

# Health Tips: Hand Out Healthy Halloween Treats



By [Ashley Johnson](#)

Tirck-or-treating can be one of the most fun activities for kids once a year, but can also be one of the most unhealthy. In different countries, “the treats” people get can include anything from candy to money. While these kind of treats can be awesome to receive in your goodie bag, they are not the only ones. There are ways to have a fun, healthier Halloween all while still enjoying your favorite snacks.

## Health Tips: Halloween doesn't have

# to be unhealthy. What are some healthy snacks you can hand out for Halloween?

While most people stick to giving out candy for the holiday, there are ways you can switch it up this season. Cupid understands the importance of your child's [health](#) and has some [food advice](#) on what treats you can have as an alternative to candy:

**1. Fruit snacks:** These snacks are easy to eat on-the-go and are good for your health. They are high in essential vitamins and don't contain any fat, cholesterol, or added preservatives. Fruit snacks are just as yummy as candy and are a great alternative.

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**2. Raisins:** The dried grape is tiny and comes in small red boxes that you can fit in your pocket if need be. Raisins are naturally sweet and rich in fiber, vitamins, and minerals. They also help with digestion, iron levels, and bone strength.

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**3. Apples:** Whole fruit can be a great option for trick or treaters. They are just as sweet as candy, but unlike candy, they contain natural sugar. If you want to make them a little sweeter you can also add some caramel!

**4. Water:** A refreshing bottle of water can actually be beneficial for trick-or-treaters. After walking all night door-to-door, it will definitely be a treat for kids to receive. Water is the best option for them to re-hydrate during their festivities.

What are some other healthy treats you love? Let us know in the comments below!

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## Food Trend: 5 Benefits of Lavender Lemonade & Tea



By [Ashley Johnson](#)

Summer may be long over, but you can still enjoy all the benefits of a nice colorful, refreshing glass of lavender lemonade or tea. Lavender is an essential oil that has been used for its healing properties for ages. It is one of the purest forms of medicine and therapy today.

# With lavender lemonade and tea gaining popularity, how can you make sure you get the most out of this latest food trend?

There are many pros and [health](#) benefits to consuming this sweet refreshing concoction. Here is some [food advice](#) on how you can use this [food trend](#) to your own benefit:

**1. Helps skin:** It can take a while to find your perfect skin care routine. If you would like to go the more natural route, lavender lemonade and tea make a decent option. The essential oil's antioxidant properties can help treat blemishes and inflamed areas on the skin. It may even help speed up the process of wound healing.

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**2. Relieves anxiety:** The purple drink has been known to improve people's moods. Lavender contains anti-depressive properties so whether you are suffering from anxiety or depression, a glass of the drink can put you in a better mood.

**3. More sleep:** Having a good night's sleep is probably one of the best feelings ever. If you have insomnia or trouble sleeping, lavender teas can serve as a sleep aid that will not only help you get to sleep, but will help you stay asleep.

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**4. Supports digestion:** The essential oil can help soothe digestive issues ranging from diarrhea to nausea. The anti-inflammatory properties of lavender help soothe irritated stomach muscles, eliminating stomach pain and making digestion much easier for the body.

**5. Reduces headaches:** If you suffer from chronic headaches like myself, this benefit can definitely be a game changer. If you are not a fan of having to rely on medication, lavender lemonades and teas can serve as a natural anti-inflammatory for headaches too. Lavender aromatherapy in general has been linked to an increased pain tolerance in people.

**How will you incorporate lavender lemonade/tea into your diet? Share in the comments below!**

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## **Celebrity Interview: Entrepreneur Lara Merriken Talks Building Her Brand & Healthy Eating**





Interview by [Lori Bizzoco](#). Written by [Ashley Johnson](#).

Lara Merriken and her all natural energy bar, LÄRABAR, have been making an impact in the health food and fitness community for the past 16 years. The kosher bars are an affordable healthy treat and loved among students as well. All 30 of its flavors are made from whole food and contain no more than nine ingredients. This deliciously wholesome snack only continues to expand and can be found on grocery shelves all over the country today, including Wegmans, Whole Foods, and Walmart.

## **Celebrity Chef Interview: Lara Merriken Talks Healthy Eating & Date Night Options**

In a recent [celebrity interview](#) with *CupidsPulse.com*, Merriken gives [food advice](#) and talks about how healthy eating improves mental and physical [health](#). Of course, she also reveals how she came up with the idea for her self-titled brand.

**Related Link:** [Celebrity Chef Interview: Chef Byron Talbott Talks Lunch Food & Date Night Desserts](#)

In addition to being the LÄRABAR creator, Merriken is also a mother, culinary lover, and adventurous traveler. It was on a hiking trip in the Colorado Mountains where the ingenious idea for this healthy snack first crossed her mind. She was eating trail mix and thought, “Why hasn’t someone made a bar that tastes indulgent and delicious, but is made of real food, fruits, nuts, and spices?” For the next 3 years, she leaned on her friends for support in making her brand. Her friends were her first taste-testers and the first people who wanted to buy her product.

The LÄRABAR\_ launched in 2003. Although it was never the plan to name the bar after herself, she decided to do so at the last minuter after much encouragement from her friends.

Merriken made the bars gluten free and used minimal, pure ingredients. They contain no added sugar. The sweetness strictly comes from the fruits that are in them. The LÄRABAR is meant to energize you in the most natural way possible. “When you eat food that tastes good, feels good, and sustains you, it just makes life better all the way around,” she says.

**Related Link:** [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

As a mother of a 10-year-old son, Merriken is concerned with making sure that there are healthy snack options available for children. “When you’re a parent you really want your children to eat the best they can,” says the entrepreneur. That’s why LÄRABAR is available in over 30 different flavors so that there is something for everyone. Flavors include apple pie, lemon bar, and peanut butter chocolate chip to name a few. Additionally, Merriken has a line specifically tailored toward children called LÄRABAR Kids, along with a new product for everyone to try, LÄRABAR Protein.

As a culinary lover, we asked Merriken about cooking the perfect dish for [date night](#) at home. One of her favorite meals at the moment is paella, but she says that she constantly likes to try new cuisines with her family. She keeps it fresh and experiments with different salads and foods she knows everyone is going to like. “It’s important to connect with the people in your family about what their preferences are and then try to make meals around that,” she explains.

In terms of what’s next for this growing entrepreneur, she is working on the promotion for the brand new protein bar and is always working on new ideas for her million dollar-brand.

*Keep up with Lara on Twitter [@LaraMerriken](#) and [Instagram](#).*

*For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).*

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## **Fashion Trend: Fresh Denim Looks to Try Out**







By [Ashley Johnson](#)

Denim always seems to be making a comeback somehow. And it always comes back with a fresher style and cut than ever before. While bell bottoms have been a [fashion trend](#) for decades and have made several returns to the fashion scene, a different kind of jean has taken over today. According to *Popsugar.com*, the hottest jean trends today range from tight miniskirts made for a night out on the town to loose wide-leg crop jeans made for the perfect casual hangout.

**Denim is one of the most classic looks of all time. How can you turn a classic look into an unforgettable look?**

Denim can almost be worn with anything. However, how to wear it in true [celebrity fashion](#) is the real trick. Cupid has some [fashion advice](#) on how you can be creative with this classic piece of your wardrobe:

**1. Denim mini:** Mini skirts have been making quite the comeback. They are a good go-to when you are not quite sure what to wear for a night out with your girlfriends. A denim skirt automatically looks more dressed up than a jean short, and is an easy way to enhance your look. You can pair it with practically any crop top or tube top you own as well.

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**2. Jogger jean:** The jogger look is a very popular trend. The jogger jean looks similar to the jogger pant with its unique cuffed ankle. If you are looking to impress, these jeans are not your average jean and even come with an elastic waistline, so no need to wear a belt! What could be better?

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**3. Red striped jean:** This jean is a step up from your average jean. The red stripe on the side of the jean really turns an ordinary look into a unique one. If you are looking to switch up your wardrobe for [date night](#), the stripe adds an extra flair that will be sure to catch your date's eye.

**What are some other ways you incorporate denim into your wardrobe? Let us know your thoughts in the comments below?**

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# **Celebrity Divorce: Why Liam Hemsworth Quickly Filed for Divorce from Miley Cyrus**



By [Ashley Johnson](#)

In celebrity divorce news, Liam Hemsworth has filed for divorce after just eight months of marriage to [Miley Cyrus](#). Immediately after her split from the Aussie actor, Cyrus was spotted out holding hands and kissing blogger Kaitlynn Carter. According to *UsMagazine.com*, pictures have also surfaced of the two getting intimate in Italy on August 10. That said, the former Disney star denies any allegations that she had been cheating while married to Hemsworth. Ultimately, the former [celebrity couple](#) has agreed to go their separate ways due to irreconcilable differences.

**In celebrity divorce news, Liam Hemsworth quickly filed for divorce**

# from Miley Cyrus after news of their split became public. What are some ways to know you're ready to file for divorce?

## Cupid's Advice:

Even the strongest of Hollywood relationships can end messily. Some will last and some will barely survive. Not all relationships are going to have a perfect ending, and that is okay. Luckily, Cupid has some [relationship advice](#) on how to know when you are ready to file for divorce:

**1. You have outside interests:** The maintenance of any marriage can definitely be made more difficult if you or your partner have different interests. Either both of your interests no longer line up, or your interests lie outside of the best interest of your marriage. You or your partner may want to explore something new outside of your marriage, whether it be sexually, physically, mentally, etc. Having interests outside of your marriage can include wanting to travel the world, wanting to pursue your own career goals, and much more. If this is the case, then divorce should be an option that you two explore together.

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**2. You fight with your partner:** Of course, no relationships has only ups. You and your partner are going to experience downs and some [relationship problems](#) along the way. It is impossible to agree on every single thing that comes your way. Occasional disagreements are healthy, but when you and your partner are fighting more than you are having a good time with each other then it is probably best to end your marriage for

the sake of wellbeing and happiness.

**Related Link:** [Celebrity Divorce: Hilary Duff & Mike Comrie Finalize Divorce 2 Years After Split](#)

**3. You aren't intimate:** Intimacy with your partner can be physical, emotional, or mental. If you feel your intimacy with your partner has declined at all in any context, then perhaps your marriage is not as strong as it used to be. A loss of intimacy can include no longer sleeping in the same bed as your partner, no longer having sex with your partner, not having as many conversations with your partner as you used to, and much more.

Can you think of any other ways to know you are ready to file for divorce? Let us know in the comments below!

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## Celebrity Interview: Samantha Michelle, More Than Your Average DJ





By [Ashley Johnson](#)

Samantha Michelle is a Canadian disc jockey (DJ) most recently known for being the opening act for Mark Ronson. Earlier this year, she opened up for him at a star-studded celebrity event during the Cannes Film Festival.

However, this former NYU student has proven to be much more than your average DJ. Although she has spun for New York Fashion Week, GQ, SOHO House, & AMEX, the multi-talented performer has impressive acting and directing credits as well. Some of her credits include, *The Captive* (2014), *Lost Girl* (2015), and *The Strain* (2015) and *The Dark Side of the Sun* (2016).

In our exclusive [celebrity interview](#), we chat with the worldly creative about her greatest passions, the importance of personal growth, and the key to maintaining a successful relationship.

# Celebrity Interview with Samantha Michelle: Traveling the World While Exploring Relationships & Creativity

When the Canadian creative is not making music, collaborating with other artists, or acting and directing, she spends her time as an activist. She has worked with Artists for Peace and Justice, which is a nonprofit organization that addresses issues of poverty in communities around the world. Currently, she is the creative director of a non-profit female film festival called Female Voices Rock. The festival is designed to showcase various short films created by women to celebrate female filmmakers in the industry. "It's nice to be working in partnership with other amazing, strong, and inspiring women," she said during our chat.



Samantha Michelle. Photo: Tom Belton

When asked what has inspired her about these women she says that they have helped her to realize “the power of saying no.” The musician says she struggles with saying “no” and admits that she has always been a person who needs to please others. Being part of Female Voices Rock, she has learned that through other strong women that saying “yes” all the time can be exhausting. Michelle now realizes she is not obligated to give up any part of herself unless she feels like it will improve her life in some way. The same philosophy holds true for her love life. “When it comes to dating and relationships, you need to ensure that you’re giving your time to somebody who is going to enrich your life and bring you joy and new adventures,” she says.

**Related Link:** [Celebrity Interview: Rafi Anteby, The Man Behind the Gifting Lounge](#)

When Michelle is not working on her personal growth, she is traveling around the globe sharing her musical talent with the others. The Canadian DJ reveals to us that she been on over two dozen flights this summer and has more travel booked for later this year. But she’s not complaining, she counts her blessings and knows that there are still so many places she would like to visit. “I really want to go to Tibet and Kenya,” she says. “I’m hoping to move beyond the western world this year.”

Traveling the world has created an ever-expanding network for the artist, and it has allowed her to meet new people. She is a believer that everybody comes into your life for a reason. “[Everybody] has something to teach or show you, so I think it’s important to live in a way where you’re open to that,” she expresses. She tells us that she gets her greatest ideas for her artistic work through interpersonal interactions. “I’m a friendly person and I will talk to anyone and everyone,” she says. Traveling and meeting new people has helped her to view



the world differently.

However, when it comes to forming romantic relationships, that can be a bit tricky for this upcoming superstar. “When you’ve had the summer I’ve had, it can be tricky to make lasting relationships,” she admits.

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Be on the watch for this talented musician. She will be a DJ at several upcoming events this year and could be in a city right near you!

*You can follow Samantha Michelle on [Instagram](#). You can also listen to her music here on [SoundCloud](#).*

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## Celebrity Diet: Are Detox Teas Good for You?





By [Ashley Johnson](#)

Going on a detox can sometimes be the best thing for your body and mind. However, taking detoxes to the next level can be dangerous if you are not careful. While the primary goal of a detox is to eliminate harmful substances from your body, detox teas may actually be inviting them in. In celebrity diet news, celebrities like [Khloe Kardashian](#) and Cardi B have endorsed detox teas on their Instagrams, while other celebrities like Jameela Jamil and U.S. Paralympic gold medallist Brenna Huckaby`have spoken out against them calling them 'toxic'. Before you take the detox tea diet to extremes in true [celebrity fashion](#), Cupid has some [fitness](#) and [food](#) advice on what you should consider.

**Here's some fitness advice on what to keep in mind before trying out the detox tea craze:**

Teas are typically one of the healthiest drinks you can

consume. They have been known to boost your immune system and protect your bones with the power of its antioxidants. However, detox teas are not always healthy and can sometimes contain a lot more than tea leaves. While some detox teas contain normal tea ingredients, others may contain toxins, drugs or medication. Contrary to drinking normal tea, here are some things you may want to watch out for when drinking detox tea:

**1. Water weight loss:** Detox teas don't actually make you lose body fat, but can help you lose water weight. Water weight is all the extra water that your body retains, and losing that water weight can certainly make you feel lighter. Even if you are not necessarily losing actual body fat, you can be tricked into believing you have, as two cups of water weighs approximately one pound.

**2. Electrolyte imbalance:** Consuming too much detox tea and having to frequently use the bathroom can lead to dehydration and ultimately electrolyte abnormalities. An electrolyte imbalance in your body means you are at risk for muscle spasms and an abnormal heart rhythm.

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**3. Unwanted side effects:** Detox teas are primarily made up of the senna plant and caffeine, and these two ingredients together very much act as laxatives. This means the tea can be accompanied by diarrhea, abdominal pain, gas, nausea, and much more. The list of side effects for detox teas is rather long and also includes heart attacks, seizures and even death.

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**4. Caffeine:** While the average tea contains less caffeine than a normal cup of coffee, detox tea may actually contain the highest amounts of caffeine when comparing the two. Of course this means the detoxifier also comes with some of caffeine's

most unpleasant, yet common side effects. Side effects may include restlessness, nervousness, headache and fast heart rate.

**5. Sleep problems:** With detox teas having such high amounts of caffeine, having sleep problems should come as no surprise on this list of things to consider. You may not only experience problems falling asleep, but may also find yourself having trouble staying asleep. Furthermore, not getting enough sleep has also been studied to be linked to weight gain, which is probably the exact opposite of what individuals aim for when starting the detox tea diet.

**Have you ever tried a popular diet? Did it work well for you? Share your comments below!**

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## **Celebrity Break-Up: Find Out Why Katie Holmes Ended Relationship with Jamie Foxx**





By [Ashley Johnson](#)

In the latest [celebrity break-up](#) news, [Katie Holmes](#) officially made solidified her split from Jamie Foxx after six years, on Monday, August 19. Just four days earlier, Foxx had been spotted out with a mysterious blonde, and then not too long after was spotted with singer Sela Vave in Hollywood. According to *UsMagazine.com*, a source said, "It has been many years of him stepping out with other women. He's disrespectful and their lives were different. His partying ways don't fit with hers as she's focused on raising her daughter and working."

**In celebrity break-up news, Katie Holmes had her reasons for breaking things off with "disrespectful" Jamie Foxx. What are some ways to**

# know your partner is respectful?

## Cupid's Advice:

Break-ups can be hard, especially when it involves [Hollywood couples](#) in the spotlight. Luckily, Cupid is here to give you [relationship advice](#) on how to know if your partner is respectful, so you can avoid having relationship problems like Katie Holmes and Jamie Foxx:

**1. Makes room for 'quality time':** Everyone has busy lives and a multitude of responsibilities to deal with on a daily basis. However, if you and your partner can prioritize your relationship and make time for each other, that shows you two truly respect the relationship. You can tell your partner really makes an effort to spend quality time with you when they stick to important plans and don't constantly try to reschedule, or when they make an effort to show up on time for special events.

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**2. Appreciates your differences:** Each and every one of us are different: we all have different personalities, pet peeves, needs, desires, etc. While it is unlikely that you and your partner are going to agree on everything or have the same exact perspective, it is important that you and your partner embrace the differences between each other. If your partner really respects you they will try to understand your way of thinking, if not completely agree with it... they may even learn something new if they are willing to appreciate the differences between you two, rather than discourage them.

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**3. Supports your goals:** Your partner should be your #1

supporter, and if they are not, maybe they are not the best person for you to share your life and dreams with. Having a support system and someone who believes in you is essential in any relationship. If your partner doesn't rain on your parade and does nothing but shower you in love and support, then they are probably a keeper.

**Can you think of any other ways to know if your partner is respectful? Share them with us in the comments below!**

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## **Food Trend: What's With the Keto Diet?**



By [Ashley Johnson](#)

The ketogenic (keto for short) diet has found its way into popularity this past year. The diet consists of a very low-carb, high-fat diet. It has been known to help with preventing seizures for epileptics and to help with a person's overall quality of life, but it has also been known to be abused or taken to extremes, which of course, only leads to the exact opposite. While this growing [food trend](#) has its pros and cons, Cupid is here to give you [food advice](#) on how to still include the most delicious and nutritious foods into your diet without feeling like you need to cut out all of your favorite foods forever.

## Find out which delicious foods you can still indulge in with the keto food trend!

**1. Unsweetened coffee/tea:** That's right; you can still start your day off with a piping cup of coffee! Coffee and tea are absolutely carb-free and have actually been known to reduce the risk of diabetes. Watch out for all the sugars and heavy creamers, and you are ready to start your day off right!

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**2. Coconut oil:** This essential oil might just be the eighth wonder of the world. Seriously, is there anything coconut oil can't do? Its unique properties, such as containing medium-chain triglycerides (MCT), are easy for your body to convert into ketones, which means you'll be more energized. And, if you get sick of eating it, no worries! You can also use it on your skin as a moisturizer. Its medium-chain fatty acids can help keep your skin the smoothest it's ever been.

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## [a Healthy Mind By Eating These Super Foods](#)

**3. Avocado:** There is a reason why the avocado craze will never calm down – the fruit is unbelievably healthy. Yes, you can 100 percent still have your daily intake of avocado on the keto diet; just beware of how you prepare it. Instead of having avocado with toast in the morning, try having it whole or in a smoothie, in which you can also add coconut milk, cacao butter, and chocolate collagen protein.

**4. Meats and seafood:** Meat and seafood are essential proteins for any diet, including keto. Chicken, turkey, beef, and other dark meat are great, because they contain vitamin B and other essential minerals like potassium and zinc. Of course, quality protein has also been linked to the preservation of muscle mass.

**5. Cheese:** We know it's hard not to put cheese on just about anything you eat. Well, you don't have to worry about cheese in your keto diet because it's more nutritious than you might think. The dairy product is low in carbs and high in saturated fat. Lastly, it contains conjugated linoleic acid, which has been known to help weight loss and improve body composition.

**While the keto diet is the current craze, it is important to know the most balanced foods you can have while on any diet, and what foods you should be avoiding. What are some of your favorite ketogenic foods? Let us know in the comments below!**

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# Celebrity Wedding: Dwayne 'The Rock' Johnson Secretly Marries Lauren Hashian in Hawaii



By [Ashley Johnson](#)

In [celebrity wedding](#) news, Dwayne “The Rock” Johnson and Lauren Hashian tied the knot! The movie star may have been calling the Garcia Companies CEO his wife for years, but it was not until Sunday, August 18th the two made it official in true [celebrity style](#). According to *UsMagazine.com*, the [celebrity couple](#) had a secret Hawaiian wedding, accompanied by traditional leis and a classic sunset. The wedding was picture-perfect, as the newlyweds posed in front of the

waterfront after their nuptials and posted to Instagram, which caught the attention of many other celebrities, such as Tom Brady and Kevin Hart.

## **This celebrity wedding was a big surprise! What are some benefits to keeping your wedding under wraps?**

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

Getting married can be one of your most special moments in life, and you can feel very pressured in making sure that your big day is perfect for you and your partner. That being said, sometimes big life moments do not have to be such an *event*, but rather the moment itself is special enough. Sometimes getting carried away with a big guest list and making excessive plans can ruin the special moment, so Cupid has some advice on the benefits of keeping your wedding under wraps:

**1. Fewer opinions:** When fewer people know about your wedding or are invited to your wedding, it can put a lot less pressure on you and your partner. Everyone is going to have an opinion on something: the dress you are wearing, the food being served, the music being played at the wedding, etc., so it is best that you focus on yourself and your partner's needs/wants rather than those of numerous guests. It is yours and your partner's special day, and no one else's!

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**2. Less money:** If you are keeping the big day just between you and your partner then you certainly have no one but yourselves to impress. You are free to make whatever arrangements you want to for your wedding and do not have to worry about it being so extravagant for a big group of people. Anything like

food, drinks, or seating will be completely up to you, as there will be very few or no guests in attendance.

**Related Link:** [Celebrity Wedding News: Zoe Kravitz & Karl Glusman Secretly Married](#)

**3. More special:** Your wedding could be a whole lot more special with just your dearest friends and family. Big extravaganzas can be fun, but they will not be as intimate as a small wedding with a select guest list. When your closest loved ones are there to watch you and your partner make vows to each other it can make the moment feel a lot more special, as opposed to inviting a list of guests you have no direct relationship with.

Are there any other benefits to keeping your wedding under wraps? Let us know in the comments below!

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## Celebrity Couple News: Kaley Cuoco & Karl Cook Still Don't Live Together 1 Year Into Marriage





By Ashley Johnson

[Kaley Cuoco](#) and Karl Cook gained attention in the latest [celebrity news](#) by rejecting traditional marriage norms. According to *UsMagazine.com*, they are still living separately after an entire year of marriage. Their lives and [celebrity style](#) keep them traveling and working in different locations, and ultimately apart from each other. While the [celebrity couple](#) has a rather unconventional living arrangement, it proves to have been successful, and the stars say that having their own space has worked well for them and their relationship.

**In celebrity couple news, Kaley Cuoco is taking “unconventional” to the next level. What are some ways living with your partner can change**

# your relationship?

## Cupid's Advice:

While Kaley Cuoco and Karl Cook may be living separately, for now, they eventually plan on moving into their dream house. which is currently in the works. Living together can be a whole new world and a big step for a relationship, but Cupid has some [relationship advice](#) on how to deal with the ways living with your partner can change your relationship:

**1. No privacy:** You are perhaps going from seeing your partner at least once a week to seeing them at least once a day. Co-habitation means you and your partner will be sharing multiple spaces together, whether it is the kitchen, bathroom, or bedroom. It is essential that you not only get comfortable sharing space and materials with your partner but also get comfortable sharing yourself with your partner. With a new lack of privacy, you and your partner will only learn more about each other and each other's most personal habits, for better or for worse. Of course, no privacy does not mean you cannot set some boundaries for each other if you need to... and that can easily be done through honest communication!

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**2. New fights:** A new living arrangement means new rules. While you may be used to living one way, that is certainly not the only way to live. You and your partner may have different cleaning habits, sleep habits, monetary habits, etc., and it can take some time to adjust to. It is unlikely you two are going to agree on every single thing, but you can learn to find common ground. Whether it is figuring out household chores or household finances, you are going to have to sit down with your partner to make a reasonable plan for both of your well-being.

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**3. More intimacy:** Going to bed every night with your partner and waking up every morning together can create an important bond. Living together means your partner is going to be your “go-to” person. If you need a hug or just someone to sit and listen to a problem you are having, your partner is probably the first person you will run to. Whether it is through physical comfort or intimate conversations with each other throughout the day, you and your partner are definitely going to feel a whole lot closer to each other.

**Can you think of any other ways living with your partner can change your relationship? Let us know in the comments below!**

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## 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](#)



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# Celebrity Interview: Chef Byron Talbott Talks Lunch Foods & Date Night Desserts



Interview by [Lori Bizzoco](#). Written by Ashley Johnson.

Chef Byron Talbott is one of the most popular cooks on the internet, garnering a total of 1.4 million subscribers on YouTube. He serves not only good looks on the video-sharing website, but also serves up a mean dish of chicken milanese. From the main course to dessert, this celebrity chef has [food tips](#) and tricks, whether it be for ratatouille or churro

bites.

## Celebrity Chef Interview: Byron Talbott Talks Lunch Foods & Cooking For His Wife and Kids

In a recent [celebrity interview](#) with *CupidsPulse.com*, Talbott talked about his fresh culinary creations and new collaboration with Hillshire Farm. The chef has created a line of Hillshire Farm-based sandwiches for everyone to try! Some of the classics that he has recreated include the Portland Italian Grinder and Spiced Cubano. In addition to admiring savory sandwiches, he talks about lunch with his children and some of the craziest dishes he's ever made.

**Related Link:** [Celebrity Chef Recipes for The Perfect Breakfast In Bed](#)

While sandwiches can be one of the simplest foods to make for lunch, Talbott considers them the most important! "I always think that lunch is probably more important than breakfast in the sense that everyone is looking forward to their lunch break," he says. The chef explains that his spread of sandwiches can be a healthy option to make at home with your wife or for your kids, as they contain no preservatives, and no nitrates or artificial flavoring. While these sandwiches are healthy, that certainly does not mean that they are not delicious! Talbott explains that you can switch it up and use different meats to make certain classics like the Spiced Cubano. The chef recommends the classic be served with Hillshire Farm's sliced honey ham and premium carved honey ham and adds that it of course cannot be complete without butter pickles, spices, and cheese! It is classics like these that "warm the soul," according to the YouTube star.

**Related Link:** [Celebrity Chef Recipes to Help You Eat Healthy](#)

## [This Year](#)

When the celebrity chef is not making lunch for his kids, he is usually trying to impress his wife with a fancy dessert. Soufflés are an iconic dessert for any occasion, however the chef says that they can be quite tricky to bake. “Soufflés, they’re like hit and miss... macaroons they’re a hit or miss,” he says. So, if you are looking for date ideas on how to impress your loved one, maybe hold off on the baked egg-based dish. While he has had plenty of culinary failures in his life, he says “you just learn and go.” The well-seasoned chef is also not the only chef in his household. His wife, Rachel, also knows her way around the kitchen, as the two met in culinary school when they were younger. Together, they take turns in making the best, most healthy meals for their kids!

Keep up with Byron on Twitter [@ByronTalbot](#) and [Instagram](#)

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

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# Celebrity News: ‘BiP’ Star Caelynn Responds to Blake Releasing Their Texts





By Ashley Johnson

In a celebrity interview with *UsMagazine.com*, *Bachelor in Paradise* star Caelynn Miller-Keyes opened up about the scandalous text messages between her and Blake Horstmann. She says she thought that she and the reality TV star were on the same page and explains how mortified she feels.

**In celebrity news, the *Bachelor* drama is heating up! What are some ways to make sure you're on the same page with a potential partner before getting involved?**

**Cupid's Advice:**

Not all couples are perfect (not even [Hollywood relationships](#)). Sometimes people are on the same page, and other times they are on completely different books. Since budding relationships can be confusing sometimes, Cupid has

some [relationship advice](#) on how to make sure you're on the same page with a potential partner before getting involved:

**1. Communicate:** In every and any relationship communication is necessary. By having frequent and honest conversations with each other, you and your partner can learn more about each other and each other's feelings, thoughts, intentions, and so much more.

**Related Link:** [Celebrity News: Brooks Laich Says He's Proud of Wife Julianne Hough For Saying She's 'Not Straight'](#)

**2. Share goals:** In your honest conversations with your partner you should also be sharing your goals with them. Their goals do not have to be the same exact as your own, but they do have to be similar. For example, you both may have completely different career goals, but it is important that your romantic goals are the same, in that they want the same thing as you out of the relationship.

**Related Link:** [Celebrity News: Shia Labeouf & FKA Twig's Relationship Is On Hold](#)

**3. Prioritize:** Relationships can be a big commitment and it can be tricky trying to prioritize them at times with busy schedules, and lives in general. Sometimes people are ready to make that serious commitment, and sometimes they are not. Check in with your partner to understand all their priorities and see how much of a commitment they can, or are willing, to make to you and the relationship.

**Can you think of any other ways to make sure you're on the same page with a potential partner before getting involved? Let us know in the comments below!**

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# Celebrity Wedding: Fans Think Kylie Jenner Is Getting Married Soon



By Ashley Johnson

*Keeping Up With the Kardashians* star Kylie Jenner has recently been seen wearing a whole lot of new bling, including a weighty diamond ring. According to *EOnline.com*, she and boyfriend Travis Scott have also recently been spotted boarding a private plane while a white feathered dress was being loaded onto it, sparking wedding rumors.

# In celebrity wedding news, there may be another Kardashian/Jenner celebrity wedding in the works! What are some ways to make your wedding unique?

## Cupid's Advice:

If Jenner's wedding is anything like her birthday parties or occasional themed parties, it is sure to be extravagant and planned in true celebrity fashion. Weddings can be an overwhelming event to plan for even [celebrity couples](#), but Cupid has some advice on some ways to make your wedding unique:

**1. Greenery:** The Bohemian bride look and greenery are in! Instead of having a traditional flower bouquet, try making a greenery hoop bouquet, which can include willow branches, eucalyptus, and an assortment of any other plants/flowers of your choosing. Instead of saying your vows under a traditional wooden arch, you can also look into having a plant-based circular wedding arch for that special moment.

**Related Link:** [Celebrity Wedding: Kate Upton Marries Justin Verlander in Lavish Italian Wedding](#)

**2. Llamas:** Many people include their own pets in their wedding, but there is a new trend in which people are now including llamas and alpacas. These therapy animals can be rented out as wedding guests to add a unique aspect to your wedding. You can pet them, take photos with them, and even dress them up in bridal gear or groom suits for the occasion. A fun and furry wedding will definitely be a wedding to remember!

**Related Link:** [Celebrity Couple Joe Jonas and Sophie Turner Kiss in Paris Before Second Wedding Ceremony](#)

**3. Destination:** If you and your guests have the expenses to do so, traveling for nuptial can be fun and exciting! There are so many places to choose from for a [romantic getaway](#), but try to choose a place that really resonates with you and your fiancé. Also, don't feel pressured to have your destination wedding somewhere tropical (and typical) like Hawaii or Florida Keys. You can plan to have it in the Catskills or Greenland if a winter wonderland wedding is what you wish to have!

**Can you think of any other ways to make your wedding unique? Let us know in the comments below!**

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## **Celebrity Couple News: 'Real Housewives of Atlanta' Star Porsha Williams & Dennis McKinley Back Together After One Month Split**







By Ashley Johnson

In celebrity couple news, *Real Housewives of Atlanta* star Porsha Williams was recently seen wearing her wedding ring again, according to *EOnline.com*. It has been one month since the [reality TV star](#) split from her husband Dennis McKinley, but they have decided to give their relationship a second chance and take it one day at a time.

**In celebrity couple news, Porsha and Dennis have rekindled things after one month apart. How do you know whether to give your ex a second chance?**

**Cupid's Advice:**

We are wishing the celebrity couple well in their reunion, however not all relationships deserve a second chance, and there are factors to be considered before jumping right back

in with your ex. Cupid has some [love advice](#) on how to know whether to give your ex a second chance like the *Real Housewives of Atlanta* stars:

**1. Your brain and your heart match up:** Feelings can be overwhelming and a lot of the time you may get lost in them. The heart wants what it wants, but the brain has a different agenda. While the care may still be there for your ex and old feelings may even resurface, following your heart can come with its consequences. If your heart is invested, but your brain is showing you all the red flags, then you should be very cautious before giving your ex that second chance.

**Related Link:** [Celebrity News: Hannah Brown's 'Bachelorette' Runner-Up Goes On Date with Gigi Hadid Days After Spending Night with Hannah](#)

**2. You both have grown:** If you both have grown, that means that you both are different people than when you first met, and that also means you both are able to move on from the past. Sometimes you may hold grudges against your ex for certain relationship problems in the past, but if you and your ex are genuinely able and willing to forgive each other, then you can begin anew with each other.

**Related Link:** [Celebrity Couple News: Justin Bieber & Hailey Baldwin Debut Wedding Bands](#)

**3. You see your ex in your future:** You always want to move forward, not backward. Just because your ex may have been a good portion of your past, does not always mean that they should be a part of your future. However, if you are both on the same page this time around and have the same wants and needs in a relationship, then you can consider keeping them in your life for a better future together.

**Can you think of any other ways how to know whether to give your ex a second chance? Let us know in the comments below!**

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# Celebrity News: 'BiP' Star Blake Horstmann Releases Texts with Caelynn Miller-Keyes After Intimate Night



By Ashley Johnson

*Bachelor in Paradise* star Blake Horstmann has proven that he is not afraid to share the most intimate details of his romantic life with the world. According to *UsMagazine.com*, just a few days ago, the reality TV star revealed scandalous text messages sent from Caelynn Miller-Keyes on his Instagram

story and has gotten backlash ever since.

**In celebrity news, things are being clarified after the drama with Blake and Caelynn was shown on the first episode of *Bachelor in Paradise*. What are some reasons to keep your intimate life private?**

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

Not everyone has the luxury of keeping their relationships private (especially [celebrity couples](#)), but if you do have the choice, Cupid has some [relationship advice](#) on reasons to keep your intimate life private, unlike Blake Horstmann and Caelynn Miller-Keyes:

**1. Too many opinions:** Everyone is going to have an opinion about your relationship whether you like it or not. A lot of those opinions will be unsolicited and can be detrimental to your relationship if you dwell on them. However many opinions people may share on the Internet or social media, no one will ever know the facts of the relationship simply because they are not in it, only you and your partner are.

**Related Link:** [Celebrity News: Cardi B Gets New Tattoo of Husband Offset's Name](#)

**2. Social pressure:** Social media allows you to share the version of yourself you want to share with the public, and never all versions of yourself. This being said, your followers and subscribers only see one version of your relationship with your partner, which can put pressure on you to only show the best parts of your relationship rather than the worst. Having to live up to a certain standard for your

relationship can be exhausting and strain your relationship if you start doing more things to *look* happy in your relationship and less things to *be* happy in your relationship. It's more important to be present in your relationship rather than get lost in your relationship's social media presence.

**Related Link:** [Celebrity Couple News: Scott Disick Is 'Really Happy' Kylie Jenner Is Close to Girlfriend Sofia Richie](#)

**3. Safety:** By making your relationship public, you could be letting in the wrong people. [Hollywood relationships](#) are often subject to aggressive paparazzi and stalkers. While you may not necessarily be swarmed by paparazzi everyday, you are still subject to others having too many intimate details about your relationship. This includes jealous exes, or other people who may not wish the best for you and your partner. When the wrong people know the whereabouts of you and your partner at all times, it only gives them the opportunity to troll you, making you feel the opposite of secure in your relationship, and at times unsafe.

**Can you think of any other reasons to keep your intimate life private? Let us know in the comments below!**

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**Celebrity News:  
'Bachelorette' Hannah Brown  
Says 'Thank You, Next' to  
Questions about Tyler Cameron**

# & Gigi Hadid



By Ashley Johnson

In a [celebrity interview](#) with *UsMagazine.com*, Hannah Brown made it clear that she is ready to take on life as a single woman after her [celebrity break-up](#) with Tyler Cameron. The reality TV star says she is focused on exploring her new opportunities as a single woman and is ready to move forward from *The Bachelorette* with or without a man.

**In celebrity news, Hannah isn't letting anyone draw her into talks surrounding Tyler Cameron's dating**

# Life. What are some ways to move on when you see your ex moving on?

## Cupid's Advice:

While all celebrity relationships do not last, the relationship you have with yourself does. We are rooting for Hannah in her new journey! Cupid has some advice on how to move on from an ex like Hannah Brown and many other single celebrities:

**1. Focus on yourself:** Self-care is always the best way to go. When we take care of ourselves and give ourselves all the love and affection for a change, we realize just how much we needed it and realize that self love is enough. Focusing on yourself and taking the time to heal on your own can help you rediscover yourself and learn more about who you are. You can learn more about your likes, dislikes, and everything in between.

**Related Link:** [Celebrity News: Shia Lebeouf and FKA Twig's Relationship Is On Hold](#)

**2. Enjoy your hobbies and friends:** Just taking the time to do things you enjoy again can remind you what you really value in life. You can now focus all your time and energy on everything you have ever wanted to do, whether it be painting, going to concerts, traveling the world, or spending more time with friends. Friends are there for you when you need them the most. They can help distract you from your ex and past relationship and can be a shoulder to lean on when you just need to vent.

**Related Link:** [Celebrity Break-Up: Bradley Cooper Enjoys a Boys' Night in L.A. After Irina Shayk Split](#)

**3. Take a break from social media:** Focusing on yourself means

you can't have any distractions. Social media is the easiest way to stay up to date with your friends, and unfortunately, your ex. With just one click you can get lost in your ex's feed. Being single means you now have time to focus on yourself, not your ex and their whereabouts. Embrace the distance from your ex... this may even mean blocking or unfollowing them on all social media for the time being.

Can you think of any other ways to move on when you see your ex moving on? Let us know in the comments below!

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## **Celebrity News: Hannah Brown's 'Bachelorette' Runner-Up Goes On Date with Gigi Hadid Days After Spending Night with Hannah**







By Ashley Johnson

In each and every season of *The Bachelorette*, former bachelors and bachelorettes alike (along with a few athletes) inevitably make their highly anticipated return to the show to drop some relationship truth. Whether it's Ben Higgins having a one-on-one with Colton Underwood or Hannah Brown sitting court-side with Jaylen Brown, the singles are coached on "finding the one" and what to look for in a significant other. However, this is no simple task and may include a lot of casual dating before getting serious with anybody and making that commitment. According to *UsMagazine.com*, on Sunday, August 4, in [celebrity news](#), Tyler Cameron and Gigi Hadid were spotted together on what appeared to be their first [date night](#) ever in NYC, just two days after *The Bachelorette* runner-up was seen leaving Hannah Brown's apartment in L.A.

**In celebrity news, Tyler Cameron isn't committed to Hannah and is**

# dating around. What are some things to be careful about when you're dating around?

## Cupid's Advice:

While Tyler seems to have been getting cozy with more than one woman (Gigi Hadid being one of them) and seems to be living a true *bachelor* life outside of reality TV, Cupid has some dating advice on how to date around like the model himself and other single celebrities:

**1. Be transparent:** Being transparent means being truthful and being clear about your intentions. Sometimes being honest with people can be difficult, but you are not going to get what you want out of any relationship by hiding your true feelings. Relationships only work when the people involved are on the same page and have both of their wants and needs met.

**Related Link:** [Celebrity News: 'Bachelorette' Hannah Brown Speaks Out About Jed After Finale](#)

**2. Have patience:** As we know from many years of *The Bachelor* and *Bachelorette*, you do not just fall in love on the first date (or maybe you do), and dating is a process. It is highly unlikely you are going to commit to one person after just one date, and you may find yourself going on numerous dates with numerous people until you find what you are looking for, and that is okay. You just have to be patient!

**Related Link:** [New Celebrity Couple Shawn Mendes & Camila Cabello Kiss in Miami](#)

**3. Take the time to discover yourself:** Use the opportunity of getting to know various new people to also get to know more about yourself. By intimately being exposed to all different personalities and behaviors, you are going to find some that

you absolutely love, and others that you absolutely cannot stand. Dating different people only reaffirms your own wants and needs, and helps you figure out what you want more of (or less of) in life.

**Can you think of any more ways to be careful when dating around? Let us know in the comments below!**