

AUGUST 2022

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EXCLUSIVE

KATHERINE HEIGL

**HOW THE ACTRESS
COPEs WITH ANXIETY**

**HEAL YOUR BODY AND
MIND**

live better now

QUICK TIP

Beat Menopause Brain

Research is revealing the toll that menopause can take on brain health. A study in *Neurology* found that compared to premenopausal women or men of the same age, women who have gone through menopause had more of a brain biomarker called white matter hyperintensities, which have been linked in some studies to an increased risk of stroke, Alzheimer's disease and cognitive decline. But when it comes to your own brain's health, remember that small changes add



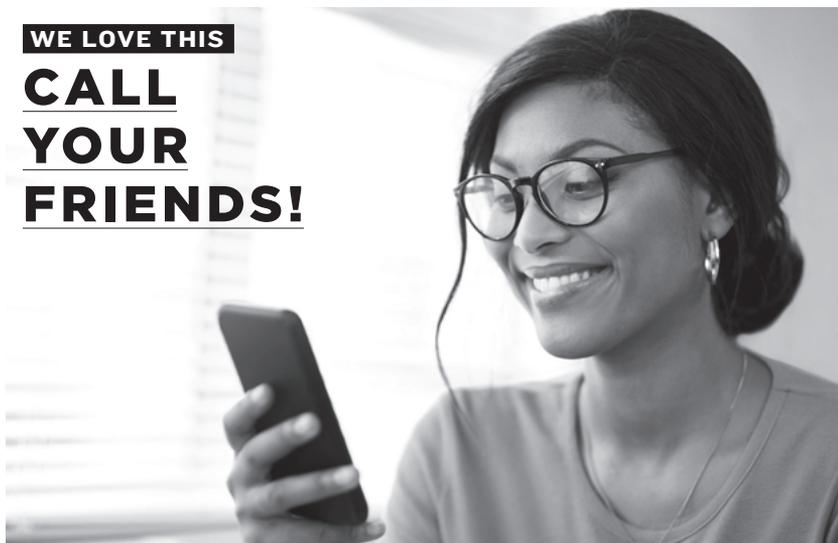
up. Following a healthy diet, exercising most days of the week and reducing stress all can help. Head to parade.com/mind for brain-boosting tips from neurosurgeon and *CNN* chief medical correspondent Sanjay Gupta, M.D.

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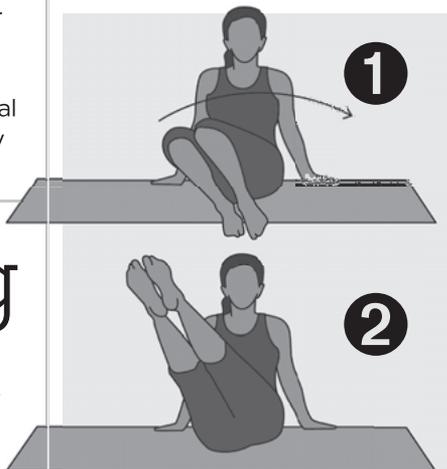
CALL YOUR FRIENDS!



How often do you send a text or email to check in on a friend? New research suggests that casually reaching out to friends via phone calls, texts or emails (even just a brief message) means far more than we realize. The study, published in the *Journal of Personality and Social Psychology*, involved more than 5,900 participants and found that people consistently underestimate how much others appreciate hearing from them—and the more surprising the interaction, the greater the impact. Plus, maintaining relationships is good for our mental health, so get to chatting!

SMART MOVES

Do the Twist Your core is the center of your body, and developing stronger core muscles (abs, lower back, hips and pelvis) means you'll not only improve balance and stability but also be less prone to injuries. Try this core-strengthening exercise, and if you have back problems, be sure to check with your doctor first.



1 Sit on a mat with your arms behind you, placing your hands on the mat for stability. Engage your abdominals by flexing and draw your knees to your chest, keeping legs together and toes lightly touching the mat. Lean knees to the right side of the body and then to the left.

2 Bring your knees back to the right side and kick your legs out, keeping knees in line with the shoulders and legs together. Repeat on the other side to complete one rep. Do three reps.

MORNING MAKERS

Try these healthy grab-and-go breakfasts straight from grocery store shelves.

Roll With It

Make a savory breakfast burrito with the high-protein and dairy-free **Crepini Eggless Wraps** (60 cal, 4.5g fat per serving), which feature plant-based eggs as the main ingredient and can be warmed in the microwave or made crispy in a skillet.



Dairy-Free, Please

Nancy's Probiotic Oatmilk Yogurt (70-110 cal, 1.5g fat per serving) has a creamy formula with 6g protein and billions of live probiotics—great for gut health.



Cocoa 'Cakes

Blend **GoodSam Cocoa Pancake Mix** (200 cal, 15g fat per serving) with eggs, yogurt and milk or water for a diner-inspired pancake breakfast with 6g fiber per serving. The gluten-free mix is made with almond flour, organic cocoa powder and cinnamon, and is sweetened with allulose, a natural low-calorie sweetener.



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[kitchen prescription]

LOW-CARB LUNCH

With fresh veggies, ground turkey and an Asian zing, these flavorful lettuce wraps from *Low Carb Yum* by Lisa MarcAurele are ready in under 30 minutes.

GROUND TURKEY LETTUCE WRAPS

16 leaves Boston bibb or romaine hearts lettuce

3 Tbsp extra-virgin olive oil

1 lb ground turkey

¼ cup chopped onion

2 garlic cloves, minced

1 medium yellow summer squash (or zucchini), sliced and quartered

Juice of 1 lemon (about 2 Tbsp)

2 Tbsp soy sauce or coconut aminos

2 tsp fresh ginger, peeled and finely minced

¼ tsp red pepper flakes

1. Wash the lettuce leaves and pat dry.

2. Heat the olive oil in a large skillet. Add the turkey, onion and garlic. Cook over medium-high heat for 5–7 minutes, until meat is browned.



3. Add the squash, lemon juice, soy sauce, ginger and red pepper flakes. Cover and cook for about 10 minutes over medium heat, or until the squash is tender.

4. To assemble, spoon turkey mixture into lettuce leaves. **Serves 4**

Per serving: 248 cal, 13g fat, 29g prot, 5g carbs, 2g sugar, 1g fiber, 568mg sodium

Excerpted from *Low Carb Yum Simple Keto Meals for Beginners* by Lisa MarcAurele. Copyright © 2022 by Lisa MarcAurele. Reprinted by permission of Harvest, an imprint of HarperCollins Publishers.

LAUREN VOLO FOR BIG LEO

EAT-SMART STAPLES

Stock your fridge and pantry with satisfying options that'll make low-carb living easy:

EGGS A high-protein breakfast staple and base for creative flour-free bread and baking recipes.

PASTA ALTERNATIVES

Swap traditional pasta for zucchini noodles (made with a spiralizer or found

in the produce section) or shirataki noodles, a low-calorie and low-carb option made from the konjac yam, popular in Japan.

VEGETABLES Replace carb-heavy sides with nutrient-rich roasted cauliflower,

Brussels sprouts, broccoli, zucchini or asparagus.

NUTS & SEEDS Keep walnuts, almonds, hazelnuts, pine nuts, peanuts or pumpkin seeds on hand for satisfying snacks or crunchy salad toppers.

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HER ROAD TO WELLNESS

KATHERINE HEIGL GETS CANDID ABOUT THE MENTAL HEALTH TOLL OF HOLLYWOOD, SEEKING HELP AND THE PEACE SHE FOUND IN UTAH. *By Nicole Pajner*

It's among the mountains in Utah that actress Katherine Heigl feels most grounded. It's where she and her singer-songwriter husband, Josh Kelley, raise their three children, Naleigh, 13, Adalaide, 10, and Joshua, 5. And it's where she finds incredible peace both indoors and out. "I think it's the green, the sunlight, the vitamin D, the fresh air," says Heigl, 43. "That one-foot-in-front-of-the-other rhythm brings your whole nervous system back down to a very deep-rooted human place, and that can just completely change the scope of the day."

The *Grey's Anatomy* and *27 Dresses* actress recently wrapped 10 months in Vancouver filming the second season of *Firefly Lane*, the Netflix hit she also executive produces. It's at the mention of her show's character, Tully, that Heigl lights up. "[The show is] based on a novel [*Firefly Lane*] and an author [Kristin Hannah] that I deeply love," Heigl says. "I felt intimidated by Tully and her confidence and her overt ambition. But by the time it was all done, I had such a deep love of her, and she taught me a lot through the whole process."

Back at home, Heigl might throw herself into nature walks or painting with watercolors or advocating against animal cruelty. Her latest project is a dog food brand she created with her mom called Badlands Ranch (named after her Utah community), which infuses elements of holistic medicine and superfoods for canine health. "I have six rescue dogs and they're my extended children," she says.

Passionate about a holistic approach to her own



wellbeing as well, she credits herbs, along with modern medicine, as key to combatting her once crippling anxiety. She adds that her own therapist "pretty much saved my life," helping her navigate an onslaught of backlash and spiraling anxiety she experienced from once being labeled "difficult" in Hollywood.

Spry Living caught up with Heigl to discuss her mental health makeover, why her 40s have been freeing and how getting outdoors for a hike helps her to not sweat the small stuff.

I love living in Utah. L.A. was never a place I felt was home. Everything about me being there was about getting work, keeping work, hustling and shaking hands. You feel like, "I could lose it at any second. I have to keep this ball rolling." And on top of that is the attention of the press, the public, the paparazzi. Having the freedom to be ourselves as fully as we can be without the extra scrutiny is really what made Utah sacred to us. Plus, the people here have been incredibly welcoming and kind and supportive. It's a real community.

(Continued on page 8)

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.

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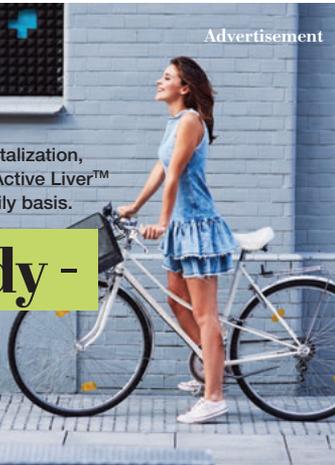


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We quickly may notice the results in our energy levels, in our lack of youthful appearance – and surprisingly, on our waistlines.

UNJUNKING YOUR BODY

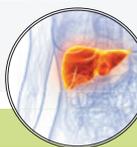
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I'm tired all the time	<input type="radio"/>	<input type="radio"/>
My skin itches and I see brown spots	<input type="radio"/>	<input type="radio"/>
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(Continued from page 6)

I notice massive changes when I spend time in nature. Our property is in the mountains, so a walk is a hike. It's all uphill and then downhill. For the first two weeks I was home after wrapping *Firefly Lane*, I was going out three or four days a week. I would come back in a completely different headspace. You find this incredible peace. Suddenly, your whole day just feels better. Even when crap arises, it doesn't rattle you the same way.

I built myself an art studio. Another thing I did during the pandemic was take a lot of online art classes. I'm having so much fun with that. And digital art has become a real passion.



Heigl with Homer, one of her six rescue dogs

In my profession, 40 is this big number that sort of signifies the end of your ingenue years.

There was something really weird about actually turning 40. I just felt free. I felt free of having to be an ingenue, of having to be pretty and likable and charming and sexy. But I felt strong. Suddenly, it's like the tides shifted and I didn't care

anymore if you think I'm sweet or pretty or charming or pleasant. I hope to encourage my daughters of that awakening sooner than 40—that you don't have to be any of these things to be a woman of value. I don't go out of my way to be confrontational or abrasive. But I also don't go out of my way anymore to bend over backwards for everybody else's needs.

Therapy has made a real difference in my life. I'm so incredibly grateful that therapists like mine exist, and that they help. I've always been very honest about what I'm thinking and feeling. It really helps to talk to a professional. Your friends and family will do what they can for you, but an unbiased person educated in psychology has been an incredible blessing for me.

I worked really hard at controlling my anxiety for years and really struggled. I was really reluctant to take any medication, so I tried everything from prayer to meditation to holding crystals to taking long nature walks. I tried everything to stop it, but my mind just took over—the terrifying part, not the good part. Ultimately, my therapist, who knew I was wary of medication, said, “Listen, I really think you should try Zoloft.” I finally agreed and took a super low dose, but it changed everything. This torment, within a week, started to dissipate and dissipate and dissipate until I was able to regain control over my own mind. He pretty much saved my life. To even recall going back to that, it makes life not worth living because you can't stop it. Every moment of every day is stuck in this constant, heightened state of fear. I'm really into holistic health and natural remedies, but I am not foolish enough to believe

that there isn't help to be had from the world of science. So, I do both. I'm a big proponent of whatever it takes.

I was so grateful to discover that my mental health issues were not my fault. I don't know if a lot of people who suffer mental illness feel this way or if it was just me, but for years, I thought it was my fault. I thought there was some weakness in me. I'd say, "Oh, just get over it, Katie. You're indulging this, right?" So, when I realized the medication was helping, my therapist started to talk to me about the why. I don't produce enough serotonin, and that can really mess you up. So now I know there are lots of holistic and natural remedies that I believe can help boost serotonin and dopamine, all those feel-good hormones.

Since my early 20s, I've been working with a naturopath [someone trained in alternative medicine] and approaching health from both Eastern and Western points of view. When my mother went through breast cancer, she did nine months of chemotherapy, lost all her hair and had a mastectomy. But she also did a very extensive natural remedy supplement regime. I take an adolescent dose of Zoloft every day, but I also add mushroom adaptogens [which may help reduce the effects of stress on the body] for brain health, energy and immunity, and I take a lot of nervines [herbs intended to nourish and support the central nervous system. Talk to your doctor about taking any adaptogens or nervines before starting].

I'm obsessed with animals on TikTok. That's become my daily morning coffee ritual. I'll watch all the funny dog videos. It's a total wormhole! It's not a waste if you're laughing and you're charmed and you're inspired. •

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[all the answers]

Q&A

How much sleep do I really need each night?

One common misconception is that older adults don't need as much sleep as they once did. The truth is if you're above the age of 65, you should still aim for at least seven hours. Even if you think you thrive on less, you may want to reconsider, as shortchanging your sleep long term can contribute to a host of problems, including diabetes, depression, cardiovascular issues, high blood pressure and lowered immunity.

Here are two strategies to find out how well-rested you really are:

KEEP A SLEEP DIARY Track the time you go to bed and wake up. Look for patterns and ask yourself: *How do I feel when I wake up or at the end of the day? Did I need an extra cup of coffee?* If you wake up tired, end up exhausted or feel pooped midday, you may not be getting the sleep you need.

SCHEDULE YOUR SLEEP If you have the flexibility, pick a consistent bedtime and get up without an alarm for a week or two. If you're sleep-deprived, you'll probably sleep for longer the first couple nights. But after a few days, the amount of sleep you get should be close to what your body needs naturally. Ideally, you want five or six sleep cycles in a night (which last about 90 minutes each) to feel well-rested.

—Michelle Drerup, Psy.D,
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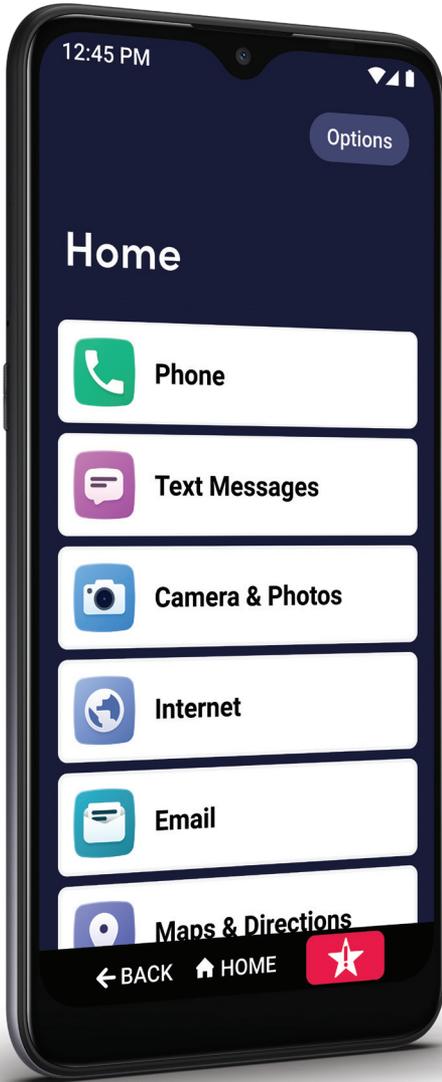


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