

BRIDAL GUIDE

JULY/AUGUST 2008

BRIDALGUIDE.COM

body file | HEALTH & FITNESS

Heads Up!

Can your diet give you a headache? Unhealthy eating habits can have a negative impact, according to Larry McCleary, M.D., author of *The Brain Trust Program* (Perigee). Here, Dr. McCleary's brain-friendly tips.

■ **Avoid trans fats**, found in partially hydrogenated vegetable oils, margarine and processed foods. These constitute a hazard to your brain because they cause cell membranes to stiffen and become unable to function properly. Be sure to cook with and eat fresh whole foods and limit your consumption of prepackaged convenience foods.

■ **Forgo concentrated sweets**. Large amounts of sugar and corn syrup offer no nutritional benefit to your brain. Never use sweets in lieu of real food or as an everyday part of your diet. There are reports that artificial sweeteners, like aspartame and sucralose, may contribute to headaches. If you use these, proceed with caution.

■ **Buy organic produce whenever possible**. This will reduce your exposure to residues from pesticides and herbicides. Some produce, such as apples, lettuce, strawberries, spinach and potatoes among others are especially heavily sprayed. Additionally, notes Dr. McCleary, "supplementing with magnesium can help prevent migraines or can make them less painful and shorter." He recommends a dose of 400 milligrams twice daily.

by Susan Schneider

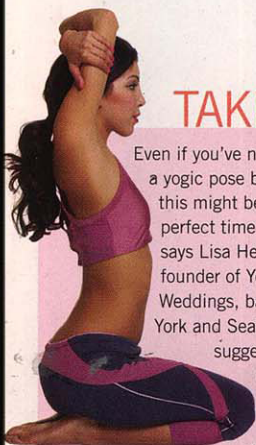
TAKE A BREATHE

Even if you've never struck a yogic pose before now, this might be the perfect time to start, says Lisa Helfer, founder of Yoga for Weddings, based in New York and Seattle. She suggests two

ultrasimple postures to help you stay cool, calm and collected in the face of that ever-expanding to-do list.

Need energy? Helfer suggests the Hero's Pose: Kneel on the floor, then sit back on your heels; if you want, place a pillow between your butt and

your heels, like a sa will be sitting upright palms on your thigh over your head). "The circulation a mini v says. "Your tired leg rest. When you rise, blood will flow into for one to five minutes on your level of comfort."
Want to relax? Now Goddess Pose: Sit on the floor, knees up, feet flat. Now put the soles of your feet together and let your knees fall apart like a butterfly. Lie down slowly; keep the soles of your feet together and your legs apart in a diamond shape. Breathe slowly; stay for one to five minutes.



Sun Smarts

Tying the knot outdoors? A couple of months beforehand, visit your dermatologist for an evaluation of your skin type, advises David Bank, M.D., a dermatologist in Mt. Kisco, New York. Your doctor will suggest an at-home regimen with:

- ◆ A hydrating cleanser, a moisturizing cream and maybe a night cream to help avoid dry skin.
- ◆ An exfoliating treatment to get rid of dead skin cells.
- ◆ A microdermabrasion product to bring out a fresh, radiant look.

Dr. Bank adds, "Don't stay in the sun for protracted periods and avoid the tanning parlor, which can aggravate an acne condition."



PHOTOGRAPHY (BOTTOM RIGHT) EDDIE G

BONUS: The Best Caribbean Beaches

66.95

143



display until July 15, 2008

Courtesy of FGPR