

MAY 2022

# 1 spray. LIVING



THE KEY  
TO BETTER  
SLEEP  
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EXCLUSIVE

## JENNIFER GREY

THE *DIRTY*  
DANCING  
STAR TALKS  
CHRONIC  
PAIN AND  
SELF-WORTH

HOW TO  
PROTECT  
YOUR  
VISION  
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COOKIES  
FOR  
BREAKFAST  
PAGE 14

# TOTAL BODY REFRESH

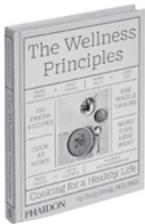


# live better now

## SHELF HELP

### Food for Thought

In *The Wellness Principles: Cooking for a Healthy Life* (May 25), Gary Deng, M.D., medical director at Memorial Sloan Kettering Cancer Center, tackles the link between cancer and balanced eating and living. Want to eat right? Follow his wellness tips:



#### UP YOUR DIET VARIETY

Broccoli is healthy, but if you eat it every day, you're missing out on the micronutrients absent in broccoli but present in other foods, such as kale, Brussels sprouts, beets or carrots. "Change your menu often and take advantage of the summer harvest," he says.

**TIME YOUR MEALS** Eat only between 8 a.m. and 6 p.m. and have each meal at about the same time daily, Deng says. "Letting the body be exposed to a bit of caloric deficiency at night will lower many [disease] growth factors in our body." And this timed eating, he reports, has been associated with a reduction in breast cancer recurrence.

**EAT MORE CRUCIFEROUS VEGGIES** Kale, cabbage, cauliflower, broccoli and radishes are Deng's most often recommended disease-fighting vegetables. Also on the eat-well list: whole grains (high in fiber) and fish that's rich in good fatty acids (sardines, herring, tuna and mackerel).



#### QUICK TIP

## DRAW THE DRAPES!

Don't let the moonlight or streetlights infiltrate your room at night, say Northwestern University sleep researchers. They found that even small amounts of light exposure (from TVs and lamps, too) while you snooze can activate your nervous system, which elevates your heart rate (not good while you're trying to sleep) and can even disrupt your metabolism.

#### WORD PLAY

## ASMR

The second-most searched term on YouTube, ASMR (autonomous sensory meridian response) is the relaxing sensation that some people experience as a result of sensory "triggers," such as tapping, mic scratching, crinkly sounds or turning pages of a book. This phenomenon has captivated the internet, and according to recent research from the University of Essex, those who love ASMR also tend to be more in tune with their surroundings and feelings and can benefit from the relaxing, low-frequency experience.

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## SMART MOVES

### Two-in-One

Compound exercises (any movement that works more than one muscle group at a time) help you become more flexible and are a good way to build strength. This exercise targets the hips, butt, hamstrings and biceps. Start without weights first, and then incorporate light dumbbells as you become more comfortable.



#### Sumo Squat Bicep Curl

**1** Stand with legs spread wide, toes and knees pointed out, with arms down and in front of your body. **2** Bend your knees and lower into a squat position while curling fists or dumbbells up toward your shoulders. **3** Straighten legs and return to standing as you lower your arms. Do three sets of 10-12 reps.

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# JENNIFER'S STILL DANCING

HOW *DIRTY DANCING* STAR  
JENNIFER GREY LEARNED THE VALUE  
OF SELF-WORTH.

By Nicole Pajer

Jennifer Grey is declaring herself “out of the corner.” It’s a play on the phrase that turned Grey and 1987’s *Dirty Dancing* into Hollywood hits—“Nobody puts Baby in a corner”—and now the title of her new memoir. The line has stuck with her throughout the years, says Grey, 62. “There are things we’re powerless over, but we have so much control over how we feel about ourselves, our value, what we are worth. We can’t do anything about the way that other people see us, but I’ve realized, I need to rescue myself.”

She learned to view her past as a culmination of choices made and not a series of things that merely happened to her, a mindset she hopes readers will take away from her book. “In my experience, whatever your bottom is, is actually the good news. Because from that dark place is where the wellspring of opportunity and rebirth comes from.”

In *Out of the Corner* (Ballantine), Grey opens up about the plastic surgery procedure that turned her life—and career—temporarily upside down. After her initial success, the actress underwent a minor rhinoplasty. But nearly a year later, her nose (one of her most distinctive features) wasn’t

healing correctly. When Grey went back under the knife to repair it, she unwillingly came out with a different nose, rendering her unrecognizable to everyone from the paparazzi to friends and family members. “In the world’s eyes, I was no longer me. I had unwittingly joined the Witness Protection Program,” she recalls.

*Spry Living* caught up with Grey to talk about the surgery, how she safeguards her mental health, her life after a mutually respectful divorce from *Avengers* actor Clark Gregg and how she deals with lingering back pain years after a car crash.



Grey and Patrick Swayze in *Dirty Dancing* (1987)

**I never wanted to have a nose job, ever.** I fought my whole life against that pressure. I said, “I’m going to champion myself; I am going to stand by the face I was born with.” But when I couldn’t get work, it was like a magic trick. Then [after the second surgery to repair the first], it suddenly became the opposite. So I had to give up the idea that my worth comes from other people’s opinion of me. I realized I can set the record straight, but what people choose to take away from that is their business. For me, that was the moment that set me free.

(Continued on page 8)

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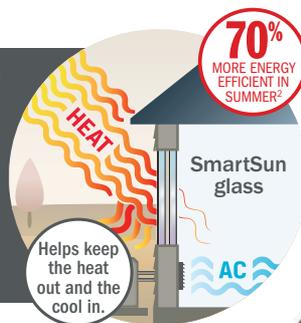
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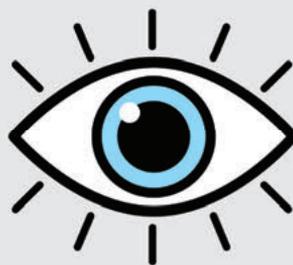
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# SEEING SOLUTIONS

MAY IS HEALTHY VISION MONTH, SO WE TURNED TO CLEVELAND CLINIC'S EXPERTS FOR MUST-HAVE ANSWERS TO SOME COMMONLY ASKED EYE HEALTH QUESTIONS.

**What vision changes aren't normal as we age?** Nothing escapes time, says ophthalmologist Claudia Perez-Straziota, M.D. "Presbyopia [your need for reading glasses] and cataracts are like white hair. Everybody gets them at some point." However, there are other eye developments that can't be blamed on aging and aren't as common. You should see your doctor, she says, if you notice changes in your color perception, sudden or significant declines in your vision, including your peripheral vision—or if you begin to see double.

.....

**What is computer vision syndrome (CVS)?** Nonstop screen time can do more damage than good, says ophthalmologist Rishi Singh, M.D. and may result in CVS. The symptoms are headaches, decreased or blurred vision, burning or stinging eyes, neck and back pain and sensitivity to light. To combat the syndrome, position your screen to avoid glare from overhead lights or windows, follow the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds) and adjust the placement of your screen—the center should be 20–28 inches from your eyes and 5 inches below eye level.

**Can medications affect vision?** Yes, some can have serious visual side effects, says ophthalmologist Richard Gans, M.D. The most common culprits include corticosteroids, which can cause swelling in the back of the eye and potentially lead to cataracts; antihistamines, which can raise certain patients' risk for glaucoma; and antipsychotic and antimalarial medications, which can be toxic to your retina. If you're on medications and experience eye issues, talk to the prescribing doctor, who can assess the culprit and determine if the benefits outweigh any side effects.

.....

**Why can't I see at night?** Nyctalopia, the inability to see well in the dark, isn't a disease but a symptom of an underlying condition, says ophthalmologist Bryan Roth, M.D. Nearsightedness can make it difficult to see longer distances at night, but a new eyeglass or contact prescription might correct your problem. Cataracts are a treatable cause of night vision problems, including glare from oncoming headlights, and can be resolved with surgery. Another culprit: Vitamin A deficiencies. Add foods such as carrots or dairy to help.

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## The Liver & Your Waistline

The liver is an important fat burning organ. If the liver is sluggish or clogged with waste material it will be less able to work, and fat can start to build up, under the skin, as belly fat and even inside the internal organs (as in a fatty liver). Making sure your liver is working well will help you flush fats from the body.



(Continued from page 4)

**Dirty Dancing was so challenging when we were making it.** There were so many obstacles. But to learn the dances, to learn that mambo and to have [choreographer] Kenny Ortega teach it to me—then do it with Patrick [Swayze]—was such a magical experience. I had so much resistance to writing that chapter of the book. And then when I was writing it, I got so much pleasure. I understood the nuances that I hadn't gotten before. But the idea that [Patrick] is not here to reminisce with is so sad and strange.

**Writing this book was more than therapeutic.** It was freeing. And the pandemic provided the right space. I was really unpacking my life in a way that probably has to do with my age. I was looking at my life through the lens of a journalist, following the breadcrumbs backward and asking, “Wait, how did I get here?”

**I've learned to appreciate that life is messy.** It's complicated for everybody. I like to focus on what makes me happy. And how do I pack more of that into my day? How do I make it not the exception but the rule? How many ingredients can I put into my day that actually lift my spirits? It's very simple stuff like being in nature, taking a moment to meditate or to recognize gratitude.

**Mental health has to be front and center.** To me, it's about community. It's about having a really solid group of people that check in with me and who I check in with. Feeling like you're in a pack is really critical for not feeling alone with whatever you're going through.



Grey and her *Dancing with the Stars* partner Derek Hough took home the championship trophy in season 11

**I had to overcome horrible stage fright in order to compete on *Dancing with the Stars*.** The most incentivizing entity has been my daughter [Stella, now 20]. I noticed my hypocrisy telling her, “It's really important that you not worry what other people

think about you. It's OK to be a beginner. It's OK to not know what you're doing.” But there was this big disconnect between what I was telling her and what I was doing. I realized it was just fear of being embarrassed, fear of the humiliation. I decided that the only way to deal with anxiety is exposure. So, I said, “I'm going for the thing that I'm afraid of because on the other side of that is freedom.”

**I was dancing from my time on *Dancing with the Stars* until the pandemic, and I was obsessed.** I went back to ballet. I was

pole dancing. I was doing any kind of dance movement I could. I've been really missing it for the past two years, and I'm dying to get back. To me, dance is joy because you're out of your head. And it's very hard to not be in joy when you're moving.

**Have you ever heard that expression, "motion is the lotion?"** It's all about staying active. I've had a lot of neurological spinal work done [much of which is the lingering result of a severe neck injury she sustained in a 1986 car accident]: six spinal surgeries, artificial disc replacements, a fusion of my neck, a discectomy. I ruptured my L4 and L5, so I had that fused. And I had my spinal cord untethered. But I manage pain by exercising. I'm really into walking these days. That's how I like to socialize: walking on the bike path, walking on the beach, walking and talking or walking and listening to a podcast or a book.

**I do this thing called foundation training** [which is designed to strengthen your lower back, remedy posture and redefine the core]. It was created by two guys, one of which is my strength coach, Peter Park. They came up with it so that people wouldn't have to have back surgery. It's always hard, but it's the most effective way that I have mitigated pain. I believe there are ways to never stop moving. If I take a couple of days off or travel, I can be in a lot of pain because my body doesn't like the static. It needs to rest, but I prefer standing to sitting, walking to sitting. I just want to be moving.

**I'm always tinkering my strategy as I age.** As women,

(Continued on page 13)

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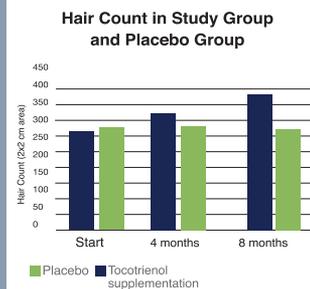
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# SUMMER WELLNESS GLOSSARY

## WHAT YOU NEED TO KNOW ABOUT THE BUZZWORDS TRENDING NOW.

### Sleep Hygiene

Ditch your dismal snooze stats with good sleep hygiene, which means having both a bedroom environment (temperature controlled, limited light exposure) and daily routines (stow away electronics, practice relaxation) that promote consistent, uninterrupted sleep.



### Next-Gen Wearables

Smart watches and fitness trackers have long been around (the latest Apple Watch even has a blood oxygen sensor), but the next generation of wearable technology will provide even more health insights, including glucose tracking and expanded sleep data.



## Menopause FemTech

More than one billion women will be experiencing menopause by 2025, which means menopause-related services and products (think podcasts, wearables, skincare, supplements and online assistance) are contributing to a booming industry of tech-based support.

## Gua Sha

This ancient Chinese healing technique uses a smooth-edge stone to scrape along the face with slow, firm movements and has been shown to stimulate circulation, assist in collagen production and decrease inflammation.



## Breathwork

This practice, which gained traction during COVID-19 when respiratory illnesses were front and center, means intentionally changing your breathing technique or pattern for benefits including stress relief. And according to James Nestor, author of *Breath*, it's not just your mind that benefits. Breathing slow, deep and always from the nose (mouth breathing can lead to lung irritation, respiratory infection and sleep apnea) can lower blood pressure, control heart rate and keep the body balanced.

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(Continued from page 9)

our bodies are always changing. I try to listen kindly to what mine is wanting or needing, whether it's changing what I eat or how I move, or getting new shoes. I don't know how many more days I have in high heels!

### The best thing that ever happened to me was having Stella.

Being a mother is one of the hardest jobs to do well because there's no perfection. This book could be called the perfection of imperfection because it's about striving and trying. Being a successful mother means doing your job so well that they leave you, and it's weird. And at the same time, it's correct and natural.

### My daughter and I have been doing this thing since she was little.

When we can't sleep, we go through the alphabet and take turns saying one thing we're grateful for, with each letter of the alphabet. We can never repeat what we've said before and it can be silly things or deep things. When you say it, you get this feeling—it makes you think really hard about the things we take for granted. It's very soothing and can help you go to sleep.

### I have never been this happy in my life.

I'm grateful that I have a wonderful ex-husband and a wonderful daughter. I feel healthy. And I love my friends. I never feel lonely. And I'm just going to keep doing what I'm doing. If it's not broke, don't fix it. I was married for a long time, and I'm just really enjoying doing my own thing right now. There's something about being this age with a 20-year-old daughter and a wonderful ex-husband—I feel full and I feel taken care of just by myself. •

"In recent years, a group of international designers and artists has rediscovered the innate modernity of Italian blown glass, turning to Murano as inspiration..."

— New York Times, 2020



The brightly-painted fisherman houses on Burano Island in Venice are the inspiration behind The Murano Rainbow Necklace



Genuine Murano Necklace  
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PLUS FREE Bracelet!  
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—Italy

## Send Her Over The Rainbow

700-year old legendary art form for the price of your dreams.

Now I know how that little farm girl from Kansas felt when she went over the rainbow and awoke in a land of spectacular color. Look what I found in the land of ahhs!

Approaching Burano Island off of northern Venice was like being swept away in a dream. Known for its brightly-painted fisherman houses that line the canals, I was greeted with every color of the rainbow. Since before the Venetian Republic, Burano was home to fishermen and legend says that the houses were painted in bright hues so they could see their way home when fog blanketed the lagoon.

Inspiration struck. I wanted to capture this historical beauty in the centuries old art form of Murano. Still regarded as being the finest form of craftsmanship in the world, Murano has evolved into modern day fashion statements.

So I hopped on a vaporetto for a forty minute ride to Venice and sought out the impeccable talents of one of Venice's finest Murano artisans. They've captured the vibrant colors of the iconic fisherman houses in the perfect hand-formed beads of *The Murano Rainbow Necklace*. To own a piece of authentic Murano is to own a piece of fine art steeped in history. Each and every piece is a one-of-a-kind masterpiece.

I want to make it easy for you to send her over the rainbow.

That's why for a limited time you can treat her to *The Murano Rainbow Necklace* for only \$39. And, to help you double down on romance, I'll throw in the matching bracelet absolutely FREE! As one of the largest importers of handcrafted Italian jewelry, we have a way of making dreams that you dare to dream come true.

Satisfaction guaranteed or your money back. Enjoy the *Murano Rainbow Necklace* for 30 days. If it doesn't pass with flying colors, send it back for a full refund of the item price. You can even keep the bracelet for your trouble.

Limited Reserves. You could easily pay \$300 or more for a Murano glass bead necklace, but at \$39 PLUS a FREE bracelet, these authentic handcrafted pieces won't last. For a remarkable deal, there's no place like Raffinato.

### Jewelry Specifications:

- Made in Italy of genuine Murano
- Necklace: 23"L; Bracelet: 7"L; Lobster clasps

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Receive the **FREE** matching bracelet with your purchase of the Necklace — *a \$99 value!*

*\*Special price only for customers using the offer code.*

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# MORNING GOODIES

Start the day energized with this grab-and-go breakfast from *Good for Your Gut* by Desiree Nielsen, R.D. The oats in these a.m.-approved cookies provide soluble fiber, important for healthy digestion, lowering cholesterol and regulating blood sugar. Anti-inflammatory ginger is a terrific tummy-soother and pairs wonderfully with naturally sweet bananas and nutrient-rich nuts and seeds.

## CHOCOLATE-BANANA BREAKFAST COOKIES

Preheat oven to 375°F. Line a large baking sheet with parchment paper. In a large bowl, whisk together 1 cup **old-fashioned rolled oats**, 1 cup **unsweetened shredded coconut**,  $\frac{3}{4}$  cup **almond flour**,  $\frac{1}{2}$  cup **hemp hearts** (or pine nuts or sunflower seeds),  $\frac{1}{4}$  cup **raw pumpkin seeds**, 3 Tbsp **ground flaxseed**, 1 tsp **cinnamon**, 1 tsp **baking powder** and  $\frac{1}{2}$  tsp **salt**. Stir in  $\frac{1}{4}$  cup **crystallized ginger**, finely diced, and  $\frac{1}{4}$  cup **dairy-free dark chocolate chips** (such as Pascha). In a small bowl, mix together  $1\frac{1}{3}$  cups mashed **bananas** (about 3 medium),  $\frac{1}{4}$  cup **extra-virgin olive oil** and 2 Tbsp **pure maple syrup** until well blended. Add the banana mixture to the dry ingredients and stir to combine. Working with wet hands so the batter doesn't stick, scoop  $\frac{1}{4}$  cup batter and pat into 2-inch circles. Place evenly spaced on the prepared baking sheet (the cookies will not spread). Bake until cookies are golden on the bottom and start to brown on top, 17-19 minutes. Cool on baking sheet for 5 minutes, then transfer to a wire rack to fully cool. Store in an airtight container on the counter for up to 3 days or in the freezer for up to 1 month. **Makes 16**

**Per serving:** 213 cal, 15g fat, 0mg chol, 5g prot, 18g carbs, 8g sugar, 3g fiber, 107mg sodium

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# How a Safe Step Walk-In Tub can change your life

## Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep? As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life? Check all the conditions that apply to you.

Then read on to learn how a Safe Step Walk-In Tub can help.

### Personal Checklist:

- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Lower Back Pain  |
| <input type="checkbox"/> Insomnia  | <input type="checkbox"/> Anxiety          |
| <input type="checkbox"/> Diabetes  | <input type="checkbox"/> Mobility Issues  |
| <input type="checkbox"/> Dry Skin  | <input type="checkbox"/> Poor circulation |

### Feel better, sleep better, live better

A Safe Step Walk-In Tub lets you indulge in a warm, relaxing bath that can help relieve life's aches, pains and worries.



*A Safe Step Tub can help increase mobility, boost energy and improve sleep.*

It's got everything you should look for in a walk-in tub:

- Heated Seat – Providing soothing warmth from start to finish.
- *MicroSoothe*® Air Therapy System – helps oxygenate and soften skin while offering therapeutic benefits.
- Pain-relieving therapy – Hydro massage jets target sore muscles and joints.
- Safety features – Low step-in, grab bars and more can help you to bathe safely and maintain your independence.
- Free Shower Package – shower while seated or standing.

## Safe Step includes more standard therapeutic and safety features than any other tub on the market, plus the best warranty in the industry:

Hydro-Jet Water Therapy – 10 Built-In Variable-Speed Massaging Water Jets

16 Air Bubble Jets

Complete Lifetime Warranty on the Tub

Personal Hygiene Therapy System and Bidet

Anti-Slip Tub Floor

Heated Seat and Back

Electronic Keypad

*MicroSoothe*® Air Therapy System

New Rapid Fill Faucet

Foot Massaging Jets

Wider Door, The Industry's Leading Low Step-In

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The Jitterbug® Flip2, from the makers of the original easy-to-use cell phone, has big buttons and an exclusive Urgent Response button on the keypad.

**EASY TO USE** Today, cell phones are hard to hear, difficult to dial and overloaded with features you may never use. That's not the case with the Jitterbug Flip2. A large screen, big buttons and one-touch speed dialing make it easy to call family and friends. The powerful speaker ensures every conversation will be loud and clear. A straightforward list-based menu makes navigating the phone simple.

Plans as low as  
**\$14<sup>99</sup>** month<sup>2</sup>

**EASY TO ENJOY** Wherever you go, a built-in camera makes it easy and fun for you to capture and share your favorite memories. And a built-in reading magnifier and LED flashlight help you see in dimly lit areas. With all the features you need, the Jitterbug Flip2 also comes with a long-lasting battery, so you won't have to worry about running out of power.

**EASY TO BE PREPARED** Life has a way of being unpredictable, but you can be prepared in an uncertain or unsafe situation with Urgent Response Service. Simply press the Urgent Response button to be connected with a highly trained Urgent Response Agent who will confirm your location, evaluate your situation and get you the help you need, 24/7.

The Jitterbug Flip2 is one of the most affordable cell phones on the market and comes with reliable nationwide coverage. With no long-term contracts or cancellation fees, you can switch plans anytime.

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<sup>1</sup>50% off regular price of \$99<sup>99</sup> is only valid for new lines of service. Offer valid through 5/28/22 at Rite Aid and Walgreens. Offer valid through 5/29/22 at Best Buy. <sup>2</sup>Monthly fees do not include government taxes or fees and are subject to change. Plans and services may require purchase of Lively device and one-time setup fee of \$35. Urgent Response or 911 calls can be made only when cellular service is available. Urgent Response tracks an approx. location of device when device is turned on and connected to the network. Lively does not guarantee an exact location. Urgent Response is only available with the purchase of a Lively Health & Safety Package. Consistently rated the most reliable network and best overall network performance in the country by IHS Markit's RootScore Reports. By enabling Alexa on the Jitterbug Flip2, you acknowledge that Lively is not responsible for Amazon Alexa's functionality or services. Amazon, Alexa and all related logos are trademarks of Amazon.com, Inc. or its affiliates. Screen images simulated. Appearance of device may vary. LIVELY and JITTERBUG are trademarks of Best Buy and its affiliated companies. ©2022 Best Buy. All rights reserved.