

WomenFitness

November 2021

Inspiration +
Style
5 Plus-Size
MODELS

WINTER
WORKOUT
Challenge

Mula
Bandha
Explained

25+
Healthy
Thanksgiving
Side Dishes

FABULOUS
HAIR
Extension
Ideas

Abby Ryan
Mooring

"A STAR IS BORN"



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Women FITNESS®

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Thanksgiving turkey recipes may get all the glory, but the real heroes of your holiday dinner table are healthy Thanksgiving sides. We bring you a collection of 25+ side dishes, all chef & nutritionist special. Happy Thanksgiving.

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Clip in extensions is the perfect way to test drive new hair colors, add temporary highlights, volume, and look glamorous! Here's a complete guide to using hair extension by hair experts.



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67 **Weight Loss**

"You have to be careful with fast food and cakes but I would say if you can't go without this food you'd better eat it before 6 pm and try to burn it during the day!" suggests Irina Shayk, model & global beauty ambassador for Avon. The timing of meal surely matters in terms of balance between caloric intake and expenditure.



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72 **Yoga & Meditation**

Women often discover weaknesses in the pelvic floor that lead to urinary and bowel problems after pregnancy. Just as it's important to strengthen and tone the muscles in your arms and legs, the internal muscles of the pelvis should not be overlooked. Learning to use Mula bandha will serve you well both on and off the mat.



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75 **Travel Guide**

Try capture the three R's: Refresh, Rejuvenate, Revive by moving out. Here are 12 global destinations to put a pep in your physical and emotional step during the time you need it the most. Choose that suits you & your family.

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EDITOR'S NOTE

One of the happiest moments in life is when you find the courage to let go of what you cannot change.



Unknown

Approaching anxiety as a negative emotion that must be suppressed, we should think of it as a superpower that motivates us to act. Instead of sitting there stewing, do something like, start making a list of actions you can take, for example, to ensure you stay connected with your far-flung family this winter: Host a video chat, write a letter, plan to take an online cooking class together.

Go on a vacation, visit your parents, see the friend you haven't seen in a while, but do take the precautions and keep an eye on what the Centers for Disease Control and Prevention recommends.

The cover story for the month is featured around Abby Ryan Mooring, a fitness model who believes in "Be the best version of yourself you can be. Dream big the sky is the limit!"

We bring you a huge collection of Thanksgiving Side dishes from chefs around the world, along with 12-holiday family retreats to plan your vacation in advance.

Stay Strong,

Thanks
Namita Nayyar

President, Women Fitness



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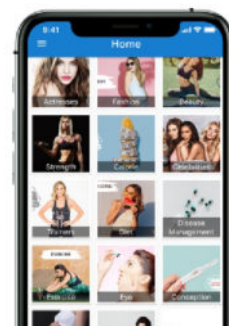
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COVER STORY

ABBY RYAN MOORING: *"Hard Work Pays Off"*

*Exceptionally Talented Fashion Model/Actress
Success Mantra "Patience, patience, patience and
persistence"*

A close-up photograph of a woman lying on her side on a sandy beach. She is wearing black thong underwear. The background is a blurred view of the ocean and a tree trunk. The lighting is warm, suggesting late afternoon or early morning.

A bby Ryan Mooring is from a really small quaint town of Bath, NC (with roughly 250 people) Never in her wildest dreams would she had thought she'd walk New York Fashion Week, London Fashion Week and later sign with several agencies, do high fashion editorials, commercials, music videos and cross over from modeling to acting. She had never thought that she would leave her small town and drive across the country to Los Angeles! Sports had been her life...volleyball, basketball and softball since she was five....well with this job she can wear her cleats and heels and She says

“ You can be anything if you work hard! I love all the people I've met along the way so far: trainers, photographers, models, agencies, agents, hair and makeup artists, publicists, managers, actors and actresses ”

She has been doing modeling consistently for the last three years now... She was scouted her senior year of high school at Northside High School for a basketball scholarship but as women in sports aren't paid much, so she decided to pursue modeling after a friend saw her senior pictures and a Virginia modeling agency contacted her through Instagram. She had never thought about it honestly so she decided to try it and do an online college through Ecu and major in communications.




Her high school Coach Michelle Leathers helped her pave the way with discipline and never stopping attitude #stillstandingstillstrong mentality. She believes in eating smart (She eats gluten free, low carbs and stay away from dairy) She also does Juice plus (so she gets the fruits, veggies, berries and omegas that she might miss out on from them every day) during COVID she switched to online circuit workouts which is more about body resistance movements and lighter weights.

She has been working with several agents and agencies @theblockagency (Tn) @nymmg (Nyc/Ca) @therossagencyinc (Tx) @nichemodelsandtalent (Hawaii) @sovereigntalent (La) and her manager and encourager @mcmmtg (Ca) with Marina Masowietsky! She is now crossing over to acting as well. As far as socials go she only uses Instagram @abbyrmooring. She loves spending time with her family, friends and her dog hiking different trails around Los Angeles. God first and her family and close friends have been very supportive. Her mom suffers from lupus so she advocates for people to donate to finding a cure @lupusorg her mother has been her strongest supporter and a rock through her journey.


Women Fitness President Ms. Namita Nayyar catches up with Abby Ryan Mooring, exceptionally talented Fashion model/Actress, to talk about her workout, diet, beauty secrets and journey as a successful model.





A secret About
My Toned Body
is Eating
Healthy Foods.

”



You were born in Bath, North Carolina. You have been playing sports volleyball, basketball, and softball since you were five years of age. In your senior year of high school at Northside High School, you received a basketball scholarship. Later you decided to pursue modeling and walked the ramp at New York Fashion Week and London Fashion Week. This later propelled your career to the height where you have been at the top of the world of modeling. Tell us more about your professional journey of exceptional hard work, tenacity, and endurance?

My New York City agency MMG got me booked with several fashion designers to do New York Fashion Week that was a surreal experience than two weeks later I was off to London Fashion Week to walk in a few shows there. An unforgettable experience. London is so beautiful! One of my favorite places I've traveled so far!

You are the one of the leading social media personalities, a professional model & actress. How do you manage such a remarkable multi-dimensional lifestyle?

I have help, my mom helps keep me straight. It is hard I do get stressed out. I pray, mediate and do yoga. I remind myself I've done harder things, my first editorial shoot was in the Blue Ridge mountains of North Carolina with Mindy Lee Allendar (one of my first and favorite photographers) we climbed a mountain and did six outfit changes on the way up ...from dusk to dark...that was killer!



“

If I want to do something different it will usually be yoga or 30 minutes of cardio.

”

What exercises comprise your fitness regime or workout routine you may wish to share?

During Covid I had to change it up ...I mostly follow different circuit training workouts. Other days if I want to do something different it will usually be yoga, hiking, paddle boarding or pick-up games of sports. Now that I'm in Los Angeles I'm working on learning different stunts and I am working out @dogpound.

How do you train your abs? One secret to your toned body.

Again, circuit training is amazing for abs, those workouts give you a toned core. A secret about my toned body is eating healthy foods. The saying about abs are born in the kitchen is true. Aka you are what you eat! I love @hellofresh vegetarian meals!



Do you take a special diet or have a strict menu that you follow to remain healthy and physically fit?

I don't use the word diet because I feel like it gets me in the wrong mindset, I try to eat healthy foods. However, when I started focusing on getting in shape my trainer suggested to try and not have carbs after 3 p.m. which is when I noticed a difference in how I felt and how much more toned my body was, it is a very sustainable way to eat. It is important to have one cheat meal a week I use that as a reward.

Five foods you absolutely love and five you keep to a minimum.

Some foods I love are a Caesar salad, grilled chicken with Brussels sprouts, flatbread with feta cheese, cooked zucchini and tomatoes, gluten-free mac and cheese and anything from @truefood my favorite restaurant! Foods I keep to a minimum: Mexican food, pasta, chocolate chip cookies, and really any kind of dessert and dairy.

Share your hair care and skin care routine.

For hair, I usually use an herbal essences shampoo and Aussie 3 minute miracle. For my morning skincare, I rinse my face with water and apply a vitamin C serum, then a (youth to the people) air whip lotion and SPF 40 Super goop. Then at night, I wash my face with CeraVe face wash, then the @youthtothepeople dream mask. I'm a mix of Native American & European so even though I tan easily I always use @sunbum sunscreen.

Five skincare myths.

- ❖ You don't need to wear sunscreen if you have makeup with SPF.
- ❖ I'll be fine if I sleep in my makeup.
- ❖ What you put in your body makes a difference in your skin
- ❖ Eat your fruits and vegetables -if you can't get them all in I take "Juice Plus" everyday...my mom's friend Kelly Proehl introduced our family to this amazing product!
- ❖ Try to get 8 to 10 hours of sleep at night.
- ❖ Don't stress just take it one day at a time!



Five athletic leisure brands you love to wear.

The five leisure brands that I love to wear are Nike, Adidas, Stronger, Aerie, and Alo.

Five travel destinations on your wish list.

Five places I would love to travel to are New Zealand, Australia, Fiji, Bora Bora, and Greece.



SURF

*I am bodily
confident because
I have a
supportive family
and friends*

Your high school Coach Michelle Leathers has been a catalyst that helped you pave the way to rise in your career with discipline and never stopping attitude of #stillstandingstillstrong mentality. Elaborate about her influence on your professional life?

Coach Leathers is amazing, she taught me more things than I can write. She was my coach for basketball and volleyball. She was hard on me, but it was tough love that made me have thick skin and, in this business, it is needed because you hear the word NO a lot. Coach Leathers always talked about trying to get us ready for the real world and she did. I am so blessed to have her as an influence in my life. And she is consistent and cares we still chat now. Discipline through sports works in this industry as well!

A tragedy that propelled your life?

During the Covid pandemic, my "Papa" who never missed a ballgame and was always one of my biggest supporters had been suffering from the pain of 10 strokes over 14 years and his kidneys were shutting down. The last two months of his life hospice came in and he decided he wanted to pass away at home, it took a toll on my family and my heart. I helped care for him and it changed me and I'm thankful for all the years I had with him and I'll honor his memory every day, he's my angel!



You have done bold photo shoots for a number of fashion brands and on your Instagram handle @abbyrmooring. How you are so body confident and advice to your compatriots?

I am bodily confident because I have a supportive family and close friends that make me feel good about myself no matter how I look. I also try not to think about how my body looks but focus on how I feel, I am not perfect at that I have moments where I do think about how my body looks and it does affect me. Some advice I would give is that not everyone has the same body, so try not to compare yourself. My agent Marina is always cheering me on and the industry has changed a lot with body types.



Success Can Happen
If You Believe
In Yourself.



Your idea of a perfect date?

My perfect date would be grabbing some dinner. A walk on the beach at sunset. I love easy conversation walks, bike rides and hiking. I love ballgames and have been blessed to be invited to so many professional sports events.

What do you wish to say about the website Womenfitness.net and the message for its visitors?

Be the best version of yourself you can be. Dream big the sky is the limit! If your told No let it push you harder. Never let no one person brings you down.

Advice and motivational words to the inspiring and budding social media model girls, who all are your fans?

I'm from a really small town! Success can happen if you believe in yourself and my family and close friends cheer me on. "Patience, patience, patience and persistence." Be smart and be safe and do your research on potential clients and photographers! I'm not doing what is considered normal around where I'm from, choose your own normal, choose what makes you happy not everyone else and go for it!

You have an impressive Instagram following of 378k followers. A message for your ardent admirers.

Yes it's taken me years to build that on my professional account, I use hash tags and tags really help to build up a good following. Support each other, build each other up! I'm all about cheering on the person next to me. It's a huge world and there is room for success for everyone and I want that for everyone!

#empowereachother



Your mother is diagnosed with SLE "systemic lupus erythematosus" so you advocate for people to donate to finding a cure @lupusorg. Elaborate on this endeavor of yours of giving back to society?

My mom suffers from SLE "systemic lupus erythematosus", she was diagnosed in her 40s and she's in pain and fatigued all the time. There is no cure for it so I try to advocate and give a percentage of what I make to @lupus.org to try and find a cure.

Learn more:

<https://www.instagram.com/abbyrmooring/>

WORKOUT



It's Time To CHANGE BODY MINDSET

SAY **5**

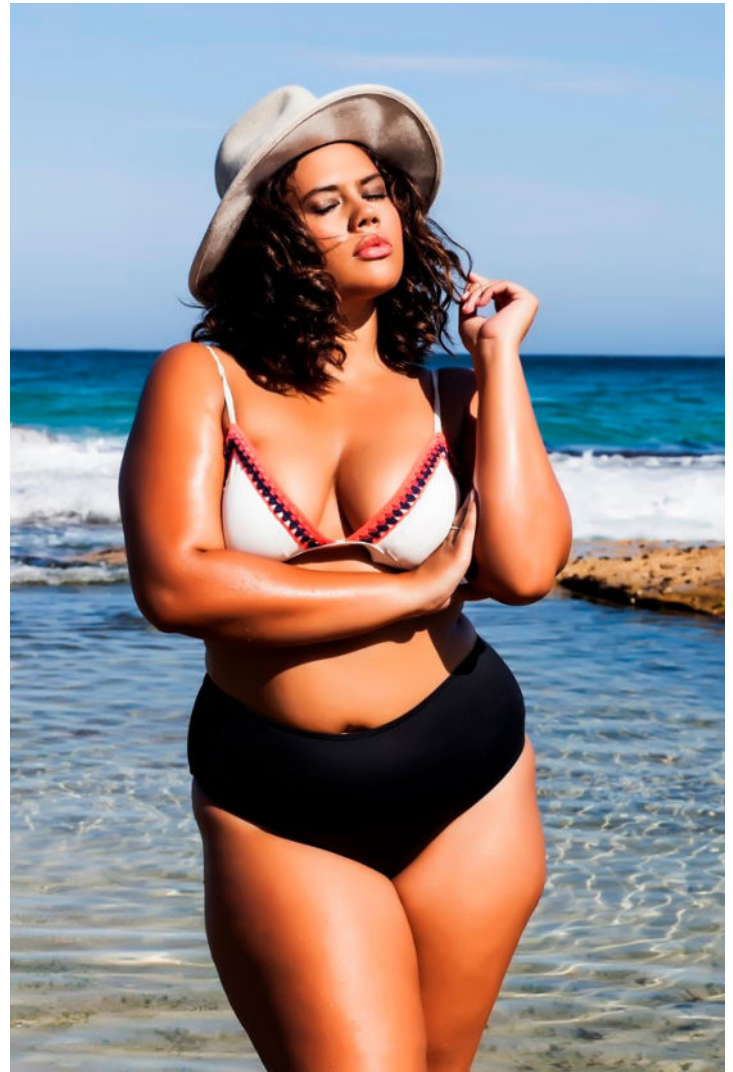
PLUS-SIZE
MODELS

For decades, slender white women have dominated the modelling industry, their bodies sold as the "default" for female beauty.

Women Fitness brings you on how 5 plus-size models featured on Women Fitness set out to change the way females think about their body.

Mahalia Handley

Named as one of AAFW's Change Makers, Mahalia Handley was featured on Vogue Italia and Selfridges. In her interview with Women Fitness she begins by saying "I was told that I would never really succeed in modelling and would be lucky if I were to book a job or two in my lifetime because of my look." Talking about her motivation and inspiration behind being body confident, she puts in "My motivation came from a very personal experience. When I was growing up there was never anyone who looked like me in commercial or high fashion. No curvy girls and no girls with diversity. It used to make me really sad and I had a lot of negative feelings towards body positivity and to my own self worth of view of beauty. Each year with every growing birthday the more passionate I became about showing representation of this exact matter. I've always been a fighter, so it made sense to me that if I couldn't see the diversity being represented then I had to become it, not just for myself but for other girls growing up and not seeing diversification or self love.



Her message to one & all "Body Positivity comes from within first and foremost. I am here to help you find that as are all others who are body positive ambassadors. We are here to show you how great you are and we want you to find that light and love inside yourself, embrace it, nurture it and then share it with others who may be battling. Take care of your body, eat well, exercise and work every damn day on your mental stability- tell yourself how great you are and live it!" As indicated by fashionjournal.com.au, Mahalia Handley fell into modelling in a different way. She is the first plus-size, BIPOC, first-generation Australian to talk on a panel at fashion week. It was always her dream to be a model, but unlike other young girls, this was a dream born out of anger.

“ I was told that I would never really succeed in modelling and would be lucky if I were to book a job or two in my lifetime because of my look. ”

Bishamber Das

The first British Asian plus-size model and who has contributed immensely to the plus size industry in the US and UK. The first plus size model to win a title at the international Miss India Europe competition in 2014.

Her aim is to reach out to every woman around the world despite what size or walk of life she is from to empower her. Bishamber has her own ways of doing this and the recent initiative was a video which featured her singing Hadiqa Kiani's popular song "Buhe Baarian." Shot by Real Artz, this one showcases Bishamber as a *rural Punjaban* who is day dreaming about her lover (played by Harpal Josan) while performing her daily chores.



Her advice for the budding and upcoming plus size models "My advice is simple, find your plus point and make this your strength. I came from a community where my vision was and still is at times frowned upon. I made it my mission to change this outlook and bring positivity to the concept of plus size. till this day plus size women in middle eastern and south asian media are only seen in comedy roles where they are laughed at and made fun off. Through my work I hope to change this concept and see more plus size women in media with the respect and dignity they deserve."

Check out her interview at

<https://www.womenfitness.net/bishamber-das/>

Fluvia Lacerda

Best known as the the “plus-size Gisele Bündchen”, Fluvia Lacerda is the plus-size model who’s set to bust out of her native Brazil and quickly take over the world. She is one of the models from Latin America, who has conquered Vogue Italy and appeared on cover of Playboy in her country. In addition to her extensive career with various international brands, she is the author of a book called “Fat Is Not A Bad Word.”

In conversation with Women Fitness on motivation and inspiration behind being so beautifully body confident, she adds "Quite honestly, I have never really cared about what others think of me. Their opinions about my looks is something for them to deal with, not me. And so at the moment you free yourself from the worries of trying to please others, you really have a lot of room in your mind to appreciate who you are and that’s how I live my life." Her message "I believe that respecting one another is the key to the first and most important health aspect of living a healthy and happy life!"



Her secret to look gorgeous and glamorous is, Respect your measurements! No one knows (or cares!) what that number on your jean tag is! & two, be true to your own personal style, no matter what others say. To learn about luvia E! Entertainment’s program ‘Beauty XL,’ participant, her diet & workout routine check out her interview on Women Fitness.





Jezra M

A model, body positive advocate and blogger she started her body positive movement via #PureBodyLove, and continue to pursue this avenue to empower people from all walks of life. She describes her journey as a model as "Modeling for me is how I speak and connect with people. I have a long list of goals and achievements to accomplish. One of my dreams is to travel around the world and help women with my voice to gain self love, self awareness and self confidence. My mission is to encourage other inspiring plus size models to follow their dreams. "No dream is ever too small or too big". Modeling for me doesn't just mean "taking" good pictures, it is my passion and one of my dreams. I believe I can bring something unique and different to the plus size world."

“

I Speak Through My Pictures And Hope When People Sees My Pictures They See the The Message Of Self-love, Self-awareness And Self-confidence.

Her word of inspiration "I'm here for you ALL!!! Keep believing in yourself, never think your dream is too big or small to achieve. Allow yourself to grow on your own time. And always strive for greatness because if you believe everyone around would also start believing." She has modeled for some of the top magazines and brands like Bgnplussize, Kyboe, Refinery29, Curveculture, Forever21, Fashionnovacurve, Gcgme, Playfulpromise, Rue 107, Monif C., Fashion To Figure, Ekineyo, Pop Up Plus, Out of the Corner Online Boutique, Ose Uh-She, Essence Magazine, Bustle, Vibe Vixen, Plus Model Mag, Blink Fitness, DARE, AFRO PUNK, 1953, KAMOY Magazine, Tasty Plus Boutiqe, eHOW Style, Curvz Magazine, and many others

Hayley Herms

Whether it is modelling, singing, writing, or painting, there is always a way to express herself. She has made a name for herself solely through her uniqueness, positivity, bright personality, and never ending goals to rule the world. If you haven't seen her around yet, be prepared.

Talking about her journey " I started as singer/songwriter (which I still am) in Kindergarten. Since I started at an early age, I naturally got into acting in the 5th grade which led me to plus size modeling in 7th grade when I was 12! After that, I fell in love with modeling – not only do I inspire others, but just like acting, I can dress up, be inspired by myself, and be someone different in each different outfit." Her inspiration is "my craving for freedom. I have to live my life free, I have to live my life for me. I could never let society or anyone hold me down." she adds

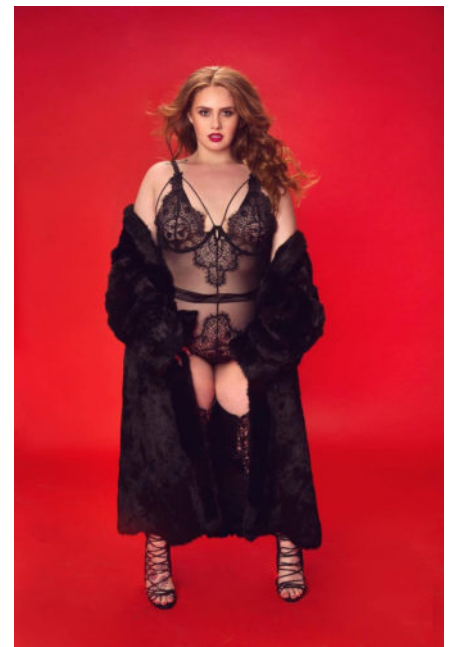


Her top 5 fashion secrets To look gorgeous and Glamorous:

- 1 - Smile more – everyone loves a great smile and inner beauty REALLY does show through
- 2 - Eyelash extensions – such a time saver and make up saver and you wake up immediately feeling glamorous
- 3 - A great moisturizer – perfect skin + no chapped lips = luminous glow and full looking lips (I love the Chanel Le Lift cream or Hope in a Jar with SPF, personally)
- 4 - Sleep – Getting more sleep will help you look more rested AND lose weight
- 5 - Confidence – confidence is key with anything.

MESSAGE BEING

Truly Fall In Love With Yourself - Body, Mind,
Soul, Heart And You'll Have The Key
To The World! ””



Mostly known for plus size modeling so what I think sets me apart from other typical plus size models is that often times – brands depict plus size women as “curves in the right places”, no cellulite, no loose skin, no rolls, always tall, no tattoos or visible marks etc.

Workout TIP



Being over the age of 50 is not a death sentence—in fact, many of us now have more time to take care of ourselves. Having a healthy weight, eating properly, not smoking, and limiting alcohol consumption is all super important. We are not getting any younger, but we ain't dead yet. Find a professional who can help get you back on track, and aim to get at least 150 minutes of physical activity/ week to help maintain your muscle mass and a healthy weight.



Top 10 Stretching

**EXERCISES FOR
A CHILLING
Winter Workout**

Warm up and stretching is significantly important before a workout and more so during the winter, to avoid muscle stress and strain. The cold weather makes muscles tighter and less supple, leaving them vulnerable to injury. A proper stretching routine will warm up the muscles. Adding 10 minutes to your workout stretching routine will warm up your muscles to protect them during the cold weather.

Warm-up includes some aerobic activity to get the blood moving to your muscles, like a brisk walk or run for a few minutes. You'll soon feel the effect of increased blood flow.

Dynamic stretching is not the best for improving flexibility. But it is good way to warm up for your sport and improve performance. A dynamic warm-up should include explosive movements such as high knees, skipping and moving lunges. It is important to remember that the purpose of these types of exercises is to prepare your joints and ligaments for the high intensity portion of your workout. Make sure not to push yourself too hard, but instead focus on starting slow and revving up your body for an effective and dynamic workout.





Below Are Listed Top 10 Stretches To Get Your Body Rolling.

1- Straight Leg Kick: Modern lifestyle and the chill tends to leave the quads and hamstring tight. To perform the stretch, support your one arm, swing the opposite leg first forward and then backward. Try to keep the leg straight as it moves forward and backward. Just be careful not to kick too hard, which would turn this from a dynamic stretch into “ballistic” stretch, which means the range of motion is beyond what you can handle comfortably. Your core stability is called for in this stretch.



2- Arm Circles: Your shoulder has the largest range of motion of any joint in your body, so it's imperative to properly warm it up. Raise your arms to your sides at shoulder height, parallel to the floor, palms facing down. Keeping your shoulders relaxed and arms straight, circle your arms, starting with small movements and gradually increasing until the circles are as large as possible. Now change direction, continuing with the large circles and gradually decreasing their size until the arms become motionless again. Then place your arms to the sides and relax.

3- Shoulder Wings: Bend your arms and bring your fingertips to the tops of your shoulders, with your elbows facing forward. Press your elbows together, expanding your back and separating the shoulder blades. Now slowly begin to circle with the elbows as if they were wings. Draw them up in the front, then circle back, lowering the elbows as the shoulder blades are drawn together. Finally, draw the elbows forward to the starting position. Circle 3 times in each direction.

4- Forward Lunge: This dynamic stretching exercise helps loosen up your Psoas and hips, while engaging your quads, hamstrings, glutes, and even calves. Just remember to complete this exercise slow and controlled to really feel the stretch and reach with your arm. Start forward lunges by standing tall with your feet together, hands on your hips, and head neutral. Take a large step forward with your left leg and bend your left knee to a 90-degree angle. This lunge action lowers your back knee toward the floor. Push with your left leg and return to standing, feet side-by-side. Repeat 3 times and then perform with the other leg forward.

5- Side Lunge Stretch: While performing the Lunge side ways, take your right elbow and bring it as close to your heel as possible as if you are lunging with your right leg. By just touching your heel with the opposite hand, you still get a nice groin stretch. Repeat with alternate leg and arm.

6- Side Leg Raises: While facing a wall or support, place both hands against it for support. Swing one leg at a time from side to side in front of your other leg. Try not to let your torso rotate as you do this stretch. Stretch both legs 20 reps each.

7- Hand walk: To begin with, stand up straight with your feet together. Slowly bend forward until your hands reach the ground, walk your hands forward until your body is almost parallel with the ground and then slowly walk you feet back up to your hands. Repeat 6-8 times. Feel the stretch in your shoulder, legs, back and arms.



8- Scorpion: Lie on a mat, on your stomach with your arms stretched out. Kick your right foot towards your left arm slowly and then your left foot towards your right arm. Use slow controlled movements with this stretch and repeat 10 times. Feel the stretch in your hips.

9- Power Skip: Using big arms swings and high knee lifts try to skip on each side. This is a warm up for explosive movement. You can repeat 10-20 times.

10- Neck Rotation/flexion: Keeping your head straight and looking ahead, turn your chin laterally toward your left shoulder and then rotate it toward your right shoulder, 6 to 10 times. For lateral flexion, lower your left ear toward your left shoulder and then your right ear to your right shoulder 6 to 10 repetitions.



While some muscle aches or discomforts are to be expected when you work out, pain is not. Pain is your body's way of telling you that something is wrong. If you continue exercising through pain, you risk injury. And if you have an injury, take some time off. You risk more damage and your recovery will take longer if you don't!



Note: Observe your breathing. Soften the sides of the rib cage and abdomen, and allow the breathe to flow smoothly and evenly.

Tips To Avoid Stressful Situation

During Childbirth

A recent study analysed the research on this topic and recommended that women should labor in whatever position they find most comfortable and not be required to lie down for long periods of time. The study found that women who tended to walk or stay upright during early and active labor shaved about an hour off their labor time and were less likely to have a cesarean delivery.





- ⊙ The best things to do if you want to avoid extra stress and complications when your baby is being born, is to avoid an unnecessary induction of labor. Ask for evidence or proof that the baby needs to be born right away, not just because you've reached your estimated due date. Seek actual test results or signs that something is not working well.
- ⊙ Being on your back during labor and birth can cause problems too. Being stuck in bed is inevitable if you have an epidural, which is the usual next step if you have an induction with synthetic oxytocin. When you're lying on your back, your uterus compresses major blood vessels, potentially depriving the baby of oxygen and making you dizzy or queasy. In addition, when you're reclining, the baby's head puts pressure on pelvic nerves in your sacrum, increasing pain during contractions.
- ⊙ Being stuck in bed during labor prevents movement of pelvis with an epidural, baby doesn't have help to move down into the most optimal position. This may result in difficulties being born, requiring forceps or vacuum, or worst case, emergency c-section.
- ⊙ Get informed with quality, evidenced-based information, and not just what you hear from friends or family, to set yourself up for the best outcome.

Soothing Labor Positions

Remaining upright and leaning forward reduces the pressure, besides it allows your baby's head to constantly bear down on your cervix.



Below Are **Six** Labor Positions to Try:

Swaying (aka Slow Dancing)

Wrap your arms around your partner's neck or waist and sway as if you are slow dancing. This is a great position to receive a back rub.

Lunging

Raise one foot onto a chair or footstool and lean forward.

Squatting

Hold on to the back of a sturdy chair and squat. You can also squat against a wall or between your partner's legs while he or she sits in a stable chair.

Rocking

Gently rock while sitting on a chair, the edge of the bed or a birthing ball.

Hands and Knees

Get on all fours on the bed, a yoga mat or on the floor.

Standing and Leaning:

Lean forward on a birthing ball, bed or partner.

Have An Easy & Memorable Childbirth.



If a patient with PCOS is trying to seek treatment and not getting pregnant up to 1 year with unprotected intercourse then she should consult a fertility expert. But, if a patient's age is above 35 and she is trying to get pregnant for 6 months then she should immediately see a fertility consultant for her pregnancy.



HEALTHY EATING

25 + Thanksgiving SIDE DISH Recipes to enjoy

Thanksgiving turkey recipes may get all the glory, but the real heroes of your holiday dinner table — healthy Thanksgiving sides. These dishes, from roasted brussels sprouts to green Thanksgiving salads, are all healthy while still being delicious

You're sure to find recipes you love in this collection of over healthy Thanksgiving side dishes.





#1

Smoked Salmon Deviled Eggs

Courtesy: Rima Kleiner, MS, RD, of Dish on Fish

This tasty twist on a potluck classic uses nonfat Greek yogurt in place of part of the mayo (which helps keep calories in check) and features omega-3-rich smoked salmon and antioxidant-rich fresh herbs for a powerful flavor and nutrient punch.

Servings: 8

Ingredients

- 8 large eggs
- ¼ cup nonfat plain Greek yogurt
- 2 Tbsp. mayonnaise
- 1 Tbsp. Dijon mustard
- 1 Tbsp. fresh chives, chopped
- 3 tsp. fresh dill, minced
- 1 tsp. lemon juice
- ¼ tsp. ground black pepper
- ¼ tsp. sea or kosher salt
- 3-4 oz. smoked salmon, finely chopped
- Fresh dill and/or chives for garnish

Directions

- 1-** To hard-boil eggs: Place eggs in a saucepan. Cover with water and bring to a boil. Remove from heat; cover and let stand 12 minutes. Drain and rinse with cold water.
- 2-** Peel eggs and cut lengthwise.
- 3-** Place egg yolks in a medium bowl; mash with a fork.
- 4-** Add remaining ingredients (through smoked salmon); beat with a mixer or by hand until smooth and creamy.
- 5-** Pipe or spoon mixture into egg white halves (about 1 Tbsp. per egg half). Garnish with dill, chives or a sprinkle of coarse sea salt.
- 6-** Pro tip: Fresher eggs tend to be harder to peel, so reach for ones that have been sitting in the fridge for a few days or up to a week.

#2

Instant Pot Crab Mac 'n' Cheese

Courtesy: Rima Kleiner, MS, RD, of Dish on Fish

Adding crab to this classic side dish delivers big on rich flavor and important nutrients, especially protein, phosphorus and omega-3 fatty acids, which help promote strong bones and reduce chronic inflammation.

Makes 6-8 servings

Ingredients

- 2 teaspoons olive oil
- ½ cup medium onion, chopped
- 1-pound whole-grain pasta (Elbows or Cavatappi)
- 4 cups water
- 2-3 tablespoons butter
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- 3-4 teaspoons Old Bay seasoning
- 2 cups cheddar cheese
- ½ cup fresh mozzarella
- ½ cup Parmesan
- ¼ cup milk (suggest using 2% milk)
- ½ pound lump crabmeat, drained
- 1 teaspoon hot sauce (optional)
- Toasted panko (optional)



Instructions

- 1- Add olive oil and onion to Instant Pot and turn pot to sauté setting. Stir and cook until the onion is tender, about 3 minutes.
- 2- Turn off sauté function. Add pasta and next 6 ingredients on list (from water through Old Bay seasoning) to Instant Pot. Place lid on Instant Pot and switch steam release handle position on lid from venting to sealing; select manual function on pot and cook contents on high for 5 minutes.
- 3- While pasta is cooking, shred all the cheeses using a grater or food processor. (Can use pre-shredded cheeses, but they will not melt as smoothly because they contain an anti-caking agent.)
- 4- When pasta has finished cooking, release pressure in Instant Pot using quick pressure release switch (turn to venting position). Add milk to pot and stir it in with the pasta. Then slowly fold in the cheeses up to 1 cup at a time, making sure the pasta mixture remains creamy between each addition.
- 5- Add crabmeat to pot, replace lid on pot and allow mac 'n' cheese to warm up for 2-3 minutes; then stir. Top with hot sauce and toasted panko, if desired.



#3

French Green Beans with Mushroom Wine Sauce & Leeks

Celebrity Chef & Certified Nutritionist Serena Poon

Makes 6 servings

Ingredients

- 3 TB butter (vegan butter is a great healthy alternative)
- 1 lb. fresh wild mushrooms, cleaned, sliced and stemmed (shiitake, oysters, criminis, chanterelles, procinins)
- 4 ea. fresh thyme springs
- 3 TB copped shallots
- ½ C Madeira wine (Marsala, Sherry, sweet dry rice wine also okay to use)
- 1 C whipping cream (coconut cream or cashew cream as vegan options)
- 1 lb. fresh haricot verts (french green beans), trimmed
- 2 ea. large leeks, thinly sliced crosswise (white parts only)
- Fresh ground black pepper
- Himalayan or sea salt
- Avocado oil (for deep-frying)



Instructions

- 1- Over med-high heat, melt 2 TB butter/vegan butter in a large heavy skillet or sauté pan.
- 2- Add all the mushrooms and thyme sprigs and sauté for 4-5 minutes.
- 3- Add 2 TB of shallots and continue to sauté until mushrooms are tender, about another 2-3 minutes.
- 4- Add Madeira and simmer until almost all the liquid evaporates, about 2 minutes.
- 5- Add cream/vegan cream and simmer until slightly thickened, about 2 minutes. Set sauce aside.
- 6- In a large pot, bring water to a boil and add a little bit of salt.
- 7- Par-cook green beans in the large pot of boiling salted water until tender (al dente), about 3-5 minutes. Drain.
- 8- Transfer green beans to a bowl of ice water; allow to cool, about 3-4 minutes. Drain.
- 9- Pour enough avocado oil into large, deep saucepan to reach depth of about 1.5". Heat oil to 350°F.
- 10- Place ¼ of sliced leeks in small metal strainer.
- 11- Lower strainer into oil; fry until golden, about 20-30 seconds. Lift strainer from oil. Drain leeks on paper towels.
- 12- Repeat with remaining leeks in 3-4 more batches or until finished..
- 13- Season leeks lightly with salt.
- 14- Melt remaining, 1 TB butter in heavy large skillet over medium heat.
- 15- Add green beans and remaining 1 TB shallots
- 16- Lightly toss green beans to heat through, but not cook further.
- 17- Season beans with salt and pepper, to taste.
- 18- Place beans on platter.
- 19- Bring sauce to simmer.
- 20- Spoon sauce over beans.
- 21- Sprinkle the dish with the fried leeks as garnish

****Note:** Sauce and beans can be made 6 hours ahead. Cover separately, chill until use.

#4

Roasted Stuffed Butternut Squash

Celebrity Chef & Certified Nutritionist Serena Poon

Makes 4 servings

Ingredients

- 2 ea. medium butternut squash, halved, seeds removed
- 4 tsp. avocado oil
- 2 tsp. extra virgin olive oil
- 1 C tri-colored quinoa (any other quinoa is fine too)
- 1 1/3 C vegetable broth, homemade or low sodium
- 1 bunch curly kale, stems removed, leaves rough chopped
- 2 ea fresh thyme sprigs
- 1/2 tsp pink Himalayan salt or sea salt, to taste
- 1/2 tsp freshly ground black pepper, to taste
- 1/4 tsp fresh ground white pepper, to taste (optional)
- 15 oz cooked chickpeas (if using canned or bottled, rinse and drain)
- 1 ea medium orange, zested
- 1/2 each juice of half of the zested orange above
- 1/3 C fresh pomegranate seeds
- 1/4 C pine nuts (raw or toasted, optional)

Instructions

- 1- Pre-heat oven to 425 degree F, place rack in the middle of the oven
- 2- Arrange the butternut squash halves, cut side up on an unlined sheet pan
- 3- Drizzle and spread 1 tsp of avocado oil on each of the 4 cut halves of butternut squash, light salt and pepper each half
- 4- Bake uncovered for 55-60 minutes, or until fork tender.
- 5- While the butternut squash is baking, use a fine mesh sieve to thoroughly rinse the quinoa under cold water until the water runs clear.
- 6- Place the quinoa in a medium saucepan with the broth and bring to fast simmer.
- 7- Cover the saucepan with the quinoa with a tight-fitting lid and reduce heat to maintain a low simmer. Cook for 15 minutes.
- 8- Removed the quinoa from heat (keeping covered with the lid) and allow to sit and steam for another 3 minutes. Remove lid and fluff with a fork.



- 9- Using a large skillet, 1 tsp. of extra virgin olive oil over medium heat.
- 10- Add to the skillet the torn kale leaves and cook until just slightly wilted, about 2-3 minutes and reduce heat to medium low.
- 11- Add to the kale the thyme sprigs, salt and pepper, to taste. Heat until slightly fragrant. Remove thyme stems.
- 12- Add to the skillet the chickpeas, the cooked quinoa, squeeze juice from the half orange, and add the orange zest. Remove from heat.
- 13- Once butternut squash is fork tender and slight caramelized on the edges, remove from the oven and allow to cool (while still on the pan).
- 14- Using heat protective gloves, scoop out the flesh of the butternut squash, leaving about a 1/2-inch border around the sides. Reserve this for a later use.
- 15- Add the pomegranate seeds and pine nuts to the kale and quinoa mixture and toss to combine. Ready for filling!
- 16- Stuff the butternut squash halves with a heaping amount of the kale and quinoa mixture. Ready to serve! (Reserve any extra stuffing for later use for a buddha bowl)

*ALTERNATIVES

- Can use acorn squash instead of butternut squash
- Can use cranberries instead of pomegranate seeds. In this case, add cranberries to the stuffing when adding the quinoa to the kale.
- Can use other nuts instead of pine nuts: chopping toasted hazelnuts, chopped pecans, toasted almond slivers.
- Can add vegan parmesan to the top of the stuffing and warm in the oven for 5 minutes before service.



#5

Super Immunity Kale Salad

Celebrity Chef & Certified Nutritionist Serena Poon

Ingredients

- 1 bunch kale
- 1 c. cubed butternut squash
- 1/4 tbsp. olive oil
- 1/4 tsp salt
- 1/3 c. toasted pumpkin seeds
- 1/2 c. pomegranate seeds
- 1/2 tbsp balsamic vinegar

Instructions

- 1- If your squash is raw, a simple way to prep butternut squash is by roasting in the oven. Preheat the oven to 400 degrees F, then toss the butternut squash cubes in 1 tbsp of olive oil with a pinch of salt and black pepper. Place in a baking pan and position on a center rack in the oven and let it roast for about 15 mins or until just tender.
- 2- In a large bowl, combine the kale, oil, and salt. Using your hands, massage the leaves, rubbing them with the oil and salt until they become softer, smaller, and darker, about 2 minutes.
- 3- Add the roasted squash, pumpkin and pomegranate seeds and gently toss to combine.
- 4- Add the vinegar and toss again.
- 5- Check the seasonings, adding a little more oil and/or vinegar, if needed.

#6

Pumpkin Hummus Recipe

Chef Partner CJ Jacobson of Mediterranean restaurant, Aba

Ingredients

- 2 cups canned pumpkin
- 2 cups garbanzo beans
- 1/4 cup water
- 2 tbsp olive oil
- 1/4 t cinnamon
- 1/8 tsp nutmeg
- 1/2 tsp ground cumin
- 1 tsp brown sugar
- Squeeze of lemon
- salt



Method

- 1- Puree garbanzo beans in a blender with water, lemon juice, olive oil and spices until smooth
- 2- Using a rubber spatula, mix puree with canned pumpkin puree until it's completely incorporation is resolute
- 3- Add salt and olive oil to taste
- 4- Garnish with toasted pumpkin seeds & fresh grated nutmeg



#7

Kale Salad with Delicata Squash, Pomegranate, and Toasted Hazelnuts

Jamie Miller, RD, the Village Health Clubs & Spas in Phoenix, AZ.

Ingredients

- 1 delicate squash cut lengthwise, seeded, cut into ¼ inch slices horizontally
- 3 tbsp., plus 2 teaspoons extra-virgin olive oil
- Salt
- Freshly ground black pepper
- 2 tbsp. balsamic vinegar
- 1-2 tsp. honey or maple syrup, to taste
- 2 tsp. Dijon mustard
- ¼ tsp. garlic powder
- ½ small shallot, minced
- 1 bunch Tuscan kale, stemmed, leaves thinly sliced
- 1/3 cup grated Parmesan cheese
- 1/2 cup pomegranate seeds
- 1/3 cup toasted hazelnuts, chopped

- 1- Heat the oven at 400°F. On a lined baking sheet, toss together squash, 2 tsp. olive oil, 1/2 tsp. salt, and 1/4 tsp. pepper.
- 2- Roast, stirring squash occasionally after the first 10-15 minutes, until squash is golden and tender to your liking, about 20–30 minutes. Remove squash from oven and set aside to cool (Make ahead tip: this step can be done up to 3 days in advance).
- 3- To make dressing, stir together balsamic, sweetener of choice, Dijon, garlic powder, shallot, ½ tsp. salt, and ¼ tsp. pepper. Slowly whisk in 3 tbsp. olive oil. (Make ahead tip: dressing can be made up to 5 days in advance).
- 4- In a large mixing bowl, combine kale with dressing, roasted squash, Parmesan, and pomegranate seeds. Toss together to combine, and season with salt and pepper to taste.
- 5- Transfer to a serving bowl, and sprinkle with chopped hazelnuts. Salad tastes best if it sits for about 30 minutes-1 hour before serving so that the kale leaves soften.



#8 | Light Pumpkin Fluff

Jamie Miller, RD, the Village Health Clubs & Spas in Phoenix, AZ.

Ingredients

- 1 can pure pumpkin puree
- 1/3 cup pure maple syrup, or to taste
- 1 teaspoon vanilla extract
- 1 tbsp pumpkin pie spice
- 1 container light coconut whipped topping, thawed
- **For garnish:** gingersnap cookies and chopped

Instructions

- 1- Stir together the pumpkin, maple syrup, vanilla extract, and pumpkin pie spice.
- 2- Gently fold in whipped topping until well incorporated. Taste and adjust for preferred sweetness.
- 3- Spoon into bowls and garnish with a sprinkle of chopped pecans and a gingersnap cookie.



Instructions

- 1- Preheat oven to 350 degrees and spray a 1 ½ quart baking dish with non-stick cooking spray.
- 2- Add the carrots to a Dutch oven and cover with water. Salt the water with 1 teaspoon salt. Cover the pot and bring the carrots to a boil over high heat. Reduce the heat to medium-high, and boil the carrots for 15 minutes or until they can be pierced easily with a fork.
- 3- Drain carrots thoroughly and return them to the pan.
- 4- Add the drained carrots, butter, honey, Greek yogurt, vanilla extract, flour, cinnamon, baking powder, and salt to the bowl of a food processor or high-speed blender. Process or blend for 30 seconds - 1 ½ minutes, or until the mixture is smooth and pourable, scraping down the sides of the bowl or blender halfway through blending.
- 5- Pour the soufflé mixture into the greased baking dish and bake for 40-45 minutes, or until firm when shaken and just starting to brown around the edges.
- 6- Remove the soufflé from the oven and let cool for 2-3 minutes. Sprinkle with powdered sugar, if desired, and serve hot!

#9 | Carrot Soufflé

By Chelsea Mae Plummer, Mae's Menu

Carrot soufflé is a perfect holiday or Sunday dinner side dish. It's savory, rich, naturally sweet, and perfect for the whole family!

Ingredients

- 2 lbs. carrots, peeled and cut into about ½ inch chunks
- 2 T. unsalted butter
- 3 eggs
- ½ c. honey
- ½ cup 2% Greek yogurt
- 1 tsp. vanilla extract
- 3 tablespoon 1-to-1 gluten-free flour
- ½ teaspoon ground cinnamon
- 1 tsp. baking powder
- ½ tsp. salt
- Non-stick cooking spray
- Powdered sugar, to garnish (optional)

Notes:

To keep this recipe processed sugar-free, use raw honey and omit the powdered sugar garnish.



#10

Apple Cranberry Sauce (processed sugar-free!)

By Chelsea Mae Plummer, Mae's Menu

This delicious fall berry doesn't have to come with a sugar rush! this processed sugar-free apple cranberry sauce recipe is naturally sweetened and ready in just three steps

Ingredients

- 2 cups fresh whole cranberries
- 2 cups apples (or ~1 ½ medium apples), peeled and cut into 1 ½ -inch chunks*
- 3 large (3 x 2-inch) pieces of orange zest
- 1/2 cup orange juice
- 1/3 cup maple syrup
- Teaspoon ground cinnamon
- Teaspoon ginger powder
- Pinch salt

Instructions

- 1- Place the cranberries, apple chunks, and orange peel in a food processor or blender and pulse 10-15 times, or until the fruit pieces are the size of small pebbles or green peas.
- 2- Pour the fruit mixture into a medium-size saucepan. Add the orange juice, maple syrup, ground cinnamon, ginger powder, and a pinch of salt. Stir until combined and bring to a simmer over medium-high heat.
- 3- Reduce the heat to medium and simmer for 16-18 minutes, stirring every few minutes, or until the sauce has thickened and turned a deep red color. Let cranberry sauce cool and serve!

Notes :

*Sweet and crisp apples like Fuji, Jazz, Cripps, or Envy apples work best for this recipe.

Nutrition Information: Yield-8

Serving Size: 1

Amount per Serving: Calories-71, Total Fat-0g, Saturated Fat-0g, Trans Fat-0g, Unsaturated Fat-0g, Cholesterol-0mg, Sodium-19mg, Carbohydrates-18g, Fiber-2g, Sugar-14g, Protein-0g.



#11 | Apple Cranberry Sauce (processed sugar-free!)

Chef Debbie Gold

Ingredients

- 4 ounces Smoked Trout
- 2 tablespoons Crème fraiche
- 2 ounces Salmon Roe

For the potato cake

- 1 pounds russet potatoes (about 3 potatoes)
- 1/2 medium yellow onion, peeled
- clove garlic, minced
- 1 teaspoon kosher salt
- 1/8 teaspoon freshly ground pepper
- 1 – 1 1/2 cups canola oil
- Pieces of chive, cut into 1 inch long pieces



Instructions

- 1- Heat the oven to 350 degree F. Arrange a rack in the middle of the oven.
- 2- Fit one baking sheet with paper towels and another with a cooling rack.
- 3- Scrub the potatoes well, but do not peel.
- 4- Grate potatoes on a large holed square box grater. Then grate the onion.
- 5- Place the potato and onion in a medium mixing bowl. Add the garlic, salt and pepper.
- 6- Toss all the ingredients together.
- 7- Heat the oil in a large heavy bottomed skillet (like a cast iron pan) so that there is a depth of 1/4 inch. Heat over medium high heat until a piece of potato sizzles immediately. Heap about 1/4 cup of potato-onion mixture onto the hot oil. Continue till you use up all the potato mixture. Let the potato cakes cook about 4-5 minutes until they are golden brown on each side.
- 8- Remove the potato cakes and place on the paper towels. Then place on the cooling rack tray and put them in the oven for 5 minutes, to be sure the interior of the potato cake is cooked through.



To Plate

- Place the potato cakes in the middle of a plate. Put a small dollop of crème fraiche on top of each potato cake.
- Decoratively place a piece of smoked trout so it rests on the crème fraiche.
- Garnish with a half an ounce of salmon roe and then some chives.
- Eat immediately.

#12

Healthy Green Bean Casserole

Author: Olena Osipov

Prep Time: 15 minutes, **Cook Time:** 1 hour, **Total Time:** 1 hour 15 minutes,

Servings: 8 servings

Ingredients

Healthy Green Bean Casserole:

- 2 lbs green string beans trimmed and cut into 2" pieces
- 10 brown mushrooms, sliced ~8 oz
- 1/2 cup + 2 tsp oil for frying
- Cooking spray I use Misto

Pecan Onion Topping:

- 1/2 cup pecans finely chopped or crushed
- 2 large onions thinly sliced in half moon shapes
- 1/2 tsp oregano dried
- 1/4 tsp salt
- 1/2 cup Parmesan cheese grated

Healthy Creamy Sauce:

- 2 1/2 cups 3.25% whole milk
- 1/4 cup Parmesan cheese grated
- 1/2 tsp. oregano dried
- 1/2 tsp. basil dried
- 1/4 tsp. thyme dried
- 3/4 tsp. salt
- Ground black pepper to taste
- 2 tbsp. cornstarch

Notes :

You can substitute regular milk with almond milk etc., just be prepared for a slight change in taste, if you don't mind.

Make Ahead: Follow the recipe and assemble the casserole. Allow it to cool. Don't bake. Cover tightly with plastic and refrigerate until next day. Bake as per recipe.

Store: Refrigerate leftovers tightly wrapped for up to 3 days.

Reheat: To reheat, place in a 350 degrees F oven until warmed through. Honestly I don't even preheat the oven. It doesn't matter. Or utilize the microwave if you have transferred leftovers into a container. Easy-peasy.

Instructions

- 1- Pecan Onion Topping: Preheat large non-stick skillet on medium heat and add pecans. Cook until fragrant, about 3-4 minutes, stirring occasionally. Transfer to a large bowl.
- 2- Return skillet to the stove and swirl 1 tbsp oil to coat. Add onions and cook for 10-12 minutes or until golden brown/almost charred, stirring occasionally. Transfer to a bowl with pecans.
- 3- Green beans and Mushrooms: Return skillet to the stove and swirl 1 tsp oil. Add green beans and a splash of water, stir, cover and cook for 10 minutes, stirring once. Transfer to another large bowl.
- 4- Return skillet to the stove and swirl remaining 1 tsp oil. Add mushrooms and sauté for 5 minutes or until golden brown, stirring occasionally.
- 5- Creamy Sauce: While mushrooms are cooking, in a medium bowl add milk, 1/4 cup Parmesan cheese, oregano, basil, thyme, salt, pepper and cornstarch. Whisk together.
- 6- Add to the skillet with mushrooms. Bring to a boil and cook until thickened a bit, about 4-5 minutes.
- 7- In the meanwhile, preheat oven to 375 degrees F and spray medium baking dish with cooking spray.
- 8- Turn off the heat, add green beans and stir to coat. In a bowl with onions and pecans, add remaining Pecan Onion Topping ingredients: salt, oregano and 1/2 cup Parmesan. Stir well.
- 9- Transfer green beans to previously prepared casserole dish and sprinkle with the topping. Bake uncovered for 25 minutes. Serve hot.



Nutrition:

Calories: 234kcal, **Carbohydrates:** 19g, **Protein:** 10g, **Fat:** 15g, **Saturated Fat:** 4g, **Cholesterol:** 12mg, **Sodium:** 485mg, **Potassium:** 551mg, **Fiber:** 5g, **Sugar:** 10g, **Vitamin A:** 944IU, **Vitamin C:** 16mg, **Calcium:** 261mg, **Iron:** 2mg

#13

Savory Cranberry Cornbread Muffins with a Cheesy Herb Core

Credit: The Cranberry Marketing Committee and Kylie Mitchell, MPH, RDN of Imma Eat That

Makes 12 servings

Dry Ingredients

- 1 cup cornmeal
- ½ cup whole wheat flour
- ½ cup all-purpose flour
- ¼ cup brown sugar, packed
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- ¼ teaspoon baking soda
- ¾ cup cranberries, roughly chopped



Wet Ingredients

- 1 cup + 2 Tbsp. milk (I used 2%)
- 1 egg
- ½ cup Greek yogurt (I used 2%)
- ¼ cup coconut oil, melted

Cheesy Core Ingredients

- 1 cup finely grated cheese (used a mix of parmesan + sharp white cheddar)
- ½ Tbsp. Herbs de Provence

Instructions

- 1- Preheat oven to 350°F. First, make your cheesy core. In a bowl, combine finely grated cheese and Herbs de Provence. Grab a bit of the cheese and herbs and roll into a tight ball, repeat until you have 12 cheese balls.
- 2- In a separate bowl, combine all dry ingredients. Make a well in the center, add in all wet ingredients and mix to combine.
- 3- Line a muffin tin with paper liners. Fill half way up with muffin batter. Add a herby cheese ball in the center. Cover with the remaining muffin batter. Bake for 15-20 minutes, or until tops are set and muffins feel firm when pressed. Cool for 10 minutes before serving (muffin liner will come off the muffin easily).



#14 | Roasted Cranberry, Wild Rice and Kale Salad

Credit: The Cranberry Marketing Committee and Alexandra Caspero Lenz, RD by Delish Knowledge

Makes 4 servings

Ingredients

- 2 cups fresh cranberries
- 2 teaspoons olive oil
- 2 teaspoons chopped fresh thyme
- 1 tablespoon sugar
- ½ cup chopped pecans, toasted
- 6 cups Tuscan kale, finely chopped
- 2 cups cooked wild rice

Maple-Apple Dressing

- 1½ teaspoons Dijon Mustard
- 3 tablespoons apple cider vinegar
- 1 tablespoon finely chopped shallot
- 1 tablespoon 100% pure maple syrup
- ¼ cup extra virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon fresh ground pepper



Instructions

- 1- Preheat oven to 400 degrees F. Toss cranberries with olive oil, thyme and sugar. Place in a glass baking sheet and roast until softened and slightly caramelized, about 15-20 minutes. Let cool.
- 2- Toss kale, chopped pecans, wild rice and roasted cranberries together. In a small bowl, whisk together the mustard, vinegar, shallot, maple syrup, olive oil, salt and pepper. Toss the dressing with the salad and massage until wilted. Serve immediately.

Nutrition Information per Serving:

Calories: 420 calories, Total Fat: 26 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 380 mg, Total Carbohydrates 44 g, Dietary Fiber 7 g, Total Sugars 10 g, Added Sugar 6 g, Protein 8 g, Calcium 15%, Iron 15%, Potassium 4%

#15 | Roasted Cauliflower with Lemon Tahini Sauce

Source: Kathy Gregory, wellness coach

Servings: 2

Ingredients

- 2 cups cauliflower florets
- 2 tbsp. tahini
- Juice of half a lemon
- 1-2 tbsps. cilantro, chopped
- 1/4 tsp. smoked paprika
- 1-2 tbsps. olive oil
- water
- pink salt
- black pepper



Instructions

- 1- Preheat oven to 425°. Toss florets with olive oil, salt, and pepper making sure to coat well.
- 2- Place cauliflower in a single layer on a baking sheet.
- 3- Roast for 15 minutes or until slightly charred.
- 4- Meanwhile mix tahini, lemon juice, salt, and paprika.
- 5- Add water as needed (about 2-3 teaspoons) to smooth out the sauce. The end result should be lump-free and pourable, but not watery (think ranch dressing).
- 6- To serve: plate cauliflower and drizzle with lemon tahini sauce, then sprinkle liberally with cilantro and black pepper.

Nutritional Information: Cauliflower is a rich source of fiber, potassium, vitamin C, and folate. Tahini sauce adds healthy fats to your veggies, which can help you feel fuller for longer.

#16 | Roasted Acorn Squash

Source: Art of Living Retreat Center in Boone, NC

This roasted acorn squash recipe with a delicious combination of bitter, sweet and sour tastes makes for a flavorful, balancing side dish.



Ingredients

- 1 acorn squash
- 1 T maple syrup
- 1 T lemon juice
- 2 T olive oil
- 1 t Herbes de Provence
- Salt and pepper to taste
- 1/3 C feta cheese, for garnish
- 1/3 C walnuts, for garnish
- Basil leaves, for garnish

Instructions

- 1- Preheat the oven to 350 degrees.
- 2- Dry roast the walnuts in a cast iron pan on low heat till light brown. Cool and set aside.
- 3- In a mixing bowl use a fork to blend the maple syrup, lemon juice, and olive oil.
- 4- Wash the acorn squash well, cut off the ends and scoop out the inner seeds and strings. Cut (with skin) into one-inch-thick slices and place in a single layer onto a baking pan.
- 5- Add the blended ingredients from the bowl.
- 6- Season with salt, pepper, and Herbes de Provence spice and mix well to coat both sides of the squash.
- 7- Bake in preheated until golden brown on one side; about 25 minutes. Flip them over and roast until the other side is caramelized and golden brown; about 15 minutes.
- 8- Garnish with feta cheese, walnuts, and chopped fresh basil

#17 | No-Bake Apple Pecan Pie

Source: Art of Living Retreat Center in Boone, NC,

This no-bake apple pecan pie adds an astringent taste to your menu, along with sour, sweet and pungent. To include a more bitter taste, serve dark hot chocolate, coffee, or tea along with it.

No-Bake Pie Crust Ingredients

- 2 C pecans
- 10 pitted Medjool dates
- 1 T coconut oil
- pinch of salt
- dash of cinnamon
- dash of nutmeg

Pie Filling

- 6 apples, sliced or chopped
- 6 pitted medjool dates
- 1 lemon, juiced
- pinch of salt
- pinch of cinnamon
- 1/4 C chia seeds
- 2 T almond butter (optional)
- 1 T honey (optional)
- dash of cardamom (optional)



Instructions

- 1- For the crust, roast the pecans and set them aside.
- 2- Use a blender to marinate the dates. Slowly add the coconut oil and spices and mix thoroughly.
- 3- Add the pecans and lightly pulse the mixture three times, enough to break up the pecans and mix well with the dates but not enough to turn the mixture into a butter.
- 4- Press crust mix into a pie pan. Find a plate that can completely cover the pie pan and place it over the crust, with the plate facing upwards so it presses into the crust. If time is of the essence, put the covered crust into the freezer for an hour. Otherwise, refrigerate to properly set before adding the filling.
- 5- To make the filling, start by blending the dates on high speed until well mashed.
- 6- Then, juice your lemon into the dates, setting aside one tablespoon to sprinkle over the finished pie. Blend the lemon juice, spices and optional almond butter and honey.
- 7- Add apples to the mixture, blending until it starts to look like a very thick applesauce.
- 8- Add the chia seeds and pulse a few times until thoroughly blended.
- 9- Pour into the pie crust and spread evenly. Sprinkle with reserved lemon juice. Cover well and allow to set in the refrigerator for at least four hours.



#18 | Orange Ginger Roasted Root Vegetables

Author: Monica Nedeff

This Roasted Beets and Sweet Potatoes recipe is a delish holiday side dish with root vegetables marinated in ginger, honey and orange zest!

Servings: 4

Ingredients

For the Root Vegetables:

- 3 Beets (3 cups chopped)
- 3 carrots (2 cups chopped)
- large sweet potato (3 cups chopped)

For the Orange Ginger Marinade:

- 1/4 cup olive oil
- tbsp balsamic vinegar
- 1.5 tsp honey or maple syrup (vegan)
- 1.5 tsp minced garlic
- 1 tbsp finely grated ginger
- 1 tbsp finely grated orange zest



Instructions

- 1- Preheat the oven to 425 degrees.
- 2- Chop root vegetables into 1/4 inch chunks and place in a bowl. If you want to prevent the beets from bleeding into the sweet potatoes and carrots, put the beets in a separate bowl.
- 3- Wisk the remaining ingredients for the orange ginger marinade and evenly pour over the bowl of vegetables.
- 4- Let them marinate for an hour and then spread the root vegetables on a non-stick cooking sheet. Make sure to pour the remaining marinade left in the bowl over the vegetables.
- 5- Roast for 35-40 mins or until they're golden brown on the edges.

Notes:

- 1- To prevent the beets from bleeding into the carrots and sweet potatoes, place the chopped beets in a separate bowl.
- 2- To make the recipe vegan, use maple syrup instead of honey.
- 3- Large navel orange or 3 small clementines will provide enough orange zest for 1 tablespoon.

Nutritional Information: Calories: 236kcal | Carbohydrates: 27g | Protein: 2g | Fat: 14g | Saturated Fat: 2g | Sodium: 114mg | Potassium: 567mg | Fiber: 5g | Sugar: 13g | Vitamin A: 15685IU | Vitamin C: 10mg | Calcium: 50mg | Iron: 1mg



#19

Roasted Butternut Squash with Cranberries & Apples

Author: Monica Nedeff

Serve this flavorful dish during the holidays for a not overly sweet roasted vegetable side dish. Butternut squash, fresh cranberries and apples are roasted in orange juice, lemon juice, cinnamon, nutmeg and honey!

Servings: 10 people

Ingredients:

- 6 cups chopped butternut squash (1 medium butternut squash)
- 3 cups fresh cranberries
- 2 cups chopped sweet apples (2 small apples)
- 3/4 cup freshly squeezed orange juice (2 navel oranges)
- 3 tablespoons lemon juice (1 lemon)
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 2 tablespoons honey

Instructions

- 1- Preheat the oven to 350 degree F.
- 2- In a large casserole dish, add the chopped butternut squash, apples and cranberries.
- 3- Pour the orange juice, lemon juice, cinnamon, nutmeg, salt and honey over top and mix well.
- 4- Bake for 45-50 minutes or until golden brown on the tops of the squash.
- 5- Let it sit for 10 minutes before serving.

Notes:

The orange juice, lemon juice and honey mixture will bubble as the dish bakes. Scoop some of the sweet, citrusy syrup over the baked dish when serving for added flavor.

Nutritional Information: Calories: 88kcal | Carbohydrates: 23g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 121mg | Potassium: 394mg | Fiber: 4g | Sugar: 11g | Vitamin A: 8999IU | Vitamin C: 34mg | Calcium: 51mg | Iron: 1mg



#20 | Butternut Squash with Ginger-Pickled Pomegranates

By Nutritionist Rania Batayneh, MPH Bestselling author of The One One One Diet.

Butternut Squash is a holiday favorite and this recipe which features ginger-pickled pomegranates really elevates it. Rich in antioxidants, the ruby red pomegranate arils add color to this heart healthy dish.

Servings 6-8. Makes: 4 cups.

Ingredients:

- 2-lb squash, peeled and cut into
- 1-inch cubes
- teaspoons coconut oil, melted
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- ½ teaspoon ground coriander
- ½ teaspoon ground turmeric
- 1/8 teaspoon cayenne
- 1 teaspoon kosher salt
- ½ teaspoon ground pepper
- ¼ cup toasted pecans, chopped
- 1 tablespoon maple syrup

For Pickled Pomegranates Arils:

- ¼ cup white balsamic vinegar
- ½ teaspoon whole fennel seeds,lightly crushed
- A pinch of kosher salt
- tablespoon ginger, grated
- 1 cup POM Pomegranate Arils



Instructions

- 1- Heat oven to 425°F. Toss squash with coconut oil. Stir together all the spices along with the salt and pepper, sprinkle over the squash and mix thoroughly. Spread evenly on a parchment-lined rimmed baking sheet.
- 2- Roast for 23 to 25 minutes until the squash is easily pierced with a knife, turning the pan halfway through.
- 3- While squash is roasting, pickle the POM Pomegranate Arils: combine the vinegar, fennel seeds, and salt in a microwave-safe bowl. Microwave for 30 seconds, stir in grated ginger and POM and allow to pickle until needed.
- 4- Once squash is done roasting, strain the pickled POM and use to garnish the squash along with the toasted pecans and a drizzle of maple syrup.

Nutrition Information

- Total Calories: 849
- Fat: 29.41 grams
- Carbohydrate: 152.43 grams
- Fiber: 26.5 grams
- Protein:13.37 grams



#21 | Roasted Green Beans with Almonds

By Sherri, Simply Inspire

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

Servings: 8

Ingredients:

- 1/2 lbs. fresh green beans ends snapped off
- Tablespoons coconut oil or olive oil
- 1/4 teaspoon pepper less if preferred
- 1/4 teaspoon salt less if preferred
- Tablespoons sliced raw almonds optional



Instructions

- 1- Preheat oven to 425 degrees F.
- 2- Line a baking sheet with parchment paper
- 3- Snap the ends off of green beans.
- 4- Place green beans in a bowl and add other ingredients except sliced almonds.
- 5- Toss to blend well.
- 6- Place on the lined baking sheet in a single layer.
- 7- Bake for 12- 15 minutes, stirring once halfway.
- 8- Sprinkle the sliced almonds over top during the last 5 minutes of baking.

Nutrition Information

Calories: 71kcal | Carbohydrates: 6g | Protein: 2g | Fat: 4g | Saturated Fat: 3g | Sodium: 77mg | Potassium: 197mg | Fiber: 2g | Sugar: 2g | Vitamin A: 585IU | Vitamin C: 10.4mg | Calcium: 38mg | Iron: 1mg



#22

Brown Sugar Cinnamon Acorn Squash

By Sherri, Simply Inspire

Prep Time 10 minutes

Cook Time 1 hour

Total Time 1 hour 10 minutes

Servings 4

Ingredients:

- Acorn squash
- 1 Tablespoon brown sugar
- 1 Tablespoon coconut oil melted
- 1 Tablespoon honey
- 1 teaspoon cinnamon
- Tablespoons sliced raw almonds optional

Instructions

- 1- Preheat oven to 375 degrees F
- 2- Cut the squash in half across the center
- 3- Score around the seeds and pulp with a knife.
- 4- Scoop out the seeds and pulp out of the center of each half
- 5- In a small bowl, mix the coconut oil, cinnamon, brown sugar, and honey.
- 6- Divide the mixture between the 2 halves and brush/rub the mixture inside each half.
- 7- Place them on a baking sheet cut side up
- 8- Bake for 45 minutes - 1 hour until the center is tender. When you can stick a fork in it easily it is done.

Notes

For a vegan option, substitute maple syrup for the honey.

Nutrition Information

Calories: 101kcal | Carbohydrates: 18g | Fat: 3g | Saturated Fat: 3g | Sodium: 4mg | Potassium: 373mg | Fiber: 1g | Sugar: 7g | Vitamin A: 395IU | Vitamin C: 11.9mg | Calcium: 41mg | Iron: 0.8mg



#23

Vegan Pumpkin Peanut Butter Soup

Credit: The National Peanut Board

Ingredients:

- 2 large leeks, sliced
- 1 tablespoon coconut oil
- 8 cups fresh pumpkin puree
- 1 cup creamy peanut butter
- 4 cups vegetable broth
- 14 ounces coconut milk (1 can)
- 2 teaspoons salt
- 1 teaspoons Chinese five-spice powder (or 1 teaspoon cinnamon)
- 1/4 teaspoon cayenne pepper

Toppings

- sriracha sauce
- vegan coconut yogurt (plain)

Serving Size: 1 bowl

Instructions

Fresh roasted pumpkin:

- 1- Roast two 4lb. pie pumpkins to get 8 cups of pumpkin puree. Using a sharp knife, carefully cut the pumpkin in half lengthwise.
- 2- Use a sharp spoon or ice cream scoop to scoop out all seeds and strings (reserve the seeds for roasting).
- 3- Drizzle the pumpkin with olive oil, salt, and pepper. Line a cookie sheet with parchment paper and place the pumpkin halves skin side down.
- 4- Using the tip of a sharp knife, carefully place a few slits in the skin of the pumpkin. Roast in a 375° oven for 40 minutes to 60 minutes for an hour. Remove from oven and allow to cool. When cool enough to handle scoop out the flesh and set aside.

Pumpkin Soup:

- 1- In a large pot over medium-high heat, melt coconut oil.
- 2- Add sliced leeks and 1/4 tsp. salt. Sauté for 5-8 minutes or until leeks are soft and creamy.
- 3- Add vegetable stock, pumpkin puree, peanut butter, coconut milk and spices to pot.
- 4- Stir well to combine, and allow to simmer for 15 minutes. Working in batches add soup to a high-speed blender and blend until smooth, return to pot and taste for seasoning adding more salt if needed. Serve with a drizzle of sriracha and a spoonful of vegan (plain, unsweetened) coconut yogurt.



Nutrition Information

- Calories: 130
- Fat: 10 g
- Trans fats: 0 g
- Cholesterol: 35 mg
- Carbohydrate: 11 g
- Protein: 2 g
- Sodium: 740 mg

#24 | Salad Parfait

By: THE GREEK YOGURT KITCHEN by Toby Amidor.

Ingredients:

- ½ cup nonfat plain Greek yogurt
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh parsley
- 1 Clove Garlic
- 2 Tablespoons white balsamic vinegar
- ¼ teaspoon mustard powder
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup extra-virgin olive oil
- 2 Plum tomatoes
- 2 Kirby or Persian cucumbers
- ¼ head romaine lettuce
- 1 yellow bell pepper
- 2 medium carrots

Instructions

- 1- Put the yogurt in a medium bowl, add the basil and parsley, and stir to combine.
- 2- Set aside.
- 3- Mince the garlic.
- 4- In a medium bowl, whisk together the garlic, vinegar, mustard powder, salt, and black pepper.
- 5- While whisking, slowly drizzle in the olive oil until emulsified.
- 6- Cut the tomatoes and cucumbers into ¼-inch dice; you should have about 1 cup of each.
- 7- Shred the romaine.
- 8- Cut the yellow bell pepper in half, discard the seeds, and cut into ¼-inch dice.
- 9- Peel and grate the carrots.
- 10- To assemble the parfaits, layer the bottom of each of four parfait glasses with ¼ cup diced tomatoes, followed by ¼ cup diced cucumbers and ½ cup shredded lettuce.
- 11- Gently press down with the back of a spoon to pack the ingredients.
- 12- Top with 2 tablespoons of the yogurt mixture, ¼ cup of the diced yellow pepper, and then ¼ cup of the shredded carrots.

Nutrition Information

Serves: 4

Serving size: 1 cup

- Calories: 168
- Fat: 14 grams
- Trans fat: 0 grams
- Carbohydrates: 9 grams
- Sugar: 4 grams
- Sodium: 166 milligrams
- Fiber: 2 grams
- Protein: 4 grams
- Cholesterol: 0 milligrams



#25

KetoCrustless Pumpkin Pie

Recipe Author: Jessica Cobb

Ingredients:

- (15 oz) can pure pumpkin puree
- large eggs
- 1/2 cup 1:1 monkfruit sweetener
- 1/4 teaspoon salt
- 1 Tablespoon pumpkin spice
- 1 teaspoon ground cinnamon
- 1 cup whole milk or heavy cream
- truwhipketo whipped topping

Instructions

- 1- Preheat oven to 425 degrees F
- 2- Whisk all ingredients together in a mixing bowl. Pour into an oiled 8×8 pan or pie pan if you'd like.
- 3- Bake for 15 minutes then reduce heat to 350 degrees F. Continue baking for another 35-40 minutes, or until pie is set and cooked through. The knife should come out clean at the center..
- 4- Serve with a dollop of truwhipketo whipped topping!



#26

Holistic Chef Niki's Sweet Potato Rounds with Herbed Cashew Cheeze

Ingredients:

- 2 large sweet potatoes, sliced 1/4 inch thick (skin intact)
- 3 tbs EVOO
- tsp sea salt
- 1 tsp ground black pepper
- 1 cup raw cashews, soaked at least 4hrs
- 1 tsp Italian seasoning
- 1 tbs parsley, chopped
- 1 tbs nutritional yeast
- cloves garlic, smashed.
- 1 tsp agave nectar



Instructions

- 1- Preheat oven to 425 degree F
- 2- Drizzle EVOO on sweet potato rounds, add to a parchment paper-lined baking sheet and roast for 20 minutes
- 3- Add remaining ingredients to a food processor and blend until smooth
- 4- Remove sweet potato rounds from the oven, turn over and roast for another 20 minutes.
- 5- Remove sweet potato rounds from the oven, let cool for 10 minutes, add toppings and serve.

Garnish Options

- Chopped pecans
- Chopped parsley
- Dried goldenberries
- Dried cranberries
- Edible floral petals
- Truffle salt

Nutrition Information

Vitamin A, Vitamin C, Vitamin B-12, Calcium, Fiber, Folate, Iron, Potassium. It's about 60 calories per round.

Source: <http://www.holisticchefniki.com/>

Upgrade your Thanksgiving feast this year with these seasonal side dishes.

DIET TIP

Adding lots of herbs and spices can help reduce inflammation in the body and improve your response to insulin. Ginger, cumin, and tarragon are especially effective. Four studies of people with type 2 diabetes have confirmed ginger as a potent insulin-resistance warrior; cumin improves cholesterol levels, helps control blood sugar, helps you lose weight (especially belly fat), and, importantly, it decreases insulin resistance; tarragon not only fights inflammation but helps prevent diabetes in those at high risk.



HAIR EXTENSIONS:

Styling

Option For Short Hair

The key to styling layered hair with extensions is to break away from the traditional iron techniques and manipulate tools in news ways to create more organic texture and movement, ””

Says **SAM VILLA**

Co-founder and Chief Creative Officer of Sam Villa and Global Artistic Ambassador for Redken.

Photo Credit: Shrika credits (red fro):
Jesse Leon Photographer
Hair and MU by Kaulani Goodwyn



Photo Credit: Shrika credits (red fro):
Jesse Leon Photographer
Hair and MU by Kaulani Goodwyn

"There are many women out there with different hair issues and in the lookout for more input on temporary hair extensions."

According to Kaulani Goodwyn, Sam Villa ambassador @kauigoodwyn, whose mother was the perfect candidate for clip-in extensions

Temporary hair pieces are great for adding,

- Volume to thin or flat hair
- Texture and movement
- Length and shape
- Fashion colors, pops of color and highlights
- Density for up do's, braids, twists and knots

Clip in extensions is the perfect way to test drive new hair colors, add temporary highlights, volume, and glamour, darling!

Women Fitness brings you input from three hair experts who have years of experience and have catered to different issues related to hair extensions.

Lauren Udoh, the Hair Creative Director of WigReports.com and a hairstylist for a couple of years now shares different styling options with clip-in extension options for short hair. She happens to be a big fan of wigs and hair extensions.

Clip-in Hair Extensions Styling Option for Short Hair

#1 Curly Clip-in Hair Extensions

Curly clip-in hair extensions are the perfect choice for those who want their natural curls but don't have time or money for a permanent installation of full head extensions. You can use these clip-ins as a protective style for between washings or as an addition to your everyday look.

#2 Straight Clip-in Hair Extensions

Straight Clip-in Hair Extensions are perfect for those who don't want to wear their hair curly or long. You can add them to your short bob with a straight, sleek cut and fall in love with the permanent change!

#3 Wavy Clip-in Hair Extensions

Wavy Clip-in Hair Extensions are meant for those who want to add more volume and bounce to their naturally straight hair. Brush in some mousse through your strands; clip in these wavy extensions, and voila! Your hair will be sure to make a statement no matter where you go.

#4 Body Wave Clip-in Hair Extensions

These are an excellent option for people with short hair. Many people don't want to commit to the long process of getting extensions put in, and so might opt for clip-ins instead. These extensions are trendy because they blend in with your natural hair and add volume and length, so you don't have to spend tons of time styling them. With these waves, you get all the benefits without the commitment!

Credit: Hair/Sam Villa

#5 Deep Wave Clip-in Hair Extensions

Clip-in hair extensions are an excellent option for people with medium-length hair. These extensions give you the same benefits as a full set of extensions but without the commitment. You can use these extensions to add volume and length to your existing locks, so if you don't want to commit to taking on something new, this is a great option!

#6 Loose Deep Wave Clip-in Hair Extensions

Loose deep wave clip-ins are an excellent option if you want to add volume and length to your locks without any commitment. Clip in waves can be used anywhere on your head, so if you already have long hair but don't want a full set of extensions, this is a perfect solution! Give your fine locks some extra oomph today with these stunning waves!

According to Ghanima Abdullah, a cosmetologist & Hair Expert at <https://therighthairstyles.com>, one needs to follow specific guidelines when choosing clip-in hair extensions. Speaking out of her experience in the industry for a few decades, doing hair and makeup, product formulation and consultancy, she insists that it's really important that hair extensions should look as close to your hair as possible.

Expert Tips on Choosing Clip-in Hair Extensions

#1 Texture

Make sure the texture is right on point. Otherwise, there will be a notable difference between your short hair and the extensions you're adding in. It will not look good if your hair is textured and you use straight hair extensions. It will also come out really awkward to add curly clip-in extensions to straight hair.

#2 Choose human hair

Even if it's made to look just like human hair, synthetic hair is just not the same. It doesn't behave the same and it might separate from your actual hair and look unnatural. Make sure to buy human hair.



#3 Color

The color of the extensions should be an exact match, or as close as possible. Unless you already know what you need and are just ordering more, try to avoid getting your extensions online. Go into a hair store so you can match the color and texture exactly.

#4 Length

Length will depend on personal preference, but keep in mind that the longer the extensions are, the heavier they will be. Heavy clip-ins can put stress on your hair follicles and eventually cause the hair in the area to fall out. Try for a moderate length. If you really do need to go long, try not to wear the clip-ins in the same area every day. Sometimes you can make bantu knots or otherwise tie your hair up in the front, then wear extensions only in the back.

#5 Check for Tangles

Ensure that there are no tangles in the set of hair extensions by checking them before purchase, and try not to go for any set with knots or uneven lengths in pieces.

#6 Consider consulting a professional

Take into consideration the professional stylist that you will be visiting to attach the extensions.

Note: Don't forget to give your hair a break from wearing extensions.

Blending Hair Extensions When Finishing

Blending hair extension is of great significance for that natural & beautiful look, Sam Villa answers this one,

- It is effective to work with vertical sections on the side and horizontal near the back so the volume and texture created when styling camouflages the extensions.
- Always combine both the extensions and natural hair together in each section. Extensions may be natural hair, but that fabric lays differently on the head, so styling together creates more balance and a natural look.
- Do not be so methodical, it is essential to be random when cultivating lived in texture. Curling hair in different directions with varying section sizes produces a mix of textures for seamless blending. A relaxed mindset creates a relaxed finish.
- Make sure to apply adequate heat to lock in styling. The Sam Villa Artist Series 2-in-1 Marcel Iron and Wand has an extra-long barrel for added surface area when working on longer hair and larger sections.
- The means to creating today's texture is to leave the ends straight - curling the entire head is a dated look.



How to Maintain Clip-in Hair Extensions?

Well the answer lies below

#1 Remove at Night

Do not sleep in clip-in extensions. Let a stylist show you the correct placement, if you are unaware. Then place them in the morning before leaving the house.

#2 Scalp care

Whatever length you choose, clip-ins are still going to pull at your scalp. At night, lightly apply healing hair oil to your scalp. If your scalp is oily, try this at least once a week before washing to repair any damage to your scalp the pulling might have caused. Avoid putting your hair in overly tight ponytails.

#3 Wash weekly

Whenever you wash your hair, make sure to wash your extensions also. Choose a mild shampoo, and add a drop to a sink full of cold water. Swish the extensions around. Then add a new sink-full of water to rinse. Swish the hair around in the clean water. Condition in the same manner, if you choose. Then lay the extensions on a clean towel and pat them gently. Lay them flat on a clean surface to dry completely.

#4 Use all natural products

You will need to apply a curl product or leave-in conditioner to both your hair and the extensions--at the same time--to keep your hair blended with the extensions. You don't want short hair to start sticking up in the middle. Do not overuse oil based products on your ends as these can make the extensions heavy and weigh them down.

#5 Avoid long hair spray

Use a lower temperature to avoid damage, also when using heat to style your hair, always use a heat protector.

Step-to-Step Guide (With Demo)

A texture manipulation service was done for Goodwyn's mother - cleanse with Mizani Moisture Rich Shampoo, condition with Mizani Intense Moisturizing Mask, and then spray Mizani Heat Screen and layer Mizani 25 Miracle Milk for added condition and heat protection. Apply all with a detangling brush to distribute the product and detangle hair.



Step-1

Section and Bantu knot hair for control and to maintain moisture.



Step-2

Hair dried completely with minimal tension using a Sam Villa Light Professional Ionic Blow Dryer and Signature Series Paddle Brush.



Step-3

Alternate using 3/10" and 1/2" irons to create a 3D coil set on the entire head.



Step-4

Section and clip hair to start the application of clip-ins. Gently backcomb the hair at the root to create support to clip to.



Step-5

Open extension clips, insert at the base where desired, and snap-close over backcombed hair. Take the next parting and repeat until all pieces have been installed (backcombing and inserting clip-ins).



Step-6

To finish, separate and define curls using Mizani 25 Miracle Nourishing Oil.



Step-7

Lastly cut extensions to blend and achieve the desired shape.



Sam Villa



Suzanne Quinn

Hair extensions can take you from drab to fab look in a couple of clicks of a few clips

Note: Avoid extensions that are longer than 20 inches as it may lead to a strange unnatural look and make it obvious that you wear extensions.



Meal Timing

A Contributing Factor

In OBESITY
EPIDEMIC

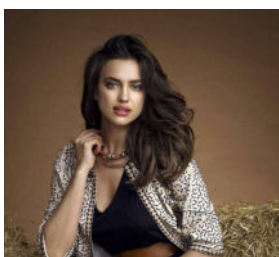
Eat less, exercise more. Now there is new evidence to support adding another “must” to the weight-loss mantra: eat at the right time of day.



A Northwestern University study has found that eating at irregular times — the equivalent of the middle of the night for humans, when the body wants to sleep — influences weight gain. The regulation of energy by the body’s circadian rhythms may play a significant role. The study is the first causal evidence linking meal timing and increased weight gain.

Simply modifying the time of feeding alone can greatly affect body weight, the researchers found.

Talking about meal timing this is what top athlete and model have to say –



“ You have to be careful with fast food and cakes but I would say if you can’t go without this food you’d better eat it before 6 pm and try to burn it during the day! ”

Irina Shayk,
Model & global beauty ambassador for Avon.

“ I eat right. I try not to eat after 6pm. But I won’t deny myself a cheeseburger or donought once in a while. ”

Khatuna Lorig,
Exceptionally talented and accomplished Archer.

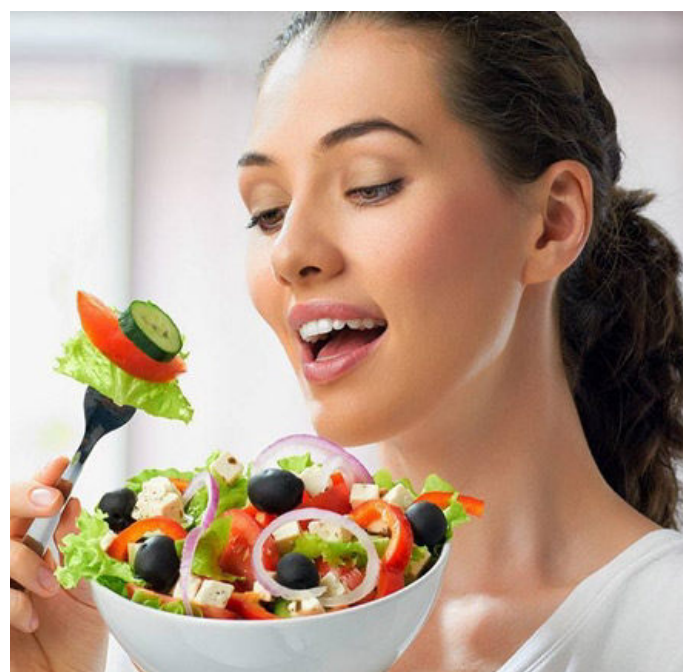
Our circadian clock, or biological timing system, governs our daily cycles of feeding, activity and sleep, with respect to external dark and light cycles. Recent studies have found the body's internal clock also regulates energy use, suggesting the timing of meals may matter in the balance between caloric intake and expenditure.

When it comes to eating late at night and the potential for weight gain, there are several considerations:

- **Portion sizes** – waiting to eat could lead to consuming larger portion sizes
- **Quality of food** – after a long day of work or school, a few slices of pizza or a fast burger may seem easier than steamed vegetables and broiled fish
- **“Mindless snacking”** – evenings spent studying, out on the town, or watching TV may lead to excess calories from fast, sugary, on-the-go options.
- **Health concerns** – consistent periods of going without food followed by a large meal can negatively impact the interaction between blood sugar and insulin and make you more vulnerable to Type 2 diabetes.

So, to settle the debate, late-night calories won't change your metabolism or magically count more than calories eaten during the day. However, limiting late-night meals and snacks may be an effective weight management strategy for some because it helps them to control their overall calorie intake. Some people find that if they set a time that they can't eat past, it helps minimize or eliminate the possibility of munching on a lot of high calorie foods. Another useful tip may be to eat 4 or 5 smaller meals and snacks spread evenly throughout the day so you don't become overly hungry at any point.

Following These Tips Can Keep Your Energy Levels Consistent For Work And Play And Can Provide Some Long-term Benefits To Help You Reduce Your Chances For Diabetes Or Other Health Issues.





WHEN IS THE BEST TIME TO EAT?

Some experts say the best time to eat food is when we feel hungry as this is the natural way our body is telling us we require nutrients or energy. The problem is some people always feel hungry and nibbling on high-energy foods.

“The body’s internal clock regulates energy use, suggesting the timing of meals may matter in the balance between caloric intake and expenditure.”

However, the best time to consume energy is when the body is at its most active, a time when the metabolism is elevated or when there is a need for extra nutrition. Perhaps the first instance should be in the morning, starting with a good breakfast. Remember while asleep the body has had no nutritional supply for up to ten hours so cells are ready to effectively use up the energy from food. Also, the body needs its supply of essential nutrients in the morning, especially protein, because excess or circulating proteins have been used up to help recover muscles, hair, skin, nails or to create millions of antibodies to defend against bacteria which may have entered the body during sleep. This means extra energy will be used to help replace the protein lost.

Reduce your calorie intake as the day passes by. Better still divide your daily calorie intake into 5 meals a day- breakfast, snack, lunch, snack, dinner (after every 3 hrs). Try avoid eating big meal after 9 pm.

Another good time to eat is after exercise. Have a big meal about 30-45 minutes after a weight training session. During this time enzymes responsible for energy production are most active and energy-storing hormones within the blood are suppressed. This means there will be less chance energy will be stored as fat. Carbohydrates will be immediately taken up to replenish the low glycogen stores caused through exercising, the protein will be needed to aid recovery and growth of new calorie-burning muscle tissue and most of the fat from the meal will be needed to fuel many of these reactions. After a good workout most meals are likely to be utilized completely for

Fat Loss

TIP



Don't Expect Quick Results: Each person has a different metabolism, set of hormones, environmental factors, and potential underlying health issues that play a role in how much weight a person loses. So, seeing noticeable results could take time. That doesn't mean it won't happen; you just need to be consistent and patient while waiting for the scale to move.

YOGA

Mula Bandha

INTENSIFY Your Orgasm

Mula Bandha is a particular action involving pressure or strain on the muscles, allowing energy to flow. The word “bandha” means “to bind” or “to lock”. With mula bandha, the reference is to the locking of the muscles of the cervix.



By opening and strengthening the muscles of the pelvic floor, we can build a strong physical foundation. This broadening and strengthening, relaxing and steadying of the foundation is accomplished through a unique movement known in yoga as mula bandha. When practiced correctly mula bandha, enables the core muscles of the neck, shoulders, back, chest, abdomen, sides, hips, groin, and buttocks to be firmly “rooted” all the way down into the pelvic floor. Paradoxically, we feel more “grounded” even as we feel lighter.

To Practice Mula Bandha

- ⊙ Sit in a comfortable meditative pose, preferably Siddhasana (with one foot into root chakra). Close the eyes, make sure the body is completely relaxed and the spine is erect. Women need to concentrate on the cervix, as it is the cervix and pelvic floor muscles which have to be contracted. In order to engage the right muscles you'll have to enhance the awareness of the oval defined by the pubic bone, tail bone and the two sitting bones. After a few minutes of concentration, start to gradually contract and release the muscles of the pelvic floor/cervix. Contraction should last for a few seconds. Keep the breath normal. Contract, release five-ten times.
- ⊙ Contract the muscles of the cervix and hold. Hold the contraction for sixty seconds, then release. Practice five times.
- ⊙ Start off with a gentle or partial contraction. Contract just a little and hold without releasing. Then contract a little more. Continue like this, gradually increasing the tension and contraction ten times until full contraction is reached. Hold the full contraction for sixty seconds and try to breathe normally.
- ⊙ You can practice mula bandha in conjunction with yoga breathing, or Pranayama, by slowly contracting the pelvic floor while inhaling for five counts, and then slowly releasing the muscles while exhaling for five counts.
- ⊙ At the end of your exercise session be sure to relax. Relaxation is as important as work to build healthy toned muscles. You want a toned, not tense or tight, pelvic floor. So, relax!



Benefits:

- ⊙ Increased strength of pelvic floor muscles. A strong pelvic floor can help prevent urinary incontinence later in life.
- ⊙ Faster postnatal recovery.
- ⊙ Minimal chances of uterus prolapse.
- ⊙ Strong core.
- ⊙ There's evidence that regular practice of mula Bandha intensify women's orgasms and make them easier to achieve.
- ⊙ Women who have pain in the vagina or vulvar area during intercourse have gotten great relief by doing mula bandha in combination with psychotherapy.

Try to maintain Mula Bandha at all times, not just during Yoga practice.

A woman with long blonde hair in a braid, wearing a white tank top and blue leggings, is sitting in a meditative lotus position on a wooden dock. She is facing away from the camera, looking out over a calm blue lake. In the background, a large, white stone castle with multiple towers and spires sits atop a hill, surrounded by green trees. The scene is bathed in the soft, golden light of a sunset or sunrise.

Meditation Made Easy

Alternate Nostril Breathing before and after meditation is highly recommended. If you are new to meditation, you may consider learning an easy and effortless technique called Sahaj Samadhi Meditation or Mantra Meditation. In this, a simple sound mantra is taught, which in the mind gives peace and stability to the mind. Regular exercise of Sahaj Yoga has also benefited patients with cancer, blood pressure, hypertension, and heart.

TRAVELING

12 Wellness Retreats To Reset *Your Body And Mind*

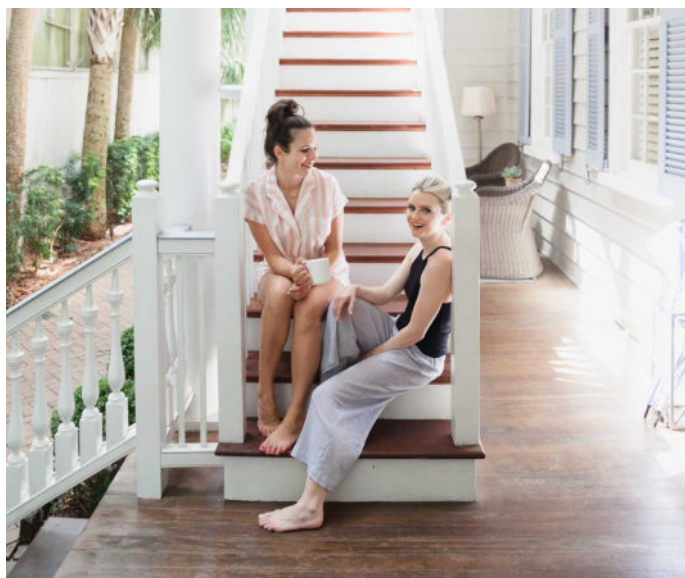
Whether you prefer sun or snow, a cozy cabin or a chic resort, we've hand-picked 12 global destinations to put a pep in your physical and emotional step during the time you need it the most.

NOTE: AS RESTRICTIONS AND GUIDELINES ARE RAPIDLY CHANGING AND VARIED, BE SURE TO STAY UP-TO-DATE ON THE LATEST INFORMATION REGARDING TRAVEL FOR THE FOLLOWING DESTINATIONS TO MAKE THE BEST DECISION FOR YOU AND YOUR PARTY.



#1 - Zero George, Charleston, South Carolina

Charleston is a special place to visit any time of year, but it's even more magical at Christmas time. The Holy City takes the holiday season seriously, with its annual Holiday Festival of Lights, the Sound of Charleston concert, Parade of Boats, and our personal favorite: holiday walking tours of swoon-worthy historic homes. Plus, it's one of America's great food destinations, so you can feel good about outsourcing holiday meals this year.



Whether you're seeking a couple's trip or a family getaway, Zero George offers luxurious stays for any size party and will instantly feel like a home away from home. Those looking for extended stays to escape the cold will find a haven in the beautiful, new Zero George Residences that house 1-3 bedrooms and a host of incredible amenities. Breakfast is delivered to your room daily to help you start the day off right with a holiday-themed walking tour of Charleston or popping in and out of your favorite shops and galleries.

For more: <https://zerogeorge.com/>

#2- Maya Tulum Resort, Mexico

Yoga enthusiasts craving a pared-down retreat will find it at Maya Tulum Resort, one of Mexico's oldest yoga-centric resorts that's been around for more than 30 years. Though today there's plenty of competition, you can't beat the beachfront location, quality of daily yoga classes and lodging options. Plus, there's an abundance of vegetarian meals, and, unlike the more austere retreats, alcohol is not a dirty word here. Detox at the full-service spa, which even offers native Mayan treatments. Or be reborn in the temazcal (sweat lodge) ceremony, a 70-minute meditative experience.



New Year's brings a Tibetan bowl meditation, a beachfront gratitude ceremony and cocktails, dinner and live music on New Year's Eve. If you didn't overdo it, greet the New Year with an early morning yoga class.

6 days of deep yoga, free movement, music and meditation, delicious organic food, southern Spanish sun – and some serious fun for New Year's Eve!

Join Malwina and Juliette and start the new year in the best way: with great company, in an extraordinary setting, enjoying a program of practices designed to centre, energize and ready you to make 2022 your best year yet.

From workshops on how to enhance your energy levels and health through yoga, meditation, living food nutrition and joyful celebration, to flowing, vitalizing daily yoga practices, this retreat is a beautiful opportunity to recharge yourself while learning more about holistic body-mind wellness.

For more visit their website:
<https://mayatulum.com/>

#3- The Quaives Retreat, UK



The Quaives Retreat is a hidden gem, surrounded by the peaceful countryside of East Kent, a real escape from the hustle and bustle of the city, which is in easy reach with the high speed rail from London to Canterbury West Station, just 15 minutes ride away. Set within 19 acres it provides a real sense of retreat with a touch of luxury. There are beautifully manicured secret gardens and tree-lined fields and in the middle of the grounds, a tennis court with a pair of rackets and balls for anyone who's up for a game! The Quaives estate has some interesting history being previously owned by Christine McVie from Fleetwood Mac for 25 years.

There is a stunning brand new purpose built yoga studio with high ceilings, underfloor heating and filled with natural light. A haven in nature awaits. The beautiful Scandinavian style dormitory has eight adult bunk beds in a stylish, cosy, clean spacious room, with 3 modern toilet and shower facilities. Delicious organic, vegetarian food will be served throughout the retreat - delights to nourish body and soul. Visit their website for details: <https://www.thequaives.com/>

#5- The Lodge at Woodloch, Pennsylvania

The Lodge at Woodloch in the Poconos is perfect for those who want to usher in the New Year with a steady diet of top-notch spa treatments and gourmet meals. This destination spa also provides a full lineup of fitness classes to rival any gym, along with enough activities to keep anybody busy. On Dec. 31 alone, guests can partake in primitive fire making, silk-scarf painting, a meditative forest bathing walk or a cooking demonstration. (And that's just a small sampling.) Ring in New Year's Eve with a specially crafted menu and live music, followed by fireworks, dancing and a midnight toast. And no, that's not all. Budget time on New Year's Day to luxuriate in the indoor pool circuit, and dry off in the fireplace lounge to feel reborn. For bookings, visit: <https://www.thelodgeatwoodloch.com/>

#4- COMO Shambhala Estate, Bali



COMO Shambhala Estate is located near Ubud, Bali—a true 'Retreat for Change' with resident experts including a yoga teacher, Ayurvedic doctor and resident dietician. The holistic, 360-degree approach offers signature massage therapies and beauty treatments. A state-of-the-art gym and outdoor activities such as hiking and climbing make the most of the Estate's unique location. Cuisine is always nutritionally balanced while the residences, suites and villas suit independent guests, couples or families. Guests who want to make a lasting commitment to change can embark on one of our targeted Wellness Programmes — Cleanse, Be Active, Ayurvedic and Bespoke — starting from three nights.

<https://www.comohotels.com/en/comoshambhalaestate>



#6- CHABLÉ YUCATÁN, Mexico



Less than two years old, Chable Resort & Spa on the Yucatan Peninsula is recognized for its spa, which focuses on treatments that highlight ancient Mayan rituals and shamanism. Many of these treatments incorporate the spring-fed cenote (a deep pool believed to hold energetic properties) that the spa is built around. Speaking of energetic properties, experience an energy cleansing ceremony and Mayan oracle reading on Dec. 31. The New Year starts with a cenote water blessing ceremony and temazcal (sweat lodge) ritual. The latter involves a traditional Mayan ceremony, best likened to meditative sweating. Of course, there's fun to be had too, complete with an all-out New Year's Eve party and New Year's Day brunch. Their website: <https://chablehotels.com/yucatan/>



#7- Kripalu Center for Yoga & Health, Massachusetts

This affordable wellness retreat in the beautiful Berkshires is a perfect escape year-round. Although it's geared toward yoga, many of Kripalu's programs also cater to other interests, from nutrition to watercolor painting. And while most of the New Year's programs are yoga-oriented, they're still accessible to all skill levels. The Bhakti Bliss New Year's Celebration focuses mostly on kirtan, or chanting, culminating in a New Year's Eve concert. For those wanting a more yoga-heavy program, there's also the New Year's Vinyasa Yoga Intensive: Living From Purpose, which combines an active practice with spiritual prep for the year ahead. For bookings contact: <https://kripalu.org/>

#8- Fuerteventura, Canary Islands, Spain

There is no other island in the Canaries with as many incredible sand dunes and long sandy beaches. Even though most of the land on Fuerteventura consists of stone and rock, this island has some of the most impressive beaches in the whole of Europe.

Most come for the year-round sunshine, the biggest and best beaches and the surf. Water sports are very popular here. Every year surfers, windsurfers, kite surfers, and divers descend on the island. Enjoy a week of relaxation, sunshine and wellbeing, taking time to focus on a positive end to 2021 and a fresh and healthy beginning for 2022.

Alongside a daily yoga and Pilates programme you will have guided meditations to help you to find focus and set positive intentions for the coming year.

There are also some fun activities planned in to mark this special occasion, and a menu of delicious healthful meals that will leave you feeling balanced and invigorated, alive and refreshed.

Website: <https://www.hellocanaryislands.com/fuerteventura/>



#9- Riviera Nayarit, Mexico



Mexico's Pacific Treasure, Riviera Nayarit, offers the perfect combination of yoga and immersion in nature. Come enjoy a vacation that will relieve your stress and help you reconnect your body and soul.

Easily accessed from Puerto Vallarta International Airport, just 90 minutes south, yet feels worlds apart from the big tourist developments. The town and surrounding areas have adventures to offer; from jungle hikes, surfing, ATV tours, whale watching and boating, to the simple pleasure of chilling on the soft sand and swimming in the warm ocean waters.

Dance into the New Year vibin' high! Ride the flow of empowering yoga to the rhythm of uplifting music, enjoy nourishing food, and partake in deep conversations as you connect deeper to yourself and other like-hearted people in paradise!

The retreat is designed to take you through a journey of transformation by starting with recognizing what is weighing you down and practicing yoga to assist you to let it go. The New Year is the ideal time to get clear on what you want to welcome into your life and set your intention for the upcoming year.

Website:
<https://www.rivieranayarit.com/activity/land/yoga-retreat/>

#10- Yoga & Meditation Retreat at Sagrada Wellness



This retreat offers a blend of daily yoga practices – ranging from slow vinyasa and gentle movement to restorative yin and yoga nidra. All classes are held and curated to uplift the body and mind, and to also calm and soften within. Throughout the retreat you will also enjoy guided meditations, balanced with plenty of space for your own mindfulness practices. This retreat also shares sound healing, group rituals, time in nature, and optional one-on-one sessions from one of our many gifted healers.

Begin each day hiking on one of the nearby picturesque trails. These guided hikes will explore some of the best unspoiled scenery in all of California. In the late afternoon enjoy the yoga class followed by restorative yoga postures that will leave you feeling grounded and at peace. As you embark on your inward journey of renewal, you will feel a deeper sense of connectedness to yourself and the beautiful nature that surrounds the retreat sanctuary.

The couple from Los Angeles designed Sagrada Wellness, combining their expertise: Architecture and Acupuncture. Scott and Eva have created a Sagrada Wellness lifestyle: a dedication to the natural world, love of the sacred, and beauty in detail.

Website for booking:
<https://www.sagradawellness.com/yoga-meditation-retreat>

#11- Vida by Selina, Costa Rica



Secluded in the foothills of Costa Rica's Montes de Oro, Vida by Selina is a hidden oasis with expansive views of the Pacific. Greet dawn with a peaceful vinyasa. Venture down to the fruit orchard to pick fresh mangoes and bananas. End the day with a bonfire by the Giant Banyan tree. The retreat hosts a farm-to-table restaurant capable of seating up to 200 people, a swimming pool and yoga deck, workshop spaces, and peaceful nooks for optimal relaxation. Nearby, you'll find some of the world's most pristine beaches, cloud forests, and river systems. Visit their website: <https://www.selina.com/vida/>



#12- Bliss Sanctuary for Women, Bali

A blissful Bali meditation retreat with yoga practice, your experience of meditation in Bali is your own. Opt for the classes that resonate with you at the times you choose. Bali meditation at its best. As with all Bliss Sanctuary For Women experiences it is about YOU not about the group. Your experience is your choice. Enjoy a tranquil getaway, a week of relaxation, pampering and dining amidst the most beautiful tropical rainforest surroundings. Experience different spa treatments and spoil your taste buds with delicious freshly prepared meals.



The location is peaceful and spiritual on the side of a hill atop a running stream surrounded by the Ubud tropical jungle. Sounds of birds singing, water running, far away chanting and the peaceful calm only the best rainforest locations in Bali can bring. This is a special place with natural mineral spring waters on this land used for ceremonies and cleansing by the local Hindu priests. An amazing place for a handpicked health and wellness retreat in beautiful Ubud Bali.

Rekindle your relationship with yourself – feel lighter, brighter and bring the joy back to every part of your being... and experience the magic of meditation in Bali. Website: <https://www.blissanctuaryforwomen.com/ubud-sanctuary-bali-retreat/>

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A woman with dark hair tied up, wearing a blue Reebok sports bra and colorful leggings, is posing against a grey brick wall. She is leaning back with one arm raised and the other resting on the wall. She is wearing black Reebok sneakers.

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