

# Fashion Tips: 7 Tips to Make You Look Slimmer



By Alycia Williams

Finding chic and slimming styles can be difficult. The slimmer look always has an elegant feel to it and it gives anyone a flattering silhouette, but if not done correctly then you can do the opposite and end looking bigger than you actually are. It's time for some [fashion tips](#) to keep us looking slim.

## Here are some must know fashion tips to looking slimmer.

1. **Wear dark colors:** Darker colors instantly draw in attention

to all the right areas and it just draws your silhouette in. Embrace your little black dresses, black tops and jeans for that slimming outcome.

**Related Link:** [Fashion Tips: How to Wear Belts Better](#)

**2. Wear waist belts:** This will save you if you're wearing loose dresses that can make your figure disappear, by giving your waistline more definition. Get the medium sized or larger belts because the tiny ones won't really give you the slimming effect you're going for.

**Related Link:** [Fashion Advice: 6 Plus-Size Fashion Trends to Look Your Best](#)

**3. Wear vertical stripes:** Horizontal stripes widen the body and you should probably avoid them if you want to look more well put together. The lines guide the eyes vertically rather than horizontally which is exactly what makes you look toned.

**4. Get fitted clothes:** This doesn't mean that you should wear very tight things because that also does the opposite of what you want here. The trick is to fill your wardrobe with items that are the correct size for you.

**5. High waisted pants:** High waists usually look better than any other type of trousers. Those that ride awkwardly along the waistline draw in attention in the wrong way. The beauty of high-waisted jeans is that they tuck in the tummy and define your figure immediately.

**6. Wear heels:** Heels were designed to elongate the legs which is an important part of creating that slimming, chic look. Those that work best are pointed toe heels and nude heels. Whatever style of heel you like, add a variety that are within these two categories and you'll never go wrong.

**7. Choose smaller patterns:** Small patterns are more subtle and they don't enlarge things like the bigger, bolder patterns.

They don't overpower your body and that also does a lot to narrow things down.

What are some other fashion tips to keep us looking slim? Start a conversation in the comments below!

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# Fitness Trends: 5 New Fitness Trends to Keep Up With in 2020



By Alycia Williams

The start of this new decade offers us a chance to reflect on both the past and the future. You want to make sure you're keeping up with the latest [fitness trends](#) as the trends are always developing and changing.

## Here are five new fitness trends to keep up with in 2020:

**1. Wearable technology:** Smart watches, heart rate monitors, fitness trackers, and GPS tracking devices appeal to a wide audience, from those just beginning their fitness journey by counting steps and tracking sleep, to seasoned athletes who record every single workout to analyze their performance over time.

**Related Link:** [Fitness Tips for Working Out While Wearing a Mask](#)

**2. High-Intensity Interval Training (HIIT):** The HIIT style of training remains a popular trend in the fitness industry. In 30 minutes or less, exercisers can achieve an efficient, results-driven workout of high-intensity exercise followed by short rest breaks. HIIT training incorporates strength training, cardiovascular exercise, or a mix of the two, and can be done solo or as part of a group training class.

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**3. Group training:** Group training involves five or more participants in a variety of workouts and exercise styles led by an instructor. Strength and toning class, yoga, indoor cycling, barre these classes are everywhere, and with good reason. Group training programs are designed to be effective for people of different fitness levels, creating a highly motivating environment that holds them accountable and helps foster a tribe-like mentality.

**4. Training with free weights:** The emphasis of free weight training is on ensuring proper form for each exercise. Once form is mastered, resistance and new exercises are added to build progressively.

**5. Personal training:** This style of training involves one-on-one sessions among trainers and clients, where specific workouts are prescribed to help the client reach their unique needs and goals. Personal training is used for both strength and cardio training.

What are some other fitness trends to keep up on for 2020? Start a conversation in the comments below!

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## Celebrity Exes Kendra Wilkinson & Hank Baskett Are in a 'Really Good Spot' After Split





By Alycia Williams

In latest [celebrity news](#), Kendra Wilkinson and Hank Baskett are in a good place after their [celebrity break-up](#). According to *UsMagazine.com*, Wilkinson and Baskett have been very cordial and are in a really good spot with coparenting. Hank is out of the picture in terms of a romantic relationship, but they have a good thing going when it comes to the kids. They switch off week to week with them.

**Celebrity exes Kendra and Hank are making the best of things after their break-up. What are some ways to keep things positive in the face of a split?**

**Cupid's Advice:**

A break-up can be a hard thing to get over and keeping it



cordial with your ex can be just as hard. If you're looking for ways to keep things positive in the face of a split, Cupid has some advice for you:

**1. Don't fight your feelings:** Trying to make yourself seem better than you actually are is only going to make things worse. Allow yourself to cry it out if you need to and get that emotion out. That way once all of that is done, you can easily move on.

**Related Link:** [Celebrity Break-Up: Danica Patrick Is Doing 'Emotional Therapy' After Aaron Rodgers Split](#)

**2. Take the high road:** Try to stay away from anything that might seem petty or uncalled for. In order for things to stay positive with your ex, you can't do or say negative things about them.

**Related Link:** [Celebrity Break-Up: Danica Patricks Posts About 'Pain' After Aaron Rodgers Split](#)

**3. Follow your own path:** Stay focused on yourself and what you have going for you. Worrying too much about your ex will only create negative feelings and thoughts about them.

What are some other ways to keep things positive in the face of a split? start a conversation in the comments below!

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# Celebrity Baby News: Emma Roberts Reveals Sex of First

# Child with Garrett Hedlund



By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Emma Roberts and Garrett Hedlund revealed the sex of their [celebrity baby](#). According to *UsMagazine.com*, Roberts wrote an Instagram post captioned: "Me...and my two favorite guys," revealing that the couple is expecting a boy. The couple's celebrity friends joined them in celebrating the news in the comments section of Robert's post. Her aunt, Julia Roberts, commented, "Love you" with a kiss emoji. Emma's former *Scream Queens* costar Lea Michele, commented, "You will be the greatest mama. I love you Em! Boy moms together." Her *American Horror Story* castmate Sarah Paulson, meanwhile, wrote, "Beauty beauty."



# In celebrity baby news, Emma Roberts and her boyfriend Garrett are expecting a baby boy. What are some ways to reveal the sex of your baby to family and friends?

## Cupid's Advice:

Finding out the sex of your baby is almost as exciting as finding out that you're welcoming a baby. There are so many ways to reveal the sex of your baby to your friends and family and if you're looking for the way that's right for you, Cupid has some advice for you:

**1. Use social media:** Just like Emma Roberts and Garrett Hedlund, you can use social media to share with all of your friends and family the gender of your new baby. It's fast, it's easy, and it gets the job done. It's also a great excuse for a photo shoot.

**Related Link:** [Celebrity Baby News: Carrie Underwood Shares Sex of Baby at 2018 CMAs](#)

**2. Have a gender reveal party:** When you're revealing the sex of your baby a great way to celebrate is to throw a party. You'll have all the people that you would want to know the sex and it's a pre-celebration before the baby shower. You can use smoke bombs, confetti, or even your cake to reveal your baby's sex.

**Related Link:** [New Celebrity Baby: Kim Kardashian and Kanye West Welcome a Son](#)

**3. Keep it simple:** If you don't want to make this a big deal you can always keep it simple by just privately telling the people that you want to know. This works best if you're

interested in keeping your pregnancy more intimate and private.

What are some other ways to reveal the sex of your baby to family and friends? Start a conversation in the comments below!

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## Food Trend: What's the Deal with Seaweed?



By Alycia Williams

Seaweed is the next big thing when it comes to the latest [food](#)

[trends](#). It's becoming a must have for every household. As the seaweed trend grows, it's about time you know why seaweed could be beneficial for you.

## **In this food trend, find out the benefits for eating seaweed.**

**1. Seaweed is packed with umami:** Seaweed contains a lot of flavor. The secret is behind all that is that it has a high level of glutamic acid, which is in the flavor enhancer MSG, and it's found in a natural form in almost all sea vegetables.

**Related Link:** [Food Trend: The Next Big Fruits & Vegetables Trends](#)

**2. The most nutrient dense food on the planet:** With iodine that promotes a healthy functioning thyroid, soluble fiber, calcium, omega 3s, anti-oxidants, and a host of other minerals and vitamins. The demand for healthy foods have entered the mainstream and seaweed is riding this trend.

**Related Link:** [Food Trend: Health Benefits to Eating Mushrooms](#)

**3. Great source of complete proteins:** The plant-based protein movement is experiencing explosive growth due to increasing consumer awareness of health with anywhere from 3-50% of complete proteins depending on the varietal.

**4. Extremely low-impact food on the planet:** It requires no fresh water, no fertilizer, no feed, and no pesticides. It also absorbs about 7 times more CO2 than any land-based plant and studies have shown it reduces ocean acidification.

**5. Good for your heart:** Many people do not realize how essential seaweed is in keeping the heart-healthy. A single serving of Seaweed every day will help with staving off heart disease, stroke, and other cardiovascular illnesses. This is

due to vitamin B9 and folate found in this amazing water-based plant. It all comes down to an amino acid called homocysteine.

**6. Source of protective antioxidants:** Even just a small amount of seaweed eaten on a daily basis will give you a wealth of health benefits. Just two tablespoons of seaweed are enough to fulfill nearly a quarter of your daily recommended intake of vitamin C as well as vitamin A. These vitamins are powerful antioxidants that assist the body in fighting off disease and infection.

**7. Supports oral health:** There are many ways to help strengthen your teeth and improve your oral health. The best way is to consume drinks and food with low acidity like seaweed. It also contains a substance proven to kill oral bacteria.

**What are some other benefits for eating seaweed? Start a conversation in the comments below!**

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## **Celebrity News: Elsa Pataky Says Marriage to Chris Hemsworth Is 'Not Easy'**





By Alycia Williams

In latest [celebrity news](#), Elsa Pataky says her [celebrity marriage](#) with Chris Hemsworth is not easy. According to *EOnline.com*, Pataky explained in a new interview with Australia's Body + Soul, she and Hemsworth have been through many highs and lows together over the years. "It's funny that people think of us as a perfect couple," Pataky said. "No way. It's been ups and downs, and we still keep working at the relationship."

**In celebrity news, Elsa Pataky claims that marriage with Chris Hemsworth isn't easy. What are some ways to get through rough patches as a married couple?**

**Cupid's Advice:**

When you've been married for a while rough patches are inevitable, but it's all about you work through them that will define the rest of your relationship. If you are looking for ways to work through a rough patch in your relationship, Cupid has some advice for you:

**1. Never stop loving them:** Love is unconditional. That means your love is strong during the good times and the bad. Even during this difficult time, never stop loving them. This is easier said than done. You could be mad at your partner or feeling negatively toward them. In order for the relationship to work, the flame can't go out.

**Related Link:** [Celebrity Couple News: JoJo Fletcher & Jordan Rodgers Almost Split After 'Bachelorette'](#)

**2. Remember the good times:** During the bad times, it's always easy to be negative and feel resentment toward your partner, but you get what you put out into the universe. If you want the relationship to work out, start feeling more positive. The easiest way to do this is by remembering the good times. Maybe it was a special day, like your first date or a wedding day. Even focusing on what you love about your partner can also bring positivity.

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**3. Ask advice from family and friends:** No one knows you and your relationship better than your family and friends. That's why they will have a thing or two to say about the situation. Who knows, they have probably been through a similar situation. Ask their advice. They may have something valuable to say.

**What are some other ways to get through a rough patch as a married couple? Start a conversation in the comments below!**



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# Celebrity Couple News: Former 'Bachelorette' Rachel Lindsay Celebrates 1 Year Anniversary with Bryan Abasolo



By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Rachel Lindsay and Bryan Abasolo celebrated their one year wedding anniversary together. According to *UsMagazine.com*, the *Bachelorette* star found love on season thirteen, but since then fans don't believe in her love success. "As for my happy ending, it was

not demonstrated within the confines of your television screens, but I am living it every day in real life,” Lindsay had to say.

## **In celebrity couple news, Rachel Lindsay and Bryan Abasolo celebrated their first wedding anniversary. How do you make your partner feel special on your anniversary?**

### **Cupid's Advice:**

Anniversaries are so important and extremely memorable, so each year you want to make sure you do something special to remind your partner of how much you love them. If you are looking for ways to make your partner feel special on your anniversary, Cupid has some advice for you:

**1. Take a walk down memory lane:** One sweet way to celebrate your anniversary is to bask in all of the memories you've collected. Take some time to create a map that outlines all of the meaningful places that are significant your relationship. It can be as easy as printing a map and drawing hearts at each destination. Connect the dots to form a tour of your love.

**Related Link:** [Celebrity Couple News: Nick Jonas Pays Tribute to Priyanka Chopra on 1st Wedding Anniversary](#)

**2. Recreate your first date:** Since anniversaries are all about celebrating your love, you can spend yours by going back to where it all started. Think hard and try to remember as many details about your first date as possible. This includes where you were, what you did, what you ate, what you wore, and what

you said.

**Related Link:** [Celebrity News: Dua Lipa & Anwar Hadid Celebrate First Anniversary](#)

**3. Go on a spontaneous vacation:** Booking a spontaneous vacation could be your greatest endeavor yet. One of the most exciting ways to travel is to put on a blindfold and throw a dart at a map. Wherever the dart lands, that's where your next adventure awaits.

**What are some other ways to make your partner feel special on your anniversary, Start a conversation in the comments below!**

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## **Parenting Tips: Create a Positive Learning Environment at Home**





By Alycia Williams

Many kids are being forced to learn from home due to the pandemic this school year. A positive learning environment is crucial for your childrens' success. To ensure that your child experiences a nurturing and educational environment in the comfort of your home, you'll need some [parenting tips](#).

**Creating a positive learning environment can be difficult, but these parenting tips will help you prepare for the school year!**

**1. Join them in their learning process:** Being with your children while they work and making them feel supported will motivate them immensely. Establish daily or weekly activities you can do together like reading before bedtime or watching the news.

**Related Link:** [Parenting Tips for Learning at Home](#)

**2. Praise and display their work:** Reinforcement is the idea of how the consequences of certain actions make the person more or less likely to perform that same action. Therefore, if parents praise their children's work it will encourage them to keep working hard. A good way of doing this is by displaying their work around the house. Make sure they know you're proud of it so they can be too!

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**3. Use their interests as teaching opportunities:** You don't have to wait until you are inside to start teaching or guiding your child. Incorporate educational moments outside of "work time" by constructing on your child's interests. For example, give your child a little background history of the sport they like while you practice it. Or watch a movie together that touches on subjects being learned.

**4. Create a prepared environment:** Children are easily distracted so a de-cluttered, well lit, quiet room is ideal to achieve maximum concentration. Children will do better in a prepared environment in which the children get to choose what they want to work on that day. Try to encourage this self-paced, self-learning practice at home.

**5. Get engaged:** Show interest in what your child is learning. This will only make them more enthusiastic about their work. Maybe get them to explain the subject to you. This will not only help them understand it better themselves, but it will become a new conversational topic between you and strengthen your relationship.

**What are some other ways to create a positive work environment at home? Start a conversation in the comments below!**

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# Celebrity News: Dwayne Johnson Predicts Justin and Hailey Bieber Will Have a Baby in 2021



By Alycia Williams

In latest [celebrity news](#), Dwayne Johnson predicts that [celebrity couple](#) Justin Bieber and Hailey Baldwin will have a [celebrity baby](#) in 2021. According to *EOnline.com*, Bieber posted a photo on Instagram on himself cradling Alaia Baldwin and Andrew Aronow's baby girl. Bieber's caption reads, "My



baby niece Iris... the most squishy cute gumdrop ever!! She's so precious!" After seeing the picture, Johnson decided to comment on it. "This image pretty much seals the deal," Johnson said. "Fully expect you and H to have a baby in 2021." The couple has made it known that eventually they do want to be parents, just not anytime soon.

## **In celebrity news, Dwayne Johnson is convinced Justin and Hailey will have a baby in 2021. How do you decide when the right time is to have kids?**

### **Cupid's Advice:**

Once you've tied the knot many people will be looking a baby right afterwards, but if you and your partner aren't ready then it shouldn't be something that you should rush into. If you and your partner aren't sure if it's the right time to have kids, Cupid has some advice for you:

**1. You're ready for the commitment:** Having a baby is huge commitment because once you bring this baby into the world there's no turning back, this baby is yours forever. Not only do you need to be committed to your baby, but you have to be committed to each other as well. Once you and your partner have a baby together you'll be tied together forever as you both share a child. So preparing yourself for commitment is key.

**Related Link:** [Celebrity News: Hailey Bieber Says She and Justin Haven't Made Any Quarantine Babies](#)

**2. Evaluate your current life events:** A baby is going to take up a lot of your time so before deciding that you're ready for

a baby you might want to access the things that are going on in your life right now. It can be a demanding job, recovering from a serious injury or illness, or taking care of your parents, these are things you have to consider before determining if its the right time. Decipher whether or not you have time to commit to a baby right now.

**Related Link:** [Celebrity News: Justin Bieber Is 'Not in a Rush' to Have Kids with Hailey Baldwin](#)

**3. Talk to your partner:** Deciding whether or not you're ready to have a baby has a lot to do with what you're partner thinks. You could be completely ready, but it takes two to make a baby and if you're partner isn't ready then as a couple you both aren't ready.

**What are some other ways to decide when the right time is to have kids? Start a conversation in the comments below!**

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## **Celebrity Baby News: Former 'Glee' Star Lea Michele Gives Birth to 1st Child with Husband Zandy Reich**





By Alycia Williams

In latest [celebrity news](#), *Glee* star Lea Michele welcomed her first [celebrity baby](#) with husband Zandy Reich. According to *UsMagazine.com*, the baby boy was born on Thursday, August 20. They are all happy and healthy, and they're extremely grateful. He's been an easy baby so far, and they decided to name him Ever Leo.

**In celebrity baby news, Lea Michele is a first time mom. How can you and your partner prepare for becoming parents?**

#### **Cupid's Advice:**

Becoming a parent can be extremely exciting and awaiting your new baby can feel like a lifetime. By using those months that you are waiting for your bundle of joy, you and your partner can prepare, because your lives are going to take a major

shift. If you and your partner are looking for ways to prepare for becoming parents, Cupid has some advice for you:

**1. Learn about baby and toddler sleep:** The topic of sleep is one of the biggest questions for first time parents. You and your partner should learn about sleep while you are pregnant so you can quickly pick up on sleep troubles and avoid many of the bad sleep habits parents unintentionally develop. The biggest reason children have troubles sleeping through the night is that their parents haven't learned how to facilitate good sleep.

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**2. Get healthy:** Before your baby arrives is a great time to focus on your own health, because once the baby comes most of your focus needs to be on the baby. This would be the best time quit smoking, develop a healthy diet, start taking vitamins, and schedule your annual physical.

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**3. Increase your social support network:** Although becoming a new parent is thrilling at first, as time goes by you and your partner may need help from people in your lives. Strengthen your relationship with your family and friends now, so that when you're in need of their help it won't seem far fetched.

**What are some other ways you and your partner can prepare for becoming parents? Start a conversation in the comments below!**

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# Fashion Tips: Keep it 'Corona Casual'



By Alycia Williams

COVID-19 has been forcing a lot of us to stay home on days that we would've been going outside. At first, it felt great to know that we can lounge around in our pajamas all day, but as the months go by, it becomes harder and harder to feel good about ourselves not getting ready for the day. Just because you're not going anywhere, doesn't mean you can't get dressed and focus on fashion. You'll need some [fashion tips](#) for staying home and dressing casual.

# Here are five fashion tips for dressing casually while staying home.

**1. Get dressed:** Now, it's time to get dressed. Getting dressed really helps with your mood as it gives you a sense of purpose for the day. You'll feel more productive when you put on clothes versus pajamas. It's also good practice to throw on a pair of jeans once a month just to check in and make sure that they all still fit.

**Related Link:** [Fashion Tips: 5 Ways Mask Fashion Can Elevate Your Look](#)

**2. Put on something that makes you smile:** Enough with saving things for a special occasion. You know what makes you feel the best when you put it on, don't hesitate to dust it off and put it on for the day. Whether it's a top, earrings, or even a pair of high heel, just make sure you feel great in it. It's a instant mood lifter.

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**3. Wear a color that makes you happy:** Studies have shown that the color yellow is perceived as a high energy color and is often used to create a sense of excitement. We could all use a bit of that right about now. If yellow is not your thing, find a color you love and that makes you feel good, and wear it often. It could be something as simple as changing the colors of the laces in your running shoes from white to blue, or pulling out the perfect red lipstick to get through your Zoom meeting with confidence.

**4. Level up your loungewear:** Exciting prints and comfort can apply to the loungewear we choose to wear outside of the house as well. Instead of lounging in your printed pajamas, throw on



your favorite tee, some printed joggers, and sandals to pull together a casual, yet comfortable look that can be worn in the comfort of your home.

**5. Grab your mask:** Interestingly enough, in absence of seeing your smile, your mask may just be your best accessory these days. Choose masks that match your personality from showcasing your Packers or Badgers pride to abstract and animal prints, the possibilities are endless.

**What are some other fashion tips for keeping it casual? Start a conversation in the comments below!**

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## **Celebrity Baby News: Chrissy Tiegen Reveals the Surprising Way She Found Out About Her Third Pregnancy**





By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Chrissy Tiegen and John Legend confirmed they're expecting their third [celebrity baby](#) through Legend's music video. According to *EOnline.com*, Tiegen revealed how she found out about her surprise pregnancy. She admitted to not knowing about the baby news when she was undergoing breast implant removal surgery in June after asked by a fan how she found out about the pregnancy. She explained that when she took a pregnancy test before the surgery, it was negative, but after the surgery she took another and it was positive.

**In celebrity baby news, Chrissy Tiegen is keeping it real by letting fans know how she found out about her surprise pregnancy. What**

# are some ways to support your partner through a surprise pregnancy?

## Cupid's Advice:

There is no telling how you're going to react when faced with a surprise pregnancy. That being said, you both have to be there for each other as you recover from being shocked. If you're looking for ways to support your partner through a surprise pregnancy, Cupid has some advice for you:

**1. Respond **positively**:** When a woman experiencing challenging circumstances confides she is pregnant, the reaction of the first person she tells tends to set the tone for her decision-making. Avoid responding with shock or alarm, and be calm and understanding. Let her know you're there for her and that it's going to be okay. Pay close attention to her emotional state, and act accordingly.

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**2. Set up a support system:** In addition to the standard baby registry, you can help her get other kinds of support by lining up much-needed, practical help. Think outside the box. Take advantage of websites that allow friends and family to sign up to make meals, send food deliveries, or simply donate money. Some websites can even help organize other assistance like rides to the doctor, babysitting other children she may have, or help around the house.

**Related Link:** [Celebrity Baby News: Sean Lowe Admits Wife Catherine's Third Pregnancy Happened 'Sooner Than Planned'](#)

**3. Encourage her:** Society tends to focus on ways that an unexpected pregnancy can be challenging. Help your partner to

think of the benefits. Remind her of the fluttering kicks, somersaults, and maybe even dance moves her son or daughter will be rocking once they grow a little more. With moms' groups and opportunities for play dates, there's a whole new social world to explore.

**What are some other ways to support your partner through a surprise pregnancy? Start a conversation the comments below!**

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## **Celebrity News: Lauren Adkins Talks Saving Herself for Thomas Rhett in New Book**





By Alycia Williams

In latest [celebrity news](#), Lauren Adkins talks about saving herself for Thomas Rhett in her new book. According to *UsMagazine.com*, Adkins talks a lot her [celebrity relationship](#) with Rhett, including how the two met and what their relationship was like when they were in high school and in college. Adkins talks about staying true to their values while they were in college by saving themselves for marriage. “I mean, don’t get me wrong, it’s not like we didn’t kiss a ton or get a little too close a few times,” she writes. “We just always made a choice to stop short of breaking the promise we’d made to save ourselves for marriage.”

**In celebrity news, Lauren Adkins is opening up about her life with country star Thomas Rhett. What are some ways to cope with a partner**

# who has a demanding job?

## Cupid's Advice:

In a relationship you always want to be supportive of what your partner is doing, even if it feels like it's stealing time away from your relationship. If your partner has a demanding job and your looking for ways to cope, Cupid has some advice for you:

**1. Don't nag:** Annoying your partner about the long hours that they work isn't going to make the situation any better. Instead have a conversation with them about it when you get the chance, it'll result in a better outcome.

**Related Link:** [Celebrity News: Thomas Rhett & Wife Lauren Speak Out Against Racism for Adopted Daughter](#)

**2. Show unconditional support:** It can be difficult to show interest in your spouse's career after your own long day of work. But it's important that you're thoughtful and present in your conversations relating to your partner's career, and that your support is unconditional toward their work. Without such support, a lack of understanding and resentment can breed in your partner, making it difficult to act as a couple.

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**3. Come up with a solution together:** After talking to your partner, you should try to come up with a set day and time once a week that you know you count on your partner to be around. That way even when it feels like you haven't seen your partner in a while, you can look forward to the set time that you both put together.

**What are some other ways to cope with a partner who has a demanding job? Start a conversation in the comment below!**



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# Beauty Tips: How to Combat Maskne



By Alycia Williams

Wearing a mask has become apart of our everyday lives, but some people are facing the hurdle of maskne, which is acne created from wearing a mask. Since we can't just stop wearing our masks, [beauty tips](#) are needed to prevent and treat maskne.

## Here are some beauty tips for

# preventing and treating maskne!

**1. Skip your usual makeup:** Wearing too many products under the mask can cause a build up on the skin. Forego wearing foundation, or pick non-comedogenic products under the mask to allow your skin to breathe. This is especially true if you work out in your mask.

**Related Link:** [Fashion Tips: 5 Ways Mask Fashion Can Elevate Your Look](#)

**2. Wash your mask after every use:** It removes any acne-causing bacteria and oils from the mask. Use hot water, laundry detergent, and white vinegar, which has antibacterial, antiviral, and anti fungal properties. Be sure to look for a laundry detergent that is fragrance-free, as leftover fragrance residue can also irritate skin.

**Related Link:** [Beauty Tips: How to Treat Oily Skin](#)

**3. Exfoliate and hydrate:** In addition to your daily washing, the two most important steps in your skincare routine that can help maskne are an exfoliating cleanser and a hydrating moisturizer. Swap your gentle cleanser for an exfoliating version three nights per week.

**4. Spot-treat:** If you're already experiencing a crop of mask-related pimples, you can use a spot treatment containing salicylic acid, sulfur, zinc, or 2.5 percent benzoyl peroxide.

**5. Consider a retinol:** Now is also a good time to hop on the retinol bandwagon, if you haven't already. Retinol speeds cell turnover, which prevents dead skin cells from clogging your pores. Start by using several nights a week with a pea-sized amount and gradually increase the frequency.

**6. Try a stronger OTC treatment:** This product changes the way the skin cells develop from the inside out and works well for

blackheads and clogged pores. You can usually find these products over the counter.

**7. Create a barrier:** When maskne shows up as skin irritation, you may need a “barrier” product to protect your delicate skin. A thin layer of Healing Ointment applied to the irritated skin just before putting on your mask works wonders.

**What are some other tips for treating and preventing maskne? Start a conversation in the comments below!**

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## **Celebrity Break-Up: Liam Hemsworth Is ‘Living a Different Life’ After Split from Miley Cyrus**





By Alycia Williams

In latest [celebrity news](#), Liam Hemsworth is living a different life after his [celebrity break-up](#) from Miley Cyrus. According to *EOnline.com*, since their split a year ago, Hemsworth has put the relationship with Cyrus behind him. He's happy to have moved on and is living a completely different life now. The way things ended between them didn't sit well with him and he was saddened by it all. It took him time to come to terms with the end of their relationship and to process it all. Hemsworth and Gabriella Brooks were spotted on lunch date recently. They've proved that their relationship is stronger than ever and they enjoyed a fun day in Byron Bay.

**In celebrity break-up news, Liam Hemsworth has moved on with his Aussie girlfriend, Gabriella Brooks. What are some ways to keep**

# your relationship “easy and fun”?

## Cupid’s Advice:

When you’re in a relationship for a long time, it can be hard to revive the fun times that you were both having in the beginning. If you’re looking for ways to keep your relationship easy and fun, Cupid has some advice for you:

**1. Keep the element of surprise alive:** Surprise your partner from time to time in a variety of ways. Arrive home with a small gift, cook your partner’s favorite meal or book a surprise weekend getaway. These types of surprises will keep the excitement alive and prevent you from getting stuck in a relationship rut.

**Related Link:** [Celebrity Break-up: Miley Cyrus & Liam Hemsworth Split Less Than 8 Months After Wedding](#)

**2. Greet one another with excitement:** The way you greet one another after being apart can set the tone for the rest of the day. Changing small habits, such as the way you greet your partner when they get home, can be key to a lasting relationship. Greet your partner at the door with a hug and a kiss and express your joy at being together again. This can start things off on the right foot and set you on the path to reconnect after being apart.

**Related Link:** [Celebrity Divorce: Why Liam Hemsworth Quickly Filed for Divorce from Miley Cyrus](#)

**3. Try something new together:** Participating in a new activity together can keep the relationship exciting. Take a Chinese cooking class, volunteer at a soup kitchen, or take golf lessons together. A willingness to learn something new can help you grow together as a couple.

**What are some other ways to keep your relationship “easy and**

fun”? Start a conversation in the comments below!

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# Celebrity News: Kendall Jenner Steps Out With Devin Booker After Flirty Instagram Exchange



By Alycia Williams

In latest [celebrity news](#), rumors are circulating about Kendall Jenner and Devin Booker possibly being a new [celebrity couple](#).



According to *UsMagazine.com*, the two stepped out for dinner together less than a week after they fueled romance rumors when they exchanged flirty Instagram messages. Jenner was spotted dining at Nobu in Malibu on Saturday, August 15, with Booker, and her sister Kylie Jenner. Earlier this week, the Estée Lauder brand ambassador shared a video via Instagram of herself using a filter to change the color of her eyes. Kendall captioned the post with a strawberry emoji to which the Phoenix Suns star commented, "I like strawberries." Jenner replied with four more strawberry emojis.

## **In celebrity news, Kendall Jenner may be acting on attraction stemming from Instagram. What are some ways social media can pave the way for a relationship?**

### **Cupid's Advice:**

Social media can be used for a lot of different things, but nobody ever thinks of it when it comes to paving the way for a new relationship. If you're looking for ways that social media can help your love life, Cupid has some advice for you:

**1. Helps you connect:** Social media brings people together that aren't physically together. You can reconnect with someone you haven't seen in years and that could eventually develop into a relationship.

**Related Link:** [Celebrity News: Sources Say Kendall Jenner & Ben Simmons Are Dating Again](#)

**2. Opens the flirtatious gate:** Just like Jenner and Booker, social media allows more opportunities to be flirty with someone. Commenting on someones post or re-posting something

that someone posted can be perceived as a major flirt if done right.

**Related Link:** [Celebrity News: Kendall Jenner & A\\$AP Rocky Attend Sunday Service After He's Released from Prison](#)

**3. Meet a wide range of new people:** There are countless amounts of people on social media at the exact same time that you are. You have the opportunity to meet so many different people just by scrolling for a few minutes.

**What are some other ways social media can pave the way for a relationship? Start a conversation in the comments below!**

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## **Celebrity Break-Up: Danica Patrick Shuts Down Comment About 'Failed' Relationship**





By Alycia Williams

In latest [celebrity news](#), Danica Patrick addresses internet trolls when someone comments on her [celebrity break-up](#) with Aaron Rodgers. According to *EOnline.com*, someone commented on Patrick's post saying, "At 38, its over for you in the relationship world with high value men. From a failed marriage to failed dating clearly you have a problem dating." Patrick posted the comment and captioned the post "If we let what one person thinks of us be our reality, we are doomed. Realize that what someone says to us has a lot more to do with their own wounds and reality than ours. Our reality is our decision. Still not easy but true."

**In celebrity break-up news, Danica Patrick isn't letting anyone get away with bashing her most recent relationship with Aaron Rodgers.**

# What are some ways to keep outside comments after a split from affecting you?

## Cupid's Advice:

Getting over a break-up is hard enough as it is, but with additional comments on your split just adds to the negativity. If you are looking for ways to keep negative comments after a split from affecting you, Cupid has some advice for you:

**1. Address the comments:** Just like Danica Patrick you can respond to the comment to keep people commenting on your situation. Whether you reply nicely or not so nicely people will eventually get the hint that you aren't interested in their remarks.

**Related Link:** [Celebrity Break-Up: Danica Patrick Is Doing 'Emotional Therapy' After Aaron Rodgers Split](#)

**2. Ignore the comments:** Although addressing the comments could be helpful, ignoring it completely could also be the right answer. By not shedding any light to what other people have to say, in time people won't say anything knowing that you won't respond.

**Related Link:** [Celebrity News: False Alarm! 'Pump Rules' Lala Kent & Randall Emmett Are Still Together](#)

**3. Keep a positive circle:** Surround yourself with people who always have a positive attitude, who can always see the bright side of the situation. When you start allowing a lot of people to know your business, that's how you get negative comments. Keep your circle tight.

**What are some other ways to keep out comments after a split from affecting you? Start a conversation the comments below!**

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# Celebrity Baby News: Bindi Irwin Is Expecting First Child With Chandler Powell



By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Bindi Irwin and Chandler Powell are expecting their first child. According to *UsMagazine.com*, Irwin told fans that she is still in her first trimester, but wants them to be part of our journey from the

beginning of this new life chapter. "Chandler and I are proud to announce that we're expecting! It's an honor to share this special moment in our lives with you," Irwin said.

## **In celebrity baby news, Bindi and Chandler are about to become parents. How do you know if your partner will make a good parent?**

### **Cupid's Advice:**

Becoming a parent is a big step in life and deciphering whether you and your partner will be good parents can be hard to determine. If you are wondering if your partner will be a good parent, Cupid has some advice for you:

**1. They're a sacrificer:** If a person is willing to make a lot of sacrifices, then the chances that they will be a good parent is pretty high. One of the main things parents are supposed to be able to do for their children without a second thought is sacrifice things. Parenting is all about sacrificing things. One of the main things parents have to give up when they have kids is time.

**Related Link:** [Celebrity News: Bindi Irwin Makes First Red Carpet Appearance with Boyfriend Chandler Powell](#)

**2. They're a loving person:** One of the qualities a good parent must have is the ability to treat other people with love and respect. If someone seems to be unable to do that before they become a parent, then it does not seem very likely that they will be able to do that after they become a parent. Parents should be able to treat others with lots of love and kindness.

**Related Link:** [Bindi Irwin's Boyfriend Bandages Her Feet After 'DWTS' in Latest Celebrity News](#)



**3. They're attentive:** If a person is attentive, that is a sign that they will make a good parent. Parents always need to be attentive, especially when it comes to their children. There are cases during which some parents will get upset with their kids when they act out, but kids usually act out because they are emotional. ]

**What are some other signs that your partner will be a good parent? Start a conversation in the comment below!**

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## **Celebrity News: Hailey Bieber Says She and Justin Haven't Made Any Quarantine Babies**





By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Hailey Baldwin Bieber and Justin Bieber aren't ready for a baby. According to *UsMagazine.com*, they've have been enjoying life as a family of two. "We didn't make any babies, so that's that," says Baldwin Bieber when asked if her and Bieber made a quarantine baby. "Honestly, I really do think we've enjoyed this time." Bieber was supposed to be on tour right now before the shows were postponed due to COVID-19 spread and they've been enjoying their extra time together.

**In celebrity news, fans will have to wait for baby news from Hailey and Justin Bieber. How do you know when the right time is to welcome children into the world and your**

# relationship?

## Cupid's Advice:

Deciding if you and your partner want to have a baby together is a big decision and requires a lot of thought behind it. If you and your partner are wondering if it's the right time to welcome a baby, Cupid has some advice for you:

**1. Your relationship is rock solid:** Before even thinking of a baby you want to make sure that you and your partner have long term plans to stay together. Your relationship has to be strong enough to weather the trials and tribulations you'll face when having a baby.

**Related Link:** [Celebrity Parents: Kendall Jenner Jokes on Social Media About Starting a Family](#)

**2. You both are ready for more chores:** When you have children you're not just taking care of yourself anymore, you're responsible for another life. This requires a lot of things that need to be done, especially when you have a newborn. Make sure that you and your partner know and understand how much work going to need to be done.

**Related Link:** [Celebrity News: Justin Bieber Is 'Not in a Rush' to Have Kids with Hailey Baldwin](#)

**3. You're both not afraid of change:** Your relationship will change forever once you introduce children into your lives. Not only will your lives change as soon as the baby is born, but your relationship will become deeper and stronger as you now share child.

**What are some other ways to know when the right time is to welcome children into the world? Start a conversation on the comments below!**

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# Celebrity Baby News: Katherine Schwarzenegger & Chris Pratt Welcome First Child Together



By Alycia Williams

In latest [celebrity news](#), Katherine Schwarzenegger has welcomed her first [celebrity baby](#) with Chris Pratt. According to *UsMagazine.com*, Schwarzenegger's brother Patrick Schwarzenegger confirmed the news saying " "They're doing great, she just got her a little gift." Pratt's car was also

spotted at a hospital in Santa Monica on Friday, August 7.

## **In celebrity baby news, Katherine and Chris are proud new parents. What are some tips for working as a team with a newborn?**

### **Cupid's Advice:**

Welcoming your new baby is always going to be an exciting moment to remember. However, newborn babies also come with a lot of work and in that case you have to make sure you and your partner work together. If you are just welcoming your bundle of joy and is looking for tips to work as a team with your partner, Cupid has some advice for you:

**1. Split the work evenly:** With a newborn baby there is going to be a lot of things that need to be done on a daily basis. You and your partner should decipher how you can split everything that needs to be done evenly, that way one person isn't doing way more than the other.

**Related Link:** [Celebrity Couple News: Katherine Schwarzenegger Calls New Husband Chris Pratt a 'Wonderful Husband' on Father's Day](#)

**2. Be there for each other:** Welcoming a new baby to your family is going to be hard on the parents physically and mentally. Encourage each other push through the stress. When your partner needs someone to talk to, don't hesitate to sit down and listen because you need each other more than ever right now.

**Related Link:** [Celebrity Baby News: Nikki Bella Gives Birth to 1st Child with Artem Chigvintsev](#)

**3. Be consistent with baby care:** You and your partner may have different parenting styles, but it helps to communicate and be on the same page when it comes to baby care. If you don't see eye to eye on some aspects of parenting, talk through your concerns and try to find a compromise that works for both of you.

**What are some other tips for working as a team with a newborn? Start a conversation in the comments below!**

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## **Fitness Tips for Working Out While Wearing a Mask**





By Alycia Williams

During the pandemic it's really important that we wear masks when going outdoors, but going on your morning runs can seem really difficult with a mask on. Wearing a mask should not exempt you from continuing with your exercise regime, but what is true is you need to know a few [fitness tips](#) before you embark on masked fitness, whether you are a seasoned athlete or just an enthusiast.

## Here are some fitness tips for working out with a mask on:

**1. Start slow and easy:** Using the mask will increase the feeling of air hunger resulting from the accumulation of carbon dioxide, and what you need to do is gradually decrease your sensitivity to CO<sub>2</sub>. The best way to decrease your sensitivity and increase your tolerance to CO<sub>2</sub> is to slow down your breath and train yourself with nasal breathing before your workout.

**Related Link:** [Health Advice: Exercise Is a Complementary Medicine for Chronic Conditions](#)

**2. Prepare your lungs:** If you just workout without preparing your lungs, you'll breathe fast and shallow, which makes you more prone to anxiety and performance fatigue. Before working out, start with a few slow breaths moving your belly and diaphragm. Your entire middle should expand as you inhale and squeeze as you exhale.

**Related Link:** [Fitness Tips: Mix Up Your Routine with These Celeb-Approved Workouts](#)

**3. Breathe through your nose:** Breathing through the nose will help you build up CO<sub>2</sub> tolerance, despite making you feel that you are not fast or efficient enough. You will leave fewer

water droplets on your mask and keep it drier while decreasing your exposure to viruses and pollution. Ideally, you have a few cloth masks in hand to change them, depending on the duration of your workout.

**4. Ladies need to be extra careful:** Women under the age of 48 need to be extra mindful, especially during their menstrual cycle. This is the time when your carbon dioxide levels drop by 25% caused by hormonal changes, and that typically means faster breathing, an increased heart rate, and a tendency towards fatigue and body pain, among other things. Be gentle with your body, take it easy and observe your body signals.

**5. Find the right mask to workout in:** Your comfortability is important, because if you're working out in a mask that is uncomfortable it'll lead to breathing heavier or not wearing it at all. Try out different masks and find that one that's right for you.

**6. Plan for breaks:** Although you may be used to doing your workout routine without any breaks, you may want to reconsider. Wearing a mask while working is going to create a different experience for your body which will lead to your body becoming fatigued easier. Plan for some breaks in between your workout .

**What are some more fitness tips for working out with a mask on? Start a conversation in the comments below!**

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## Celebrity News: Tayshia Adams

# Replaces Clare Crawley On 'The Bachelorette'



By Alycia Williams

In latest [celebrity news](#), Clare Crawley is being replaced by [reality TV star](#) Tayshia Adams on *The Bachelorette*, and sources say it's been Crawley found love early and didn't want to continue filming. According to *EOnline.com*, the producers have told her that the season will still lead with Crawley and her short-lived journey, and will show Crawley falling in love with one of her suitors. Crawley will then conclude her journey and announce that Adams is the lead.

# In celebrity news, Tayshia Adams is replacing Clare Crawley as *The Bachelorette* mid-season. How do you know you've found 'the one' and should stop dating around?

## Cupid's Advice:

When dating, finding the one is always the main goal, but knowing if you found the right one can be hard to determine. If you're looking for ways to know if you've found the perfect person for you, Cupid has some advice for you:

**1. You're comfortable and vulnerable with them:** You know you've found a keeper when you're vulnerable enough to share your hidden hurts and pains and they handle that information with care and empathy. You should be able to be yourself around them 24/7 and they should love every part of you.

**Related Link:** [New Celebrity Couple: Sophia Bush & Grant Hughes Get Cozy in Masks as They Step Out in Malibu Together](#)

**2. You don't want to date anyone else:** When you don't feel the urge to see someone else, that is a good indication that you are with the one. When you feel like everything you need in a partner lies in your current partner, then the search is over.

**Related Link:** [Celebrity News: Clare Crawley Is Announced as Season 16 'Bachelorette'](#)

**3. You tolerate their flaws:** If you know the worst thing about someone and you are able to acknowledge it and be ok with it, that is another hint that this person is right for you. You've recognized that your partner has flaws, but you're willing to help them with it rather than ignore it.

What are some other ways you know that you've found the one?  
Start a conversation in the comments below!

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# Celebrity News: Portia de Rossi Stands By Ellen Degeneres Amid Talk Show Accusations



By Alycia Williams

In latest [celebrity news](#), Portia de Rossi showed her support

for wife Ellen DeGeneres amid multiple accusations of mistreatment on *The Ellen DeGeneres Show*. According to *UsMagazine.com* De Rossi posted on Instagram a photo that reads, "I stand by Ellen." The caption reads "To all our fans...we see you, I Stand by Ellen." This post came a week after 10 former *Ellen* employees and one current staffer claimed that they experienced racism, fear and intimidation at the daytime talk show. DeGeneres later addressed the allegations in a lengthy apology to her staff. The [celebrity couple](#) is upset that people have come forward to share these negative stories about her and DeGeneres feels betrayed.

## **In celebrity news, Ellen Degeneres is under fire, and her wife Portia is standing by her side. What are some ways to support your partner through tough situations?**

### **Cupid's Advice:**

When you're in a relationship not every moment will be a good one. You're partner can be experiencing something that doesn't have much to do with you, but that doesn't mean you should stand in the background. If you want to support your partner through tough situations, Cupid has some advice for you:

**1. Don't make them ask for help:** When going through something tough your partner may want your help and support, but won't ask you. Be proactive and ask them what you can do for them and do what you think is best for them without your partner asking for it.

**Related Link:** [Celebrity Couple News: Find Out How Cardi B & Offset Make Their Relationship Work](#)



**2. Don't make this about yourself:** Try not to complain and make things harder for you partner as they're already going through a rough time. Keep the attention focused on your partner because they need it right now. Offer them support. Love them. Be kind to them. Raise them up.

**Related Link:** [Celebrity Couple News: Beyonce & Jay-Z Stay Seated During National Anthem at Super Bowl](#)

**3. Speak up for them:** If your partner isn't ready to address anyone or speak out regarding the situation, don't feel shy speak for them. You are their partner and you know them the best. Say whatever you feel your partner would. Whether you're telling people that your partner doesn't want to talk right now or explaining the situation in full details, don't be afraid to say something.

**What are some other ways to support your partner through tough situations? Start a conversation in the comments below!**

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## Food Trend: The Next Big Fruits & Vegetables Trends





By Alycia Williams

There are so many fruits and vegetables out there – many more than most of us are aware of. Just when you think you know all of them, there is another one that shows up and surprises you. That said, some are more popular than others. These [food trends](#) are usually dictated by chefs, consumers, and even social media. It's time to find out what's on the horizon as the newest [food trends](#) for fruits and vegetables.

## Find out the new food trends for fruits and vegetables.

**1. Seaweed:** One of the vegetables that's growing in popularity the fastest in restaurants is seaweed. It's now spilling over into the home through snack foods like seaweed chips. It's not only popular, but has great health benefits. Seaweed contains iodine and tyrosine, which support thyroid function.

**Related Link:** [Food Trend: Food for Your DNA](#)

**2. Jackfruit:** Other countries have been consumers of jackfruit for a long time, but it's recently become popular within the United States. Jackfruit is often used as a vegan protein for its meat-like quality when cooked. It's benefited from consumers moving toward the plant-based burger world. It's another way that restaurants can use plants to mimic meat.

**Related Link:** [Food Tips: Juice Cleanses Do's and Don'ts](#)

**3. Honeynut squash:** This vegetable has a lot more flavor than a traditional butternut squash, and you don't have to use as much butter or maple syrup to make it edible. It's much easier to cook and chop. You don't have to cut it in half. We're seeing more and more retailers pick up honeynut squashes.

**4. Mushrooms:** Culinary forward mushrooms like chanterelles, king trumpets, lion's mane, and oyster mushrooms are really fun and have a lot of texture. They also have tremendous amounts of nutritional benefits, particularly vitamin D.

**5. Yellow dragonfruit:** Just like its pink and white cousin, the yellow dragonfruit has a yellow flesh and outside. It's much sweeter than the pink and white varieties you're used to. It's also low in calories and high in fiber.

**What are some other fruits and vegetables that are bound to be the next big thing? Start a conversation in the comments below!**