumpkin, ginger and black pepper in blender and puree until smooth
- 3. Pour into serving bowl and garnish with cilantro.





#### Roasted Beet Root Salad

(Ingredients)

4 small beets

½ cup of distilled white vinegar

2 teaspoons of salt

1 teaspoon of fresh rosemary

2 teaspoons of olive oil

½ cup of lime juice

3 cups of water

2 teaspoons of crushed garlic

#### (Instructions)

- 1. Place beets, vinegar, garlic, salt, in bowl and lets sit for 10 hours, (or until beets become soft and translucent)
- 2. Remove beets from the solution, and place in serving bowl
- 3. Pour lime juice and olive oil into bowl and mix lightly until all beets are covered
- 4. Garnish with fresh rosemary and place in refrigerator for 2 hours then serve

These are a few quick and tasty recipes that I enjoy!



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#### Sanctuary

# Holiday Parties Made Simple

By DJ. C. DeVone DJ, Producer, Foodie and Founder of the Perfect Eat



hat's bring life to a party. Music, food and a great cocktail. During this holiday season, DJ C. DeVone shares simple tips for fabulous holiday celebration and parties. Which can help with your anything from your family gathering to your New Years Eve plans!

#### Music:

Playlist are essential to a great party and gathering. As a DJ, I create the tone and atmosphere of the an event or party.

In your home or party, you can create playlist or what we call in the DJ world "crates" on various outlets like SoundCloud and Mixcloud. On these platforms, you can find your favorite or locals DJs have playlist to fit your taste or with

Spotify has many charts and playlist that can be combined to create your party. For instance, as a DJ we may start with a vibe and gradually build up a party. And your playlist should be the same.

An example during family time: mid tempo jazz, Frank Sinatra, to fun oldie classics to 90s hip hop to current tune to get your family of mixer generations singing and dancing.

#### Music Tips and Ideas:

- 1. Build the party list a prior to your event, and have the list progress with the party. Example: softer songs that build to party favorites. Special tip: have backup list if something is not working like a slower party or more active party list if people arrive earlier.
- 2. Ask friends and family for favorite songs or artist in your RSVP (this can later be used for naming food and games)
- **3.** Trivia: Something, I recently saw at HavPlenty Brunch in NYC was musical bingo. Have guest play with bingo cards throughout the event with songs on the playlist, as they hear a song they will fill in the cards for a prize. Simple and easy to print!
- **4.** Have a quality speaker or borrow from a friend Bonus: ask your favorite DJ for a playlist and see if they will create for a fee.

#### Cocktails

I love any themes and musical themes from classics, oldies and old school hip-hop. So I came up with some holiday inspired cocktails that are great for your Christmas or New Years!

#### Potential Names for Drinks

"All I Want for Christmas" Sangria #ISlay Ride Martini Black Beatle Jingle Brew

#### Tips

- 1. Come up with creative names for your drinks
- 2. Have something that makes things stand out, if you decide to go with traditional cocktails you can still make things stand out with fun garnishes. Example: coffee ice, egg nog pops, champagne popsicles.
- 3. Create at least one specialty cocktail

#### Food

Food is one of my favorite parts of any event, party and gathering. During the holidays, food is a major component. The most simple thing can turn your traditional food into cool, festive and unique dishes or appetizers. I personally like to have fun starters at an event and keep the other items traditional for guest that do not like to try outside the box or if kids are going to be in attendance.

#### Tips

- 1. Presentation- you can turn dishes into something fabulous with the right presentation. Mason jar, ribbons, festive plates, and even hanging clips can make things look amazing.
- **2.** Bite-size people love to snack, so it may be a great idea to make things that are tiny. Example mac and cheese bites, stuffing/dressing bites etc.
- **3.** Garnishes as mention in the presentation, its important for things to look enticing. Spruce up items with garnishes such as cranberries, rosemary, cinnamon, candy canes and marshmallows.



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