

JULY 2022

1spry. Living



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FROZEN
TREAT**
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EXCLUSIVE

GLORIA ESTEFAN

**HOW THE LATIN
LEGEND FOUND
EMOTIONAL
HEALING**

**BE YOUR
BEST THIS
SUMMER**



live better now

GOOD NEWS

Hit the Trail

We know hiking is a great cardio workout, but it also benefits the brain. The exercise triggers your internal GPS, which uses spatial navigation, memory, attention and awareness to help you traverse flat trails or more challenging terrain. For your next trek, check out LawnStarter's list of the top five cities to hike: Portland, Ore., Tucson, Ariz., Phoenix, Ariz., Colorado Springs, Colo. and Oakland, Calif. The lawncare company ranked trails and attractions based on criteria including accessibility, climate and safety.



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spryliving.com



KITCHEN PRESCRIPTION

This cool, creamy (and easy!) snack from *Full Bloom: Vibrant Plant-Based Recipes for Your Summer Table* by Virpi Mikkonen is made with antioxidant-rich berries (Mikkonen loves to use black currants) and dairy-free yogurt, which can have the same gut-health boosting probiotics and calcium as dairy varieties. For a summery twist, replace the nut butter with coconut cream (like Thai Kitchen).

BERRY YOGURT BITES

Pour $\frac{1}{2}$ cup oat **yogurt** (or Greek yogurt if you're OK with dairy) into a medium bowl and stir in $\frac{1}{2}$ cup **blueberries** or mixed berries. Spoon in $\frac{1}{3}$ cup **maple syrup** and 2-3 Tbsp **cashew butter** (or other nut butter). Stir lightly with a spoon so that it leaves white stripes. Spoon into ice cube molds and freeze for a couple of hours. Keep frozen until you're ready to snack. **Makes 12 pieces**

Per serving: 45 cal, 1.5g fat, 0mg chol, 1g prot, 8g carbs, 6g sugar, 0g fiber, 9mg sodium

Excerpted from *Full Bloom*, published by NewSeed Press, an imprint of Weldon Owen International Copyright © 2022 Virpi Mikkonen

WORD PLAY

Social Pseudoscience

That's the term for some of the "facts" shared on the internet that are not based on real science. Nutrition advice—particularly unrealistic info about diets, detoxes or supplements—shared on social channels is a real problem, according to a *Today's Dietitian* survey of registered dietitians. To be safe, check credentials—registered dietitians and physicians are your most valuable sources (many states don't require formal training for nutritionists, so that title can be used freely). And remember: If something sounds too good to be true, it probably is.

WE LOVE THIS

Ripe for the Picking

Avocado toast or classic guacamole?



No matter your favorite, you're likely on your way to better heart health by eating avocados regularly, say Harvard researchers. When reviewing 30 years of data from more than 110,000 participants, they found that weekly avocado eaters lowered their risk of cardiovascular disease compared to people who rarely ate the nutrient-dense food. To add more longevity-boosting healthy fat to your diet, go to **Parade.com/avo** for 70 delicious avocado recipes.

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HEALTHY HACKS FROM HEAD TO TOE

SCIENCE-BASED TIPS WITH BIG BENEFITS FOR YOUR WHOLE BODY

By Megan O'Neill Melle



HEART

Take a Bath You already know that following a Mediterranean-style diet (healthy fats, whole grains, fruits, veggies, nuts and seeds) and getting enough exercise and sleep will do wonders for the heart. But there's also evidence that a soak in the tub can help too—warm water causes your blood vessels to dilate, which lowers blood pressure. Plus, it's relaxing. One study in the journal *Heart* analyzed the bathing habits of 30,000 people in Japan for more than 20 years and found that those who took baths every day reduced their risk of cardiovascular disease by 28 percent and stroke by 26 percent compared to those who took two or fewer per week.



LUNGS

Breathe Easy It's estimated that about 30-50 percent of adults breathe through their mouth, not a great habit to have, say the experts at Cleveland Clinic. Not only does breathing through the nose filter out debris like allergens, pollution and even small insects (thanks to those tiny hairs called cilia), it also keeps the air moist and warm, a necessity for the lungs and throat. Another simple tip: Diaphragmatic breathing exercises, which fully engage the stomach, abs and diaphragm (a big breathing muscle below your lungs), can help increase lung function.



MIND

Challenge Your Body The brains of people who exercise regularly shrink less with age, found researchers from Columbia University. Physical activity (including walking, gardening, hiking or dancing) is not only associated with decreased risk of memory loss, but also with high cognitive function. What else does science say? Learning a new skill (bonus points if it gets you moving) is known to help keep the aging mind sharp.



GUT

Keep It Diverse Your gut microbiome—a complex community of bacteria in your intestines—can have a big impact on your body by breaking down food to keep you regular, controlling blood sugar and blood fats, decreasing inflammation and increasing immunity. So how can you nurture it? A Stanford University study found that people who ate fermented foods (like yogurt, sauerkraut or kimchi) for 10 weeks increased the diversity of their gut microbiome, important for a longer, healthier life. And when the American Gut Project analyzed the stools of 10,000 people, they found that eating a wide variety of produce in a week also promoted gut health.

[all the answers]



EYES

What can I do to diminish vision loss?

It's easy to take your eyesight for granted—until something threatens it. Schedule regular exams (annually after age 65) to make sure any vision changes are age-related, and not caused by an underlying condition. Protect your eyes from the sun's harmful rays (macular degeneration, solar retinitis and corneal dystrophies have all been linked to UV exposure). Get your daily dose of vitamins through food (leafy greens, fatty fish, nuts, seeds and carrots) and control your blood glucose and blood pressure (key to preventing diabetic retinopathy).

—Richard Gans, M.D.,
OPHTHALMOLOGIST

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GLORIA GETS CANDID

BELOVED SINGER AND *FATHER OF THE BRIDE* ACTRESS GLORIA ESTEFAN ON GETTING VULNERABLE IN FRONT OF FANS, CAMERAS AND THERAPISTS

By Nicole Pajer

For three-time Grammy and five-time Latin Grammy award-winner Gloria Estefan, landing a leading role on the big screen wasn't just a major career milestone, it was one that checked all of her boxes. "My criteria is first, will it advance me as an actor? And second, is it going to represent my culture?"

Starring opposite Andy Garcia in the 2022 *Father of the Bride* reboot (now streaming on HBO Max), Estefan, 64, celebrated her Cuban heritage on screen in the film's Latin revival and continued to develop her skills as an actor. "I love to learn something every day" says Estefan, whose mantra is "Who knows anything?" With that approach, she's happy to report that "life surprises me every single day," she says. "Look for your passion. Find what makes you happy most days because if you find that, then the rest is great."

Estefan is also reveling in the recent success of *Red Table Talk: The Estefans*, a Facebook Watch talk show she hosts with her daughter, Emily, and niece, Lili. On it, she's opened up about everything from sexual abuse to working through a near-fatal tour bus crash that left her with metal rods in her back. These topics aren't a breeze, she admits, but Estefan is grateful for the opportunity to give fans a candid look inside her life. "It helps to know that whatever I went through and shared might be of service to someone, because that's my prime objective in this life. Maybe because I'm a Virgo—we love to be of service."

Spry Living caught up with Estefan to discuss the secret to her 44-year-long marriage to music producer Emilio Estefan, the exercise habits she fits into her busy schedule and the role therapy played when her mother passed away.

The number [64] seems big, but I really don't feel any age. I don't have any restrictions to what I do. And I feel strong—we just went on a ski vacation and I skied all day, every day.

Exercise is crucial for me. I have hardware in my back (my band called me Robo-pop), so it's very important for me to keep active. I do an hour on the elliptical or some other kind of cardio. And I do strength training with rubber bands. My muscles will bulk up a lot, so I like to keep them long and limber. Like most women, I am really trying to stay in top shape. And especially at this decade, it gets a little more difficult.

The rods [in my back] are like extra bones to me. They're part of my body. If I sit in a hardback chair, I'm going to feel the screws because some are between the muscle and the spine. But it doesn't really restrict anything. I won't water ski because falling off of water skis is like concrete. However, snow skiing is great because it's a different type of fall.

I'm all about balance. In the 44 years that Emilio and I have been married, we've never opened a bottle of wine, just him and I, alone at home at dinner. I love wine, but it's a social thing for us. So, if we go out and have a nice dinner, we absolutely will indulge. But if I can avoid the calories at home, I do. If I'm out with my family, we're on vacation and I want to have dessert or eat some pasta, I will. I'm not so hard on myself because life is meant to be lived and enjoyed. I want to avoid any extreme that is going to make me have to cut anything out permanently from my life. So that's the way I've lived.

(Continued on page 8)

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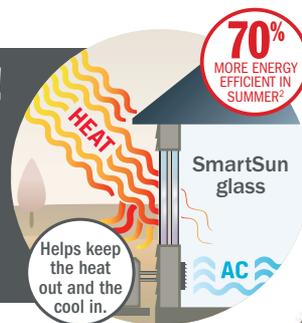
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— Don W., Sherman, TX

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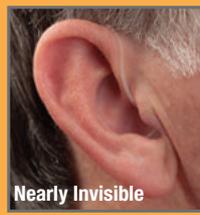
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I am religious about my skin-care. I never miss a night, no matter how tired I may be. I never go to bed with any makeup on. And if I'm going to be in the sun, I'll wear strong sunblock and a cap.

Studying psychology really helped me in my career. I don't like being the center of attention, so I had to get used to that. If we would play four nights at Madison Square Garden, each night the collective personality of that audience was completely different. So it was a beautiful challenge for me to get them to relax because that's the only way they enjoy the show.

After my mom passed, I found for the first time in my life that I needed a therapist. It was a very deep hole, and it took me a couple years to come out of that. I was supposed to do an album in 2017 that I literally sang to her at her kitchen table. Two days later, she ended up in the hospital out of nowhere; 33 days later, she passed. I couldn't sing for more than a year. Music tends to find its best moment, but I needed help after that. And I sought it for the first time in my life.

My therapist did wonderful things. I feel good. And I know she's there if I ever need her. It's important to find someone that you connect with. There are a lot of great therapists, but there has to be a connection and you have to feel that connection. Keep looking until you find the one that really helps you.

We did Red Table Talk: The Estefans because we wanted to help people feel less alone with the issues in their lives. It was a beautiful way to connect.

One thing that comes with age that I absolutely love: I have no qualms about making my

opinions known. I'm very secure in my own skin. There's no situation that you could put me in that I wouldn't feel comfortable handling.

I got COVID in November, and for me, the biggest challenge was the fear factor. One of my best friends is one of the top experts on infectious disease in the country, which is both wonderful and terrible. She gives us way too much information. I locked myself up for two weeks and didn't let anybody up. I was checking my blood oxygen levels through the night because I was there by myself. And boy, the fear was the worst of it. Knowing too much is just as bad as knowing nothing. But I got through it.

The most important thing in the world is to spend time with family, especially now with my [10-year-old] grandson [Sasha, from her son, Nayib]. I love that relationship so much. I nourish it because I was very close to my grandma, and she was my hero. So, to have the opportunity to impart wisdom is amazing. He loves to learn stuff. He genuinely loves my company. And we love doing things together. It's just such a fulfilling and wonderful relationship.

I haven't toured in a while. I'd like to do something in order to get back in contact with the fans. It'll never be a world tour. I don't think it would be enjoyable at this point, just because of the sheer difficulty for me. I don't lip sync, so everything's live. If I were to go on a mini tour, I would definitely train for it like it was an Olympic event so that when I'm up there, I can move around and sing without any kind of issues. But my dream would be to have my daughter out there with me in the show. She's an incredible musician. •

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