

What Pop Culture Taught Us About Health, Beauty, and More



 By CupidsPulse Team

The current pop culture is very different from what it used to be. The incomparable obsession with Paris Hilton and Britney Spears has subsided and instead replaced by a mix of celebrities that can be best described as an unexpected blended family.

You no longer need to be a spoiled rich kid or a defamed starlet to create a media frenzy around your every move. From social media influencers to reality television stars to controversial shows, present pop culture is shaped by an unforeseen concoction of stardom and social commentary.

While the gossip culture is mostly terrible, it does have a silver lining. The relentless social media feed has offered access to interesting health, beauty and wellness tips. And lucky for you, we're sharing some noteworthy contenders.

1. Self Care from *Eat, Pray, and Love*

The joy Julia Roberts feels while indulging in the cheesiest delicacies in Italy is palpable through the screen. This movie (originally book) offers the perfect recipe for re-discovering yourself through food, inner peace, and true love.

There's only so much satisfaction you can derive from material possessions and career achievements. When it all becomes too much, you should take a step back and reflect. Indulge in food, try meditation and travel.

Start your wellness journey with [Bodytonic Clinic's](#) Yoga Class.

2. Health with Gwyneth Paltrow's *Goop*

Despite being an Oscar-winning actress, Gwyneth Paltrow is now well-known for her lifestyle company *Goop*. She shares and suggests everything from healthy dinner recipes to vaginal steaming. To say the least, *Goop* tops the weird list.

Paltrow works out five days a week, let this be your inspiration. Regular exercise promotes physical and mental health and also improves skin.

3. Eating Like Posh Spice

Victoria Beckham aka Posh Spice has previously talked about her 'Five Hands Diet'. This involves eating five high-protein meals in a day and drinking lots of water.

If you're an incorrigible snacker, perhaps eating five filling and nutritious meals will put you on a healthier path.

Related Link: [Fitness Trend: How CBD Can Be Used In An Exercise Plan](#)

4. Kardashian's Salad Culture

Kardashians are masters at two things- being famous for being famous and always eating humongous proportions of salads. An

average episode of *Keeping Up With The Kardashians* involves dramatic champagne problems, unnecessary yelling, many salads, occasional crying and a few snarky comments (usually from Kourtney).

Salads alone can't make up a balanced meal, but eating salads is a good source of fibers and healthy fats.

5. JLo & Essential Oils

While the world remains divided about essential oils, Jennifer Lopez is here to set the record straight. She believes in sniffing fruit-based essential oils to promote weight loss.

Though there is no scientific evidence backing the above claim, essential oils do promise a range of health and wellness benefits. Lavender essential oils, in particular, improve sleep.

Related Link: [Food Trend: Collagen Is Skincare You Can Eat!](#)

6. Elle Woods' Allegiance to Vegetarianism

Reese Witherspoon's character Elle Woods from *Legally Blonde* cheerfully announces her vegetarianism at a cultural diversity group discussion at Harvard Law School. Going vegetarian or vegan is more popular than ever.

Vegan and vegetarian diets offer several health benefits and are much better for the environment. Even eating vegan once a week can make a significant difference.

7. Shailene Woodley's Natural Take

In an interview with Seth Meyers, Shailene Woodley revealed that she got rid of most of her belongings. And everything she now owns fits in one suitcase! Her decision to give up material possessions is in [pursuit of a natural lifestyle](#). She also shared that eating clay helps her with detoxification.

Oil pulling is a Woodley-endorsed ayurvedic practice you can try. Swish a tablespoon of organic coconut oil for a couple of minutes and spit it out. It's a natural way to whiten your teeth.

What are some ways you incorporate health and wellness into your lifestyle? Start a conversation in the comments below!

Ahjané Forbes



 Fall 2019

Editorial Intern

Ahjané is a junior at Hofstra University where she studies Journalism with a minor in Spanish. She has been in love with broadcast and print journalism ever since she was a little girl. Being fond of creative expression through writing, she decided to try her hand with Editorials. When Ahjané is not making multimedia packages, writing articles for *The Hofstra Chronicle*, being involved with many groups on campus, or writing [celebrity news](#) for [CupidsPulse.com](#), she likes to go to visit her family in Connecticut, shops for the latest fashion trends, listen to music, and just have fun!

Ahjané's favorite [celebrity couple](#) is Gina Rodriguez and Joe LoCicero. The celebrity couple really displays how she would want her relationship to be. They are very supportive of each other. For example, LoCicero posted a sweet message on social media to the *Jane The Virgin* star saying, "Everything about this picture is perfect" while the two stand side-by-side.

Hope Ankney



Fall 2019

Editorial Intern

Hope is a senior at Arizona State University where her studies are focused almost entirely on media and pop culture. She's an avid fan of [celebrity news](#) and enjoys writing and reading about film, music, celebrity analysis, and toxic gender stereotypes in entertainment when she's able. When she's not keeping up to date on the many aspects of pop culture or writing for [CupidsPulse.com](#), she likes to go to concerts, write music reviews, and host her own monthly radio show.

Hope's favorite celebrity couple is [Chrissy Teigen](#) and [John Legend](#). Their ability to display and discuss their relationship not only offers practical [love advice](#) on how to trust and support your partner, but it shows that even the strongest relationships can have struggles, but it's in how you deal with those struggles that can cause you both to grow stronger together. She adores the way they've always been each other's biggest fans, and it is something she hopes to implement into her future relationships.

Hope's expertise: [Celebrity News](#), [Celebrity Couples](#), [Relationship Advice](#)

Ashley Johnson



 Fall 2019

Editorial Intern

Ashley is a recent graduate from Syracuse University, at which her studies primarily focused on pop culture and diversity. She always stays up to date on [celebrity news](#) and enjoys writing about her favorite films, music videos, and [reality TV](#) shows whenever she can. When she is not writing about TV stars or famous artists for [CupidsPulse.com](#), she likes to go to concerts and collect tour shirts from around the world. Her last trip was to Dublin, Ireland!

Ashley's favorite celebrity couple is Will Smith and Jada Pinkett Smith. Their never-ending [love advice](#) and insight into their unique lifestyle inspires her to better her relationship with herself and her loved ones. She loves the way they raise each other up, and their family altogether.

Ashley's Expertise: [Celebrity News](#), [Celebrity Couples](#), [Relationship Advice](#)

Katie Sotack



 Summer 2019

Editorial Intern

In the spring of 2019, Katie Sotack graduated from SUNY

Oneonta with her Bachelor of Communications. She recently began writing [celebrity news](#) articles as a summer editorial intern for [CupidsPulse.com](#). She started her love affair with writing as a child through realistic fiction until she was a teenager when she switched to romance stories. Katie lives in New York with her supportive parents, brother, and guinea pig, Bojack. In her free time, Katie enjoys exercising, reading historical romance, and watching classic movies.

Katie's favorite celebrity couple is [Ryan Reynolds](#) and [Blake Lively](#). She loves the way they support each other and joke around with playful banter. Their running Twitter jokes make her laugh. She also loves Reynolds' bromance with her celebrity crush, [Jake Gyllenhaal](#).

Emily Green



May 2019-Present

Editorial Intern

Emily Green is currently a senior at Hofstra University, studying Journalism with two minors in English and Public Relations. She has loved to write for as long as she can remember and hopes to be able to use her platform as a writer to share others' stories. Outside of class, Emily is a Senior Resident Assistant on Hofstra's campus and a student aide in the Romance Languages and Literature department. She is also President of Hofstra's chapter of Alpha Phi Omega and writes for Her Campus Hofstra.

As a big fan of all things [celebrity news](#), CupidsPulse is the

perfect place to bring together Emily's interest in writing and entertainment. Emily's favorite [celebrity couple](#) is Chrissy Teigen and John Legend- you can't not love Chrissy's tweets! The best piece of [relationship advice](#) she can give is to not take things so seriously- life is short, so enjoy it! After she graduates, Emily hopes to write for a publication that allows anyone and everyone to be heard. Everyone has a story that deserves to be told.

Emily's Expertise: [Celebrity News](#)

Bonnie Griffin



 **Summer 2019**

Editorial Intern

Bonnie Griffin is a graduate student at Southern New Hampshire University where she is a student in their new online MFA Creative Writing program. Her main areas of study are in writing in the romance genre and teaching writing online. After working as a freelance writer for other authors and publishers, she published her first paranormal romance novel in 2017 as B.M. Griffin, and has since published four books in total with many more already in the works. Bonnie hopes to turn her love for writing into a career by teaching others in the profession she is so passionate about, while also continuing to write books that she is proud to put her name on. Bonnie lives in Richlands, North Carolina with her husband Jason, their two daughters, and two dogs she considers her third and fourth child.

Bonnie's favorite [celebrity couple](#) is [Kristen Bell](#) and Dax Shepard. She's been a fan of Shepard's since he starred in the NBC comedy, *Parenthood*. Bonnie loves to see the couple laughing and having a great time together; they seem to truly enjoy being together. The video of Kristen meeting a sloth sealed the deal for her when it came to them becoming her favorite celebrity couple.

Taylor Barbato



February 2017 to Present
Public Relations Intern

Taylor Barbato is a student at the University of Maryland where she majors in Public Relations and minors in Business. She enjoys fashion, [celebrity news](#), and binge watching *The OC* (Summer and Seth forever). When she graduates in December 2017, she hopes to move to New York City and continue her career in PR. Her favorite [celebrity couple](#) is [Miley Cyrus](#) and Liam Hemsworth because she always believes in second chances.

Taylor's Expertise: [Product Reviews](#)

Sarah Batcheller



June 2014 to Present

Assistant Editor

In June 2014, after she graduated from George Mason University with a B.A. in English, Sarah Batcheller began working for CupidsPulse.com as an Editorial Assistant. She was thrilled to be offered the job of coordinating [author interviews](#), true to her bookworm form. As time progressed, Sarah was given the opportunity to conduct various [celebrity interviews](#), including those with Jamie Gray Hyder of True Blood, Tony Dovolani of Dancing with the Stars, and Justin Kim of America's Next Top Model, who happens to be a longtime friend. She loves that Cupid's Pulse keeps her in the loop regarding the [latest celebrity news](#), especially when it comes to Gigi Hadid, who's her inspiration when it comes to fashion and women's empowerment. Still residing in her hometown of Northern Virginia, Sarah is now earning her M.F.A. in Creative Writing at Mason while staying involved with Cupid's Pulse. The one piece of [relationship advice](#) that has never failed her is that you need to love yourself before you can love anyone else.

Sarah's Expertise: [Celebrity Interviews](#), [Celebrity News](#), [Celebrity Relationships](#)

Lauren Burczyk



Spring 2019

Editorial Intern

Lauren, an aspiring writer, is a recent graduate from Southern New Hampshire University, where she earned her Bachelor of Arts degree in General Studies with a concentration in Creative Writing and English. Being a lifelong learner, Lauren has decided to continue her education and attend Southern New Hampshire University beginning in March of this year to complete her Master of Science degree in Marketing with a concentration in Social Media Marketing. Lauren intends to become a social media marketing manager, where she can create inspiring, meaningful, and creative content for businesses to attract customers.

Lauren resides in Tampa, Florida with her loving husband and two beautiful boys, Lincoln, 2, and Phoenix, 1. Aside from caring for her sons, she enjoys clipping into her Peloton and taking frequent trips to Walt Disney World. Something you may find interesting about Lauren is that she also has a passion for the beauty industry, she holds a cosmetology license in the state of Florida.

Lauren started working as an editorial intern for [CupidsPulse.com](https://www.cupidspulse.com) in January 2019 and is passionate about her contributions which include dating advice, fashion tips, and travel features. The celebrity couple that she admires most is Tom Hanks and Rita Wilson, who have been married for nearly 31 years. Lauren believes that the secret to a long-lasting relationship is falling in love with your best friend.

Lauren's Expertise: [Celebrity News](#), [Travel Features](#), [Fashion Features](#)

Nicole Caico



May 2016 to Present Editorial Intern

After years of watching *E! News* and *Keeping Up With the Kardashians* from her living room couch on Long Island, Nicole joined CupidsPulse.com as an editorial intern—finally given a platform to combine her love of journalism and celebrities. Her reporting skills were honed not too far from home, at Hofstra University, where she is pursuing a degree in journalism and spends her free time working at the school's radio station. Always a fan of the Kardashian family, her favorite [celebrity couple](#) is [Kim Kardashian](#) and [Kanye West](#). As Nicole continues to work and live on Long Island she is patiently waiting for a chance to travel and for Blac Chyna's next post.

Brooke Crawford



February 2016 to Present Writing Intern

Brooke Crawford is a Seton Hall University student studying for a Bachelor of Arts degree in Public Relations. She will be graduating in May 2017. She is a member of Public Relations Student Society of America, writes for *The Setonian*, and previously held a public relations internship with Jill Stuart

International. She aspires to work at a PR firm or own her own business in the future. At CupidsPulse.com, she enjoys creating posts that could help someone solve a relationship problem or find a unique date idea. Her celebrity inspiration comes from women like [Beyonce](#), Alicia Keys, and [Angelina Jolie](#). The most important [dating advice](#) she has been given is that you can't love someone else if you don't focus on loving yourself first.

Brooke's Expertise: [Celebrity Couples](#), [Dating Advice](#), [Celebrity News](#)

Mary DeMaio



January 2016 to Present

Editorial Intern


Mary DeMaio is an Adelphi University student double majoring in Psychology and Communications with a concentration in Journalism and Public Relations. She will be graduating in May 2016. She is a Provost scholar and has been a consecutive member of the Dean's Circle since 2012. Over the summer, she gained experience in marketing and public relations at Square One Book Publishers, composing interview questions for authors and performing sales research. She has a passion for writing and being creative and aspires to be a novelist and advice columnist. Mary began working as an Editorial Intern for CupidsPulse.com in January 2016 and is so excited to use this opportunity to help others with their relationships. Her favorite [celebrity couple](#) is [Blake Lively](#) and [Ryan Reynolds](#). The best [dating advice](#) she ever received was from her mom, who told her that trust is the foundation of every solid

relationship and that it's a true blessing if being with that individual makes you want to be a better person.

Mary's Expertise: [Celebrity Interviews](#), [Celebrity Couples](#), [Relationship Advice](#)

Jessica DeRubbo



 **August 2010 to Present**

Senior Editor

In 2010, Jessica DeRubbo began working as a freelance contributor of celebrity news for [CupidsPulse.com](#), where she was quickly promoted to the position of Associate Editor and finally Senior Editor. During her five years with the company, she has seen massive growth and has taken on increasing responsibility. As it stands, she coordinates all guest posts, movie reviews, [celebrity news](#), and feature stories. Jessica has lived everywhere from Michigan to Ohio to New York to California to Texas. She graduated from Miami University of Ohio with a degree in Creative Writing, going on to pursue her Master's in Journalism from Syracuse University in New York. She spent a year in Los Angeles working at E! Network for their website and eventually ended up in Austin, TX working as a recruiter for a software company. Her favorite [celebrity couple](#) is [Justin Timberlake](#) and [Jessica Biel](#), and she most enjoys reading about [celebrity weddings](#). In her opinion, the best piece of relationship advice is to make sure you and your partner balance each other out.

Jessica's Expertise: [Celebrity News](#), [Celebrity](#)

Marissa Donovan



June 2017 to Present

Writing Intern

Marissa Donovan is a student at Colby-Sawyer College who is studying Creative Writing and will be graduating in May 2018. She enjoys watching reruns of *The Office* and going on road trips with friends. Her favorite [celebrity couple](#) is Anna Faris and Chris Pratt. The best [dating advice](#) she can give is to “find someone who makes you as happy as Pam Beesly makes Jim Helpert.”

Marissa's Expertise: [Celebrity News](#)

Noelle Downey



April 2017 to Present

Writing Intern

Noelle Downey is a native Ohioan from Dayton, where she recently graduated Cum Laude from Wright State University and earned her degree in English with a concentration in Creative Writing. Before coming to CupidsPulse.com, she served as an Editorial Intern for start-up publishing and tech companies.

She also works as a freelance writer and copyeditor. Since joining the CupidsPulse.com team, Noelle has had an amazing time working on a variety of posts for the website. Her favorite articles to write are about [celebrity couples](#), and her favorite [Hollywood relationship](#) of all time is Anna Faris and Chris Pratt. Not only do they always seem to be having fun together, but they make a great team as partners, parents, and even friends!

Noelle's Expertise: [Celebrity Couples](#), [Celebrity Interviews](#)

Michelle Foti



January 2016 to Present

Editorial Intern

Writer. Editor. Intern. Fashion Lover. Trend Tracker. Michelle Foti is a senior at Seton Hall University, pursuing a degree in Journalism. At SHU, she is the arts and entertainment editor of the weekly student newspaper The Setonian and is a Her Campus contributor. Michelle is currently an editorial intern for [CupidsPulse.com](#) as well as a fashion closet intern at Cosmopolitan. After graduation, she hopes to break into fashion, an industry that stole her heart at a very young age. When it comes to [dating advice](#), she struts to the beat of never settling and always preaches, "Life is a fashion show; make your designer proud."

Michelle's Expertise: [Celebrity Interviews](#), [Celebrity News](#), [Dating Advice](#)

Delaney Gilbride



February 2017 to Present

Writing Intern

Delaney Gilbride lives in Connecticut and is a senior at Hofstra University. She is majoring in English with a concentration in creative writing and literature and minoring in psychology, and she will graduate in May 2017. She loves writing about [celebrity news](#) for CupidsPulse.com. She is a Netflix junkie and loves to binge watch her favorite TV shows, including *Shameless*, *The Walking Dead*, *Game of Thrones*, *American Horror Story*...just to name a few! Her favorite [celebrity couple](#) is John Krasinski and [Emily Blunt](#). Not only because she's a huge fan of *The Office*, but because she thinks they are so loving and extremely funny. They're perfect for each other.

Delaney's Expertise: [Celebrity Couples](#)

Jessica Gomez



December 2017 to Present
Editorial Contributor

Jessica Gomez graduated Baruch College in Spring 2018 with a

Bachelor's degree in Communication and Journalism. The concentrations for her two majors are Digital Communication, Culture, and Creative Writing. In addition to writing features on a variety of topics for CupidsPulse.com, she is also the Director of Communications and Receptionist at Antin, Ehrlich & Epstein, Attorneys at Law.

Jessica found her passion for writing in the second grade, back when she used to write triple the number of required pages during English class. She started writing fairy tales and progressed to dramatic fiction as she got older. She also loves to watch movies and hangout with friends. She prides herself in being diverse and strives to live life to the fullest.

Her favorite [celebrity couple](#) is [Ryan Reynolds](#) and [Blake Lively](#) because they're both fun and funny, and seem to bring out the best in one another. She admires the love, respect, and happiness that their celebrity relationship portrays.

Her ideal [date night](#) would be going to an amusement park, followed by a movie, nice dinner, and a late night stroll on the beach.

Jessica's Expertise: [Celebrity Couples](#), [Fashion Trends](#), [Beauty Tips](#), [Travel Advice](#)

Katie Gray



September 2014 to Present

Writer

Katie Gray, who joined the CupidsPulse.com team in September

2014, is a Marymount Manhattan College senior double majoring in Communications & Media Arts and Business with a concentration in Entrepreneurship. She is double minoring in Journalism and Fashion Studies. She is currently a staff writer on the school newspaper *The Monitor* and is a national contributing writer for the collegiate site, Her Campus. Her writing and photography has also been published in print in *Home Reporter* and *Brooklyn Spectator*. Her poetry has been featured in the MMC Zine.

Her favorite celebrity couples are [Ryan Reynolds](#) and [Blake Lively](#), Adam Brody and Leighton Meester, Kurt Russell and Goldie Hawn, and [John Legend](#) and Chrissy Teigen. As a pop culture enthusiast and hopeless romantic, she enjoys reading about the latest celebrity news and [celebrity weddings](#). The best [dating advice](#) she ever received was, "Be with someone who makes you laugh and feel like the best version of yourself."

Katie's Expertise: [Celebrity Interviews](#), [Celebrity Couples](#), [Relationship Advice](#)

Emily Hoff



January 2016 to Present

Writing Intern

Emily Hoff is currently a student at Seton Hall University, studying Journalism and Public Relations. She joined the [CupidsPulse.com](#) team in January 2016. She enjoys watching *The Bachelor* every Monday and writes weekly recaps about who she thinks will capture Ben Higgins' heart this season. She also loves writing about [celebrity news](#). She hopes to someday have

a career in fashion, whether it be in journalism or public relations. Her favorite celebrity couple is [Mila Kunis](#) and [Ashton Kutcher](#) because they seem like they are so comfortable with each other. The best [relationship advice](#) she has ever heard was from her mom, who told her to be friends with someone before dating them and to always be yourself!

Emily's Expertise: [Celebrity News](#), [Celebrity Interviews](#), [Celebrity Couples](#)

Carly Horowitz



January 2018 to Present

Editorial Intern

Carly Horowitz is majoring in Communications with a concentration in Journalism at Marist College and plans to graduate in December 2019. She serves as the Director of Finance for the Marist Chapter of Public Relations Student Society of America, a position that hones both her PR and business skills through managing the club's finances and creating and executing fundraisers. She attended the PRSSA National Conference in Boston this past October to represent Marist. She is also the Chief Marketing Officer for Marist Business Review and handles media platforms and posts on the Marist Business Review Facebook page.

Her undeniably strong work ethic has helped her thrive in her job at Torta Fina Bakeshop in Babylon, New York for over two years. This job has sculpted her communication skills due to a

variety of encounters with customers. Additionally, Carly is an active member of Campus Ministry at Marist College. She also recently started the position of Editorial Associate at *For The Record*, an extension of the Marist College newsletter, *Marist Circle*. In this position, she gets to interview students of Marist College and craft their stories to be published. She feels blessed to be able to use her writing skills to help other students have a voice.

Carly began as an editorial intern at CupidsPulse.com in January 2018 and is overjoyed with the ability to showcase her love for writing. In her free time, she enjoys reading, skiing in the winter, boating in the summer, and spending time with her family. Her all-time favorite [celebrity couple](#) is [Blake Lively](#) and [Ryan Reynolds](#). Her favorite [date night](#) activity is simply chilling with her boyfriend while they cuddle, drink tea, and watch movies.

Carly's Expertise: [Celebrity Couples](#), [Celebrity Weddings](#)

Jasmine Igwegbe



January 2016 to Present
Public Relations Intern

Jasmine Igwegbe, who began working for [CupidsPulse.com](#) in 2016, was born in New Jersey but raised in Trinidad until middle school. Later, she decided to return to New Jersey to attend Seton Hall University, majoring in Public Relations. Her career aspirations include working in New York City, Los Angeles, or Atlanta in the entertainment industry. Jasmine's favorite celebrity couple is [Jay-Z](#) and [Beyonce](#), and her best

piece of relationship advice is to practice tolerance so that your partner's annoying traits don't bother you.

Jasmine's Expertise: [Celebrity News](#), [Celebrity Couples](#), [Relationship Advice](#)

Ivana Jarmon



September 2018 to Present

Editorial Intern

Ivana Jarmon is a student at Southern New Hampshire University where she is majoring in Creative writing with a concentration in Fiction. She is currently writing celebrity news with [CupidsPulse.com](#). Her hobbies include reading, writing her novel, traveling and eating great food. Her favorite [celebrity couple](#) is Meghan Markle and Prince Harry. The best piece of [relationship advice](#) she has gotten is to remain humble and love will find you.

Ivana's Expertise: [Celebrity News](#), [Celebrity Couples](#), [Celebrity Divorce](#)