

## THE POWER OF FAMILY

How Our Bonds Keep Us Strong—Body, Mind & Soul



### Khloé Kardashian

THE REALITY STAR OPENS UP ABOUT BEING A MOM, HER WELLNESS JOURNEY & THE IMPORTANCE OF INCLUSIVITY

GET AN ATTITUDE OF GRATITUDE IT'S GOOD FOR YOU

FRESH FOR FALL COLORS & CUTS FOR HEALTHY HAIR

GOT 10 MINUTES? WE'VE GOT DINNER!

BODY + MIND

NEED TO KNOW

## THE STRESS-WEIGHT CONNECTION

When you're under pressure, your eating habits shift—and so do your hormones. What you eat affects your anxiety, too. Here, how to keep your body in balance.

BY MARNIE SCHWARTZ



Weight-management advice tends to focus on what you eat and how much you move. But while those two things are certainly important, so are your stress levels. Research finds that chronic stress is correlated with weight gain over time. In a study in the journal *Obesity*, people whose hair samples showed higher markers of the stress hormone cortisol were more likely to have a higher BMI. Another study found that women with stressful jobs (those that were demanding and gave workers little control over their tasks) were more likely to gain weight over 20 years.

### Why stress impacts the scale

Historically, stressful situations were physical and required a lot of energy (like when our ancestors had to run away from a predator), explains A. Janet Tomiyama, PhD, a professor of health psychology at UCLA. So the stress response floods your system with energy (i.e., glucose). But nowadays, when stressors are primarily psychological, that excess energy gets stored, mostly as belly fat. At the same time, chronically elevated stress hormones may increase your appetite. Your brain can also light up more from food when you're stressed. "If you do end up eating in response to stress, that food tastes better to you," says Tomiyama. And when we're feeling anxious, we tend to reach for comfort foods. That desire for dessert is in part biological: Even animals' stress is soothed by noshing on fat and sugar, Tomiyama adds.

### How food affects mood

Your diet can affect the way your body handles stress, says nutritional psychiatrist and Health Advisory Board member Drew Ramsey, MD, author of *Eat to Beat Depression and Anxiety*. "Well-nourished brains are less reactive, more calm, more optimistic, and think more clearly," he says. "In that mindset, we deal with stressors a lot better, too." Foods high in "brain-essential nutrients" like vitamin E, zinc, and omega-3 fats may lower inflammation and reduce anxiety, he says. So can eating lots of plant-based foods: Studies link fruit and vegetable consumption to lower levels of stress, and getting plenty of fiber encourages a healthy gut microbiome, which may have the same beneficial effect. In a recent study in *Scientific Reports*, 64 women who took a prebiotic supplement (food for your gut bacteria) daily for four weeks showed reduced anxiety levels.

## STOPPING THE STRESS CYCLE

Modern life is full of stressors we can't necessarily control. But you can manage the stress in your life—and reduce its impact on your body, say the experts.

**SLEEP!** When you don't get enough shut-eye, your body hyperresponds to external stressors. Sleep loss also slows your metabolism and increases your appetite, which exacerbates the effects of stress, says Tomiyama. Practicing healthy sleep basics, like sticking to a consistent bedtime and avoiding electronics before bed, can make a big difference.

**EXERCISE (BUT NOT TOO MUCH).** Physical activity reduces stress and boosts your health. But when you're under pressure, excessive high-intensity exercise can be an additional stressor on your body, says nutritionist Carolyn Brown, MS, RD, cofounder of Indigo Wellness Group. So if you love HIIT,

work some lower-intensity activities such as walking or yoga into your routine.

**CULTIVATE MINDFULNESS.** Study after study shows that mindfulness meditation can lower stress and improve health. Use an app to guide you through mindfulness meditations wherever, whenever.

**The First In-At-Home Laser Lipo**  
Drop inches of fat from the very first week. Nushape's LED Lipo System is the first of its kind, clinical strength, wearable flexible belt that's comfy & non-invasive. 10% off! Code: HEALTH10 at nushape.com

TIP: ALSO GREAT FOR PAIN & SUN DAMAGE

**The Ultimate Cleaner Hair Option**  
For rich color, softness & shine from pharmaceutical quality plant & seed oils like meadowfoam & quinoa, Naturint Permanent Hair Color is IT. AND the 1st to be certified by the USDA BioPreferred Program! Find a retailer at naturintusa.com

PRESENTED BY tipsntrends

**A Gift For Your Pet's Skin**  
Help your furry friend look & smell great this holiday with DUCOXO 53 CALM Shampoo and Mousse. It supports the 3 skin barriers and is vet recommended & clinically proven to soothe & hydrate skin. No soap, parabens or nanoparticles. douxo.com

**Immune Support That Tastes Like Sunshine**  
Smoothie King's new Immune Builder® Orange smoothie delivers 1000% of daily vitamin C plus selenium and zinc with no added sugar or artificial flavors. Can your smoothie do that? Available 11/2 in store or delivered. smoothieking.com

## THE HOLIDAY HUSTLE just got healthier.



**FULLER BROWS NATURALLY**  
EES is the only tested, published & patented product available for fuller, thicker brows, naturally. 20% off! essential eyebrow solution.com Code: EESHEALTH



**JUICING MADE EASY**  
Squeeze more time into your day & make delicious juices in mins w/the Nama J2 Cold Press Juicer. Set it & forget it. 10% off! namawell.com Code: H10



**A Must-have For Wine Lovers!**  
Histamine Manager decreases headaches, wine flush, bloating & indigestion due to histamine intolerance from food & wine. Take 15 minutes before you plan to indulge! \$5 off + Free Ship! Code: HMS at 800-626-7510 or healthyhabitsliving.com

**Quality Body-wide Recovery**  
Ancient Nutrition Collagen Peptides is THE go-to for delivering results in as little as one day! Support hair, skin, joints, gut & reduce collagen degradation with noticeable results! Target & Vitamin Shoppe. ancientnutrition.com



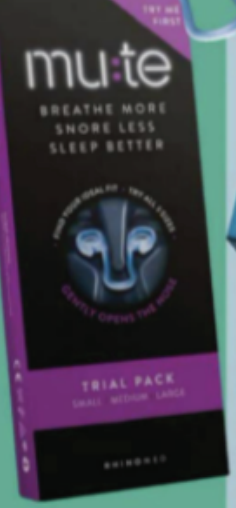
EASY ADD TO ANY DRINK OR RECIPE!

**The Key To Longevity**  
spermidineLIFE with wheat germ extract, fuels the process of autophagy, which is a key to longevity, & focuses on restoring youthful cell function to curtail the aging process. spermidineLIFE makes cell renewal simple! spermidineLIFE.us



SCAN For instant access to shop! @tipsntrends

**Breathe More. Snore Less. Sleep Better.**  
Mute is the drug-free, comfortable way to reduce snoring. It opens nasal airway passages by 38%, letting you close your mouth and breathe through your nose. Pick it up at CVS, Walgreens, Rite Aid, Amazon & mutesnoring.com.



**Intimacy CAN Be Comfortable Again**  
Meet Revaree & rejoice! The world's 1st FDA cleared feminine insert made of hyaluronic acid for 84% improvement in dryness. Non-hormonal & recommended by 3,000+ Drs. 20% off 1st month! Code: HEALTH20 at hellobonafide.com/health20



**Yes, Your Lady Bits Need Probiotics Too!**  
A disrupted vaginal microbiome is NOT pleasant, especially during menopause. Clairvee™ supports and balances the vaginal microbiome for everyday comfort and confidence. 20% off 1st month! Code: HEALTH20 at hellobonafide.com/health20



by invitation | tipsntrends, inc | info@tipsntrends.com

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.