

SEPTEMBER 2022

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FOODS FOR
HEALTHY
SKIN**
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TO NEVER
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FLU-FREE
THIS SEASON**
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EXCLUSIVE

DREW BARRYMORE

**IS NURTURING
HER HAPPINESS**



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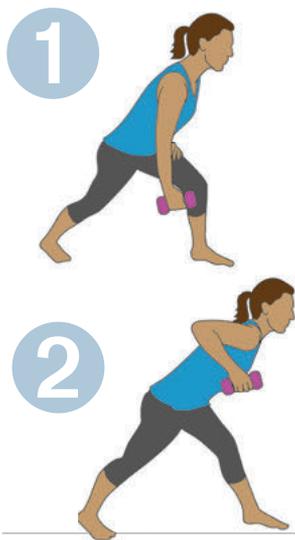
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SMART MOVES

Here's a beginner-friendly exercise that can increase stamina and strengthen both your upper and lower body. Start with a few sets of 10 reps (on each side) of this compound move.

LUNGE ROW

1 Stand with your left leg forward in a wide stance. Make a fist or hold a single dumbbell in your right hand. Lean forward and place your left hand on your thigh. Keeping your back straight, bend knees and lower into a lunge position. 2 As you come back up, lift your right elbow up and back into a row. Do 10 reps before switching legs and repeat.



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KITCHEN PRESCRIPTION

COMPLEXION PERFECTION

Treat your skin to a post-summer, antioxidant-rich breakfast from *The Two Spoons Cookbook* by Hannah Sunderani. This overnight pudding uses dairy-free almond milk and chia seeds, rich in omega-3 fatty acids that help fight inflammation and preserve collagen for firmer skin, according to Cleveland Clinic. Plus, you get the added benefit of vitamin C, found in red fruit like raspberries, strawberries and cherries and known to neutralize and minimize damage caused by sun exposure and pollution.

CREAMY CHIA PUDDING WITH RED FRUITS

In a small bowl, whisk together $\frac{1}{4}$ cup **chia seeds**, $\frac{1}{2}$ cups **unsweetened almond milk** and 1 Tbsp pure **maple syrup** (optional). Let sit for 5 minutes. Whisk again to break up any clumps. Cover with reusable wrap or lid and place in the refrigerator to thicken overnight. Whisk the mixture one more time for a pudding-like texture with no clumps. Divide the pudding between cups or bowls and top with $\frac{1}{2}$ cup fresh or thawed frozen **raspberries, strawberries** and/or pitted **cherries**. Sprinkle with unsweetened **shredded coconut**, if desired.

Serves 2

Per serving: 184 calories, 10g fat, 0mg cholesterol, 5g protein, 23g carbs, 11g sugar, 9g fiber, 10mg sodium

Excerpted from *The Two Spoons Cookbook* by Hannah Sunderani © 2022 Hannah Sunderani. Photography by Hannah Sunderani. Published by Penguin, an imprint of Penguin Canada, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.

QUICK TIP

Clean Your Way to a Sharper Mind!

Looking for a not-so-obvious way to decrease your dementia risk? Scrubbing the kitchen, vacuuming and tidying up might just be the answers. A large study published in *Neurology* looked at lifestyle habits that may help preserve cognitive capacity (rather than factors that contribute to the disease) and found that people who were actively engaged in household chores had a 21 percent lower risk of dementia. Other good news: Physical activity and social visits with friends and family also lower risk.

WE LOVE THIS

A Banana a Day ...

Go ahead and grab those slightly green, potassium-rich bananas. A 20-year trial from Newcastle University and the University of Leeds found that resistant starches (especially those present in unripe bananas) could help protect people with an elevated risk of hereditary cancers. And in a separate banana-focused study, researchers in the UK found that as potassium consumption in women went up, blood pressure went down. In fact, for every 1-gram increase in daily potassium, women's systolic blood pressure was lowered by 2.4 mm Hg. So, we say, go bananas!

DREW'S FAVORITE ROLE

DREW BARRYMORE ON FALLING IN LOVE WITH HER TALK SHOW, NURTURING HER HAPPINESS AND HOW SHE RECHARGES. —*Nicole Pajer*



It's been two years since Drew Barrymore joined the talk show host ranks with *The Drew Barrymore Show*. Now in her third season (premiering Sept. 12), Barrymore, 47, has a new outlook. "The first year of every talk show is such a soul search to figure out who you are," she says. This year, she'll challenge herself to relax into the gig with even more confidence.

The former child star (it's been 40 years since she delighted fans as Gertie in Steven Spielberg's *E.T.*), has made a name for herself in Hollywood, launched a production company, introduced various product lines (including Flower Beauty, her cruelty-free makeup line) and helmed her own magazine. But the talk show—with its moving moments, daytime television antics and ever-smiling host—is her baby, she says. "It's that thing that comes into your life where you're like, 'I just don't ever want to be without you.' I'm so in love with this show."

She credits her interactions with fans on Instagram for preparing her to chat with famous guests and entertain an in-studio audience. "Talking by myself, to assumingly no one, and being myself, not a character, ended up being good practice for me," she says. Her optimism on social media tends to go viral, like a recent video showing her delight at being caught in the rain. Barrymore prides herself on being authentic and is tickled by how others interpret that. "I was watching *The Late Show With Stephen Colbert* last night and [he showed] my rain video and he's like, 'What a lovely adorable psychotic break.' At first when he said 'Drew Barrymore,' I'm like, 'Oh my god, I love Colbert.

He's saying my name!' And then he says, 'adorable psychotic break.' I was like, 'Oh OK,'" she says, with a laugh.

While you won't see the busy mother of two (Olive, 9, and Frankie, 8) participating in a "What I Eat in a Day" type interview—"I won't make people feel like I'm the pillar of balance"—she does have a few tricks up her sleeve, like prioritizing therapy, meditation and her own happiness. *Spry Living* caught up with Barrymore to discuss how quitting alcohol has changed her life, how she found liberation from the scale and how she avoids burnout.

I got a lot of notes in the beginning of my show, like "You're too much. Tone it down. You're too spastic." There was a lot of negative feedback, and it was really hard to hear. But all we have is our individuality. And if we pretend to be anything other than what we are, we are lost. So, a moment that could have been ripe for an identity crisis was actually a conscious choice to not hate myself, but trust in myself. Then, as a producer, I made pivots to massage the show into something a little calmer.

I posted a picture of a scale and a note that said, "Say something kind to yourself." That moment changed my life. It was a quintessential Oprah aha moment for me. It isn't about a number. It's about the way you feel. That certainly doesn't take away how important it is to take care of ourselves. It still takes a heaping pile of discipline. But when you're willing to listen and make changes,

(Continued on page 8)

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5 HEALTH SYMPTOMS WOMEN SHOULDN'T IGNORE

IF YOU'VE NOTICED ANY OF THESE RED-FLAG SYMPTOMS,
SEE YOUR DOC. *By Megan O'Neill Melle*

1

SLURRED SPEECH

Every 40 seconds, someone in the United States has a stroke, says the CDC. And about 87 percent of those are life-threatening ischemic strokes, in which blood flow to the brain is blocked. If you experience slurred speech, facial drooping or arm weakness (especially on one side of the body), call 911 immediately—the sooner treatment is received (60 minutes is considered the “golden hour” among physicians), the less likely damage will be permanent.



2

EXTREME FATIGUE

There's a difference between feeling tired and feeling constant fatigue, defined as lacking energy consistently or being worn out after simple activities. Your body may be warning you of heart problems. The American Heart Association found that 71 percent of female heart attack survivors reported feeling unexplained fatigue in the weeks prior. If your exhaustion is new or dramatic, talk to your doctor.

3

MOLE CHANGES

Follow these ABCDEs of skin cancer from the American Academy of Dermatology, and be sure to consult a doctor if your moles are exhibiting any of the below: Asymmetry (is one half unlike the other?), Border (are the edges irregular or scalloped?), Color (does the spot have varying colors from one area to the next?), Diameter (is it the size of a pencil eraser or larger?) and Evolution (is it morphing in size, shape or color?).



4

CONSTANT THIRST

While thirst is the brain's way of warning your body of dehydration, unquenchable thirst (even after drinking water) could be a sign of diabetes—especially paired with frequent urination. That's because high blood-sugar levels force the kidneys to work overtime, excreting glucose into the urine and pulling fluids from your body along with it.

5

SWOLLEN ANKLES

If your legs or ankles are persistently swollen (not just after a long day of standing or walking outside), it could mean your heart isn't efficiently pumping blood. In fact, pedal edema (foot and ankle swelling) is one of the cardinal signs of congestive heart failure. Call your doctor if it's accompanied by other symptoms, such as shortness of breath.

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(Continued from page 4)

that's when the magic starts. If I'm completely off my game one day, tomorrow is another chance.

I started drinking 100 ounces of water a day, and my doctor called and said, "Your sodium levels are too low. What are you doing different?" I told him I'm drinking a lot of water! He said to stop drinking that much and he'd test me again. I did, and it went back to a normal amount. So, the one thing I thought I was doing right was hurting me. I realize that I'm a total extremist. I don't totally know balance. But when it comes to the mental game, the spiritual game, the working on myself game, I would be an athlete if we did a comparison.

I gave up alcohol. And it's been three years. I think being hard on myself stemmed a lot from alcohol. It was a thing I spent my life trying to conquer and harness, as if one day I could manage it. And I finally realized that I couldn't. And when I couldn't break cycles, especially that one, I didn't have the faith in myself that I was capable of conquering demons and slaying dragons. And [stopping alcohol] has given me so much more confidence and hope and faith in myself that I can make changes, and that I can identify things that don't work for me.

I do consistent therapy with a brilliant man named Barry Michels, who leads the horse to water, and you have complete revelations. There's a tremendous amount of structure to the work, which helps me make sense of it in a much more consistent way. I can identify, "Oh, that's what this is. Oh, I need to do this." I wish I could apply the level of commitment I have to my mental wellness to my physical wellness.

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I do some meditation. I have a closet I converted into my spiritual epicenter, where I do my sessions with Barry. I write everything out and the walls are covered with these great, incredible wisdoms. And I can look around and read the words of the hard work I'm doing. I know that space is there if and when I need it.

I love to clean. It makes me really happy to take care of my home and my space, whether it's making the room less chaotic or cleaning the dishes or making things tidy and nice. I'm not anal retentive; it doesn't always have to be perfect. But I know that if I'm feeling upset, I can start to organize and clean and invest in my home space. And that usually starts to help.

I remind myself that when I'm really daunted, just start, whether it's my mental wellness or stuff at work or cleaning the kitchen. Just start, don't stay stuck. Make the list, do that first thing on the list and do whatever it takes to not sit and wallow in your crap.

I like to recharge and replenish by doing nothing. I was feeling really guilty about it, and out of a session with Barry came the word "permission." I wrote it down and put it on my wall. Now, the time I choose to recharge my batteries doesn't become a session for self-hatred and flagellation. Why did I spend so many years thinking *What a loser* or *You could be doing more* or *This feels so lazy*? Why am I beating myself up about doing nothing? Maybe I'm just a type of person who enjoys being alone and watching TV, and what the hell is wrong with that? •



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[all the answers]

Q&A

Should I prepare for flu season now?

Yes. We believe there will be a rise in the number of cases of influenza this year, and while it may be difficult to tell flu symptoms apart from COVID-19—fever, chills, body aches, difficulty breathing, a cough—there are preventive measures that can protect you from both. Wash hands frequently, disinfect high-touch surfaces often, practice good cough etiquette and stay home if you're sick. Here's what else you can do:

GET A FLU SHOT SOON. This year, we're recommending that people get a flu vaccine in September or October. Recently, we've seen flu seasons show up sooner and last longer.

STOCK YOUR MEDICINE CABINET. Have acetaminophen for fevers, ibuprofen for muscle aches, cough syrup and a thermometer on hand. Get a flu and cold medication to cut down on the nasal stuffiness and cough you might have. And if you have an underlying condition, get a pulse oximeter (the small tool that measures oxygen in your blood).

WEAR A MASK. Even if you're vaccinated, I would encourage you to wear masks in public spaces. They may become a routine part of our lives during severe respiratory illness seasons, and that's OK, especially if we're able to protect people and lower the number of deaths.

—Kristin Englund, M.D.,
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