JUNE 2022

spry living

BUILD STRENGTH WITH THIS YOGA MOVE
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EXPERT FIXES FOR GAS AND BLOATING
PAGE 4

HEALTHY SUMMER GRILLING
PAGE 10

EXCLUSIVE

MARIA SHRIVER

HOW SHE DECLUTTERS HER MIND

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CRUNCHING NUMBERS

37%

That's the percentage of respondents to a *Parade* and Cleveland Clinic survey who ranked their mental health average or low. Although more than a third of respondents report struggling with anxiety, stress and depression, many are realizing the best antidotes are small pockets of relaxation. Nearly half of survey participants improved their mental well-being by prioritizing meditation, breathing techniques or quick walks throughout the day—even short 60-second spurts can work wonders. **Visit Parade.com/healthynow** for more details on the study—including the surprising habit impacting your happiness.

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Contact us: Send mail to *Spry Living*, 2451 Atrium Way, Suite 320, Nashville, TN 37214, call 800-284-5668 or email sprylivingeditor@amgparade.com
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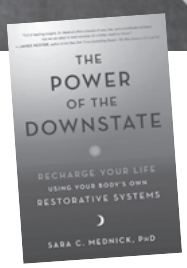
WORD PLAY



THE DOWNSTATE

Every organ, system and cell in your body has a time for activity, known as an "upstate," and an equal and opposite time for replenishing, restoring and repairing in the "downstate." Sleep scientist Sara Mednick, author of *The Power of the Downstate: Recharge Your Life Using Your Body's Own Restorative Systems*, says that along with getting enough quality sleep (turn in by 10 p.m. for the most benefits), you need to get into the downstate while you're actually awake. That might mean taking a walk at sunset to absorb red-spectrum light, hugging a loved one or a pet, eating breakfast in bright light or taking a break outside (nature triggers the downstate). Such habits can prevent the body from tipping into chronic overarousal, which may lead to cardiovascular, metabolic or even cognitive damage. **Visit Parade.com/unwind** for an ideal day in the downstate.

NEWS FLASH

A Family Affair

It turns out, you can thank granny for your good metabolism. Recent research out of the Joslin Diabetes Center suggests that a grandmother's exercise and fitness routine during pregnancy yields metabolic benefits in her grandchildren, including lower body fat, insulin control and healthier bones.

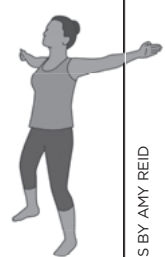
SMART MOVES

Diamond Flow

Using your own muscles to add resistance, this yoga move can help you burn fat and increase your heart rate as you flow between poses.

❶ Stand with feet hip-distance apart. Tighten the muscles in your quads, butt and arms. Bring the thumbs and index fingers of each hand together to make a diamond.

❷ Keeping the hand position, inhale and slowly raise your arms overhead. Gently lean back. Feel the stretch in your spine, but don't over-extend.



❸ Release your hands and pull your arms out to each side into a "T" position.

❹ Then squeeze your fists, lean forward slightly, and bring your fists together into a "hulk" position.

❺ Inhale and stand with shoulders back, chest out, arms and legs still very much engaged. Exhale and then fully relax the body.

COVER BY PETER YANG; LBN PHOTOS BY ISTOCK (3); SMART MOVE ILLUSTRATIONS BY AMY REID

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Use as part of a healthy diet.

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HOW TO TACKLE COMMON STOMACH ISSUES

MANAGE ALL OF YOUR DIGESTIVE PROBLEMS WITH THESE DIET AND LIFESTYLE TIPS FROM CLEVELAND CLINIC.

How do I reduce bloating? Certain ingredients can cause a buildup of gas in the stomach and intestines, says Anna Taylor, R.D. Culprits include carbs, high-fat foods and sodium—and it's not just from the saltshaker. The majority of sodium in the typical American diet hides in processed and restaurant foods like pizza, cold cuts, canned soups or bagels. If you cut down on those, you should see a difference, she says.

Do I have IBS? Irritable bowel syndrome (IBS) can be challenging to identify and to manage because the triggers of the abdominal discomfort and pain aren't always consistent, says gastroenterologist Christine Lee, M.D. If you have chronic stomachaches, see a doctor. More often than not, exercising regularly, managing stress and making changes to your dietary habits (boosting fiber-rich foods, healthy fats and protein) can reduce the severity and frequency of attacks.

Is having gas normal? Yes, the release of excess air through the intestinal tract is both normal and natural. But if gassiness is affecting your day-to-day life, try these tips: Limit carbonated beverages and fermented foods, like yogurt or pickled veggies. Get daily exercise—the more active you are, the more discreetly you'll eliminate gas from your intestinal tract, says Lee. Focus on ab-strengthening exercises to keep your digestive tract moving. And while cruciferous veggies are an excellent source of vitamins (and may decrease your risk of cardiovascular disease, oxidative stress and many cancers), consider limiting them if you're heading into a wedding or packed movie theater.

How do I avoid getting constipated? In general, if you have three or fewer bowel movements a week or strain to have one, then you may have constipation. Gastroenterologist Samita Garg, M.D., suggests a few at-home remedies to get you regular: fiber supplements (gentle laxatives) as needed; high-fiber foods, such as whole-wheat pasta, chickpeas, edamame, blackberries or raspberries; warm or hot water in the morning; and movement (like a walk around the block) to stimulate the abdominal muscles and blood flow to your intestines.

Cleveland Clinic, home to 120 medical specialties and subspecialties, is consistently named one of the nation's best hospitals by U.S. News & World Report. Visit them at health.clevelandclinic.org.

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MARIA'S BRAIN QUEST

MARIA SHRIVER TALKS ALZHEIMER'S PREVENTION AND THE SMALL HABITS THAT CAN GO A LONG WAY IN BUILDING A HEALTHIER BRAIN.

By Nicole Pajer

If you don't already prioritize your cognitive health, now's the time to start, says Maria Shriver, one of the biggest names in Alzheimer's disease advocacy, research, funding and education. Since her father was diagnosed with the disease in 2003, the two-time Emmy award–winning journalist and producer has dedicated much of her life to chasing down a cure and understanding the unique connection between women's biology and their increased risk for developing certain neurodegenerative diseases.

"Twenty years ago, there was no discussion about brain health," says Shriver, 66, founder of the Women's Alzheimer's Movement (WAM). "At that time, people saw it as something that happened to older people. But we no longer believe that there's nothing you can do about it."

She created the HBO documentary series *The Alzheimer's Project*, wrote a bestselling children's book on the subject, *What's Happening to Grandpa?*, and soon became an expert on the dietary and lifestyle habits that help ward off the disease. She joined forces with the Alzheimer's Association to publish the Shriver Report, and announced in 2010 that the disease was disproportionately impacting women and that women's research was lagging far behind men's. Today, two-thirds of those who develop Alzheimer's are women, so Shriver and her nonprofit WAM have partnered with Cleveland Clinic to find out why. "I'm optimistic that women are now front and center in the narrative when talking about Alzheimer's," she says.

Spry Living caught up with Shriver to discuss her daily cognitive-boosting endeavors, why we need to reframe aging and the steps everyone can take, at any age, to better their brains.

PETER YANG

We have 10,000 people turning 65 every day in this country.
So, I'm trying to shift the narrative of what it means to be a certain age in our society. People always say you get to your 60s, you retire and it's over. But that's not what I'm experiencing at all. I'm experiencing a spurt of energy. I'm experiencing dreams. I raised my kids, I'm out of a marriage [to Arnold Schwarzenegger], I took care of my parents. Many of the things that I set out as goals for myself have been realized, and I have more dreams left. Society doesn't consider people in their 60s as vital and relevant and excited and interesting. And I want to be a part of changing that narrative, not just for myself, but for my generation. Boomers have changed so much when it comes to how we look at the world. And we're changing how aging is perceived. People are empty nesting and they're not falling apart. They're selling their stuff and hitting the road. They're becoming entrepreneurs. But you can *only* do that if you're healthy.

(*Continued on page 8*)

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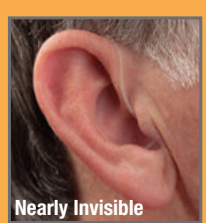

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(*Continued from page 6*)

As women, validating your own feelings when it comes to your health is critically important. That means honoring what you feel and experience, even if your doctor says, "That's in your head" or "That's not possible." Give yourself the credit that you know your body, that you know your brain. Keep track of your health journey. If you notice you've been waking up feeling exhausted, write that down so you can meet with your doctor as a well-prepared reporter. Women need to consider themselves the CEO of their own health. Go to your provider prepared, insist on being heard, validated and seen. If you aren't, move on to a different doctor.

We are beginning to know what a brain-healthy lifestyle is. We know that many of the cases of Alzheimer's might be preventable if people have different lifestyles. That doesn't mean that those who have Alzheimer's were bad or did something wrong. But this whole space is awakening to intervention, to different ways of thinking. When talking about cognitive health, more and more people are saying, "Wait a second, I'm foggy, I feel like I can't focus." And they notice the impact of exercise on that feeling. They notice the impact of certain foods on that feeling. They notice the impact of sleep on that feeling. They notice the impact of having a fulfilling personal life on that feeling. These things impact a brain-healthy life.

Exercise, for instance, creates something called brain-derived neurotrophic factor. It cleans out the brain. It gets blood flow into the brain. So walking, doing HIIT (high intensity interval training), doing anything to keep yourself moving

(*Continued on page 12*)

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	YES	NO
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GRILLED FISH TACOS

Prepare a gas or charcoal grill for direct grilling over medium-high heat (400°–450°F). Clean the grill grates. Season 1½ lbs **halibut filets** with **salt** and **pepper** and brush lightly all over with **avocado or canola oil**. Place the fish directly over the heat. Cover the grill and cook, turning once, until the fish is opaque throughout and flakes when prodded with a fork, 6–10 minutes, depending on the thickness of the filets. While the fish is cooking, warm 12 **corn tortillas** on the grill, then wrap them in aluminum foil to keep warm. Transfer the fish to a cutting board or baking sheet. To assemble the tacos, fill each tortilla with some of the fish, then top with **salsa** and **Mexican-style Slaw** (recipe on page 11). Drizzle with ¼ cup **Mexican crema** (sold near the sour cream) and top with ½ cup chopped fresh **cilantro**. **Serves 6**

WELDON OWEN

MEXICAN-STYLE SLAW

In a large bowl, stir together 2 Tbsp **extra-virgin olive oil**, finely grated zest and juice of 1 **lime**, 1 tsp **honey**, 1 clove minced **garlic** and 1 small **jalapeño**, seeded and minced. Season well with **salt** and **pepper**. Stir in 1 heaping cup shredded **green cabbage**, 1 heaping cup shredded **red cabbage** and 1 large **carrot** (about ¾ cup), shredded. Toss until well coated with the dressing. Let slaw stand at room temperature for about 10 minutes, stir again, and serve immediately. **Serves 6**

Per serving: 294 calories, 12g fat, 24mg cholesterol, 14g protein, 35g carbs, 10g sugar, 6g fiber, 199mg sodium

WELDON OWEN

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(*Continued from page 8*)

instead of sitting is beneficial to your brain. If you go to a gym or go walking with a friend, you feel better. We have a lot more power over our health than many people have been led to believe.

A common misconception about Alzheimer's is that there's nothing you can do. Most people just think it's an inevitable part of growing old or that it's not in their family, so they don't have to worry about it. And both are wrong.

I'm hopeful because we're doubling down on research on women. And we're looking at the aging brain and asking, "What is that silent period when someone is cognitively 'healthy,' but they may be developing Alzheimer's?" We believe that Alzheimer's begins in your brain 15-20 years [prior to symptoms], and until recently, no one was talking about what was happening in women at midlife: menopause, perimenopause and brain shrinkage due to the loss of estrogen. That connection opened up a whole new world for me. WAM has partnered with Cleveland Clinic and we've launched the largest brain study in the world to look at that space. Is that space at 45 years old? Is it at 55 years old? When is that happening? I really believe that we are within striking distance of a cure. There's more interest, there's more money, there's better technology. You have a lot of people talking.

When it comes to healthy brain habits, I meditate. I make sure that I have at least an hour and a half of silence in the morning where I don't have a phone or any outside influences. I try to go to bed earlier and prioritize my sleep. I try to get up at the same time. I eat a lot less sugar than I used to—although that's still a challenge for me. I eat more of a plant-based diet, a lot less

Shriver with sons Patrick, 28, and Christopher, 24, (left) and daughters Katherine, 32, and Christina, 30, (right)

red meat than I used to. I prioritize my exercise. I speak up for my health, and I stay on top of my doctor's appointments.

I do cognitive exercises, but if I'm really honest, I don't do them religiously. When I do them, I feel better. I try to brush my teeth with my alternate hand. I try to memorize directions. I try to do small things every day. When it comes to your brain, you definitely want to keep learning, whether you're learning through a puzzle, game or activity.

I do expressive writing. So, if I'm feeling down, I write it out. I've become an entrepreneur in the past year, which has been challenging, but rewarding. I started MOSH [a protein bar made for brain health] with my son Patrick [Schwarzenegger]. As you get older, it's important that you have dreams to keep you moving forward or things that make you feel like your best days are ahead.

Having practices that support your mental, emotional and physical well-being is critical. I always tell my kids that when s--t hits the fan, you should have a practice to cope—a breathing technique, a meditation technique, a writing technique, a talking technique, some kind of practice to help you through it because everybody in life is going to get smacked with something. •

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SMOOTH SAILING

Try these nutrient-rich additions in your smoothies

A Better Blend

Mooala Unsweetened Coconut Oatmilk (50 cal, 3.5g fat, 300mg calcium per cup) is a vegan, gluten-free combo of toasted oats and coconut cream—just add to smoothies or overnight oats.

Good for Your Gut

Plant-based **Bonny Prebiotic Fiber Supplement** (25 cal, 0g fat, 5g fiber per serving) can be blended into smoothies to help promote regularity and immunity. The Strawberry Serenity flavor also has the stress- and anxiety-reducing herb ashwagandha.

Sweet Deal

Naturally sweeten your smoothies or yogurt with a swirl of **Sepoli Datehini** (150 cal, 9g fat, 0g added sugar per serving), a sweet-and-savory combination of Medjool dates and energy boosting, vitamin B-rich organic tahini.

Magic Mix

For a grain-free, low-carb smoothie bowl topping, grab the **NuTrail Vanilla Blueberry Keto Nut Granola** (160 cal, 14g fat per serving), a crunchy blend of seeds, nuts and dried fruit with 5g protein and just 2g sugar.

All products available at major grocery stores and big-box retailers. Datehini available at sepoli.com. Bonny available at trybonny.com.

ADVERTISEMENT

BETTER THAN BOTOX: Takes 10 Years Off Your Face in Just 10 Minutes

Women are raving about the life-changing effects of this powerful formula.

There's no denying that people — mostly women — are on a mission to discover the best way to eliminate fine lines and wrinkles permanently. The $14 billion dollars spent on aesthetic procedures in 2016 alone is a clear indication of that fact.

But now science appears to be offering a simpler solution. It's a special delivery technology adapted for skincare that gets superior results.

Known as advanced liposome technology, this powerful distribution system ensures that vital nutrients are delivered exactly where your skin needs them the most, providing your skin with maximum anti-aging benefits.

New Age-Defying 'Dermal Filler' Cream in High Demand

Al Sears, MD, of Palm Beach, Florida, recently released an anti-aging cream that adapts this breakthrough medical technology into the realm of skincare, and he's struggling to keep up with consumer demand.

Dr. Sears is South Florida's leading anti-aging pioneer. He has authored over 500 reports, scientific papers, and books on anti-aging. A frequent lecturer at global anti-aging conferences, Dr. Sears spoke at the WPBF 25 Health & Wellness Festival featuring Dr. Oz, along with special guest, Suzanne Somers. Thousands of people were in attendance as Dr. Sears discussed his latest anti-aging breakthroughs.

This powerful cream, known as Restore, keeps selling out faster than it's produced — and people are raving about the effect it's having on their skin.

"Within a few minutes of applying the cream, it visibly plumps out the under-eye area and my cheeks as well as those annoying lines that deepen as we age between the nose and lips. It also felt like it was tightening and smoothing my skin at the same time. I definitely feel I look younger whenever I use it," said Amy B., of Montville, New Jersey.

"The lines around my mouth and eyes are filled in and my skin is tightened. I love having younger-looking skin, so I will continue using Restore" raves Cathy C., of Florida.

"Advanced liposome technology ensures that vital nutrients are delivered exactly where your skin needs them the most."

The best part is that this cream has no adverse side effects, doesn't require a doctor's visit or prescription, and is 100% natural.

Powerful Delivery System Ensures Nutrients Penetrate Deep into Your Skin

The dermis is the underlying layer of skin that supplies nourishment and oxygen, and removes waste. In other words, it's responsible for keeping your outer layer of skin healthy. Liposome technology is designed to support and nourish this deeper layer of skin by delivering nutrients directly to it.

Revolutionary new derma-filler cream takes 10 years off your face in just 10 minutes

"All of Restore's powerful ingredients are encapsulated in a liposome shell — an organic container that carries the beautifying agents deep into the skin cells," explained Dr. Sears.

"Restore's liposome shell is composed of phosphatidylcholine or PC for short. While cell membranes repel water, they absorb PC because they're actually made of it. As a result, Restore is delivered deep into the cell for maximum firming and volume."

When you apply liposome cream to your face, the liposomes in the skin cream work their way inside your skin, fuse with the skin cell membranes and then release their contents directly to the cells. Regular skin creams don't have this capability.

A Formula Designed to Take 10 Years off Your Face in Just 10 Minutes

Once it's penetrated the deeper layer of skin, Restore releases a unique blend of botanicals, vitamins and essential oils that reduces the appearance of fine lines and wrinkles, gives skin a more even tone, and moisturizes the interior layers of your dermal cells, firming and plumping your skin.

Restore's first skin-enhancing agent is Madonna lily leaf stem cell extract. It helps produce an even-toned complexion. In a clinical study reported in the Journal of Cosmetic Dermatology, participants treated with this extract for 28 days showed improvements in skin luminance and tone around the eyes.

Restore is also loaded with vitamin C, which British researchers have found reduces both wrinkles and dryness. "In Restore we use magnesium ascorbyl phosphate, a more stable form of vitamin C that doesn't break down in liquid as does ordinary C," explains Dr. Sears. "That means the antioxidant molecules stay intact within your skin cells where they can prevent damage from dangerous free radicals."

This powerful formula also features guarana seed extract, coenzyme Q10, and avocado oil. Japanese researchers have also found that coenzyme Q10 supports production of the thin membrane that separates layers of your skin, and French studies have shown that avocado oil improves skin cell metabolism and enhances skin thickness.

Where To Get Restore

Right now the only way to get this powerful age-defying delivery technology is through Dr. Sears.

To get life-changing results like Amy and Cathy, buyers should contact the Sears Health Hotline at **1-800-688-3165** within the next 48 hours. "We simply don't have enough supply to get Restore shipped directly to stores," said Dr. Sears. "The hotline allows us to ship the product directly to the customer – the one who really wants it."

Dr. Sears feels so strongly about this product, that he offers a 100% money-back guarantee on every order. "Just send back the bottle and any unused product within 90 days, and I'll send you your money back," said Dr. Sears.

The hotline will be taking orders for the next 48 hours. After that, the phone number will be shut down to allow them to restock.

Call **1-800-688-3165** to secure your limited supply of Restore. If you were not able to get through last week due to extremely high call volume, please try again! You don't need a prescription, and those who call in the first 24 hours qualify for a significant discount. To take advantage of this great offer use Promo Code: **SPRYREST2** when you call in.

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. RESULTS MAY VARY FROM PERSON TO PERSON. NO INDIVIDUAL RESULT SHOULD BE SEEN AS TYPICAL.

The Invention of the Year

The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . ***The Zinger.***

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the ***Zinger***, and there is nothing out there quite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"
–Kent C., California

Available in Green, Black (shown) and Blue

The first thing you'll notice about the ***Zinger*** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the ***Zinger*** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your ***Zinger*** almost anywhere, so you don't have to let mobility issues rule your life.

The Zinger folds to a mere 10 inches.

Why take our word for it? Call now, and find out how you can get a ***Zinger*** of your very own.

Now available in a Joystick model
(Zoomer Chair)

Joystick can be mounted on the right or left side for rider's comfort

Zinger Chair®
Call now and receive a utility basket absolutely FREE with your order.

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