

# Health Advice: How to Prevent Weight Gain During the Holidays



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y Nicole Maher

While there is so much to look forward to during the holiday season, one concern many people face is the possibility of weight gain. With higher calorie counts in holiday meals and the constant temptation of dessert, the idea of gaining weight can make the holidays feel more stressful. Try incorporating some of the following [health advice](#) for keeping your weight consistent this holiday season, and go into the new year feeling your best.

# Check out our health advice for preventing weight gain during the holiday season.

**1. Stay active:** The holidays can be a busy time, but it's important to keep exercising. Try to maintain your normal workout programs during the season to stay on track with your fitness goals. If you don't have time for a full workout on certain days, try completing smaller exercises sporadically throughout the day. By keeping your body in motion, you will prevent yourself from gaining weight and feel confident attending all of your holiday events.

**Related Link:** [Fitness Tips: How to Shed Holiday Weight After the New Year](#)

**2. Control portion sizes:** It's the holidays, and you shouldn't miss out on one of your favorite meals simply because you're concerned about gaining weight. Instead, try to manage the amount of food you're putting on your plate. If you know a certain dish has a high number of calories, try taking a smaller serving and counteracting the amount with more vegetables. This is also a great option for holiday desserts. By cutting a slice of cake in half, you'll still be enjoying your holiday favorites while maintaining a healthy diet.

**Related Link:** [Food Tips: 5 Healthy Lunch Options](#)

**3. Modify recipes:** Another way to monitor and prevent weight gain during the holidays is to modify recipes. Many holiday dishes and desserts are higher in calories and sugars than meals we may eat on a typical day. By substituting in ingredients with healthier options, you can still enjoy your holiday favorites while controlling your weight. Try switching out sugar with natural sweeteners, or baking a dish rather than frying it to cut down on extra calories.

**4. Manage stress levels:** Food is not the only factor contributing to weight gain during the holiday season. Stress levels also have a large impact on a person's body, and can cause someone to gain weight. Try finding new ways to manage increased stress during the holiday season, such as keeping a journal, talking to a professional, or allowing for some alone-time. Using this piece of health advice and testing different types of stress management can also provide you with effective ways to manage stress in the new year.

**5. Develop a plan:** There are going to be times during the holidays when you want to break your diet plan, and that's okay. Instead of constructing a tight plan when approaching the holiday season, allow for your diet plan to have some leeway. Factor in the possibility of having dessert on certain nights, or taking an extra serving of your favorite holiday meal. This will reduce some of the guilt you feel when eating something less healthy, and encourage you to continue your diet afterwards by alleviating any feelings of cheating.

**What are some other health tips to prevent weight gain during the holidays? Start a conversation in the comments below.**

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## **Health Advice: Safe Use of Cleaning Products at Home**





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t is important to read the label before using over-the-counter (OTC) medicines which can be used as cleaning products. It will help you take care of yourself and your family. All product substances should be labeled, which enables you to understand the role of the substance, how to use it, and make a concrete decision on whether to use it or not. Labeling of OTC medicines is recommended to enhance the safety of the consumers. After the “Drug Fact” label was introduced, the information has become easier for anyone to read and understand.

**There are many reasons why it's important to follow over-the-counter medicine labels, but the main one is that they help reduce accidental errors. Pharmacists have**



a standard procedure they use to manage their labeling, and the labels are distinct with instructions for both customers and pharmacists. They also help you to avoid errors of storage, as each drug has a required temperature it must be stored at to remain viable.

### **Isopropyl Alcohol 70**

This substance, [isopropyl alcohol 70](#), is a colorless liquid you can buy in a drug store. It is highly flammable and is used as a disinfectant killing all surface microorganisms. It is used to disinfect hands and equipment. You should handle it carefully and keep it out of the reach of children.

However, you should be careful about how you handle this product. It is a toxic substance, and your skin will quickly absorb it. Like other alcohol, it is flammable in the presence of an open flame, sparks, and heat. If you want to handle isopropyl in a working environment, ensure the substance does not come in contact with your skin. To avoid such injuries, wear protective clothing, including goggles and gloves. Your working area should also be well-ventilated. Isopropyl alcohol products used at home are less concentrated and toxic, compared to its counterpart for use commercially. Nevertheless, you should take the necessary precautions.

### **Bleach**

Bleach is actively used in homes because it acts as a stain remover and disinfectant. However, it is not an excellent

substance for general cleaning. Luckily, other cleaning substances are available.

When using bleaching chemicals at home, you should be careful, depending on the purpose you're using it. If you want to use it for cleaning, you should dilute it with water to ensure it is safe. However, if you're not washing manually, but with a machine, there is no problem; you can pour it into the machine. It will be diluted with water in the machine.

If you want to use bleach to clean surfaces, first clean the surface before sanitizing. Use bleach and mix with water to disinfect clean places. After it has come into contact for about five minutes, you can rinse off to air dry.

Household cleaning products are made with chlorine bleach. However, there are also some other types of bleach, including peroxide bleach. Bleach is commonly used to whiten clothing, remove mildew, and mold. Therefore, to safely use bleach, dilute with water.

## **Hydrogen Peroxide**

Hydrogen peroxide substance is another thing you should take precaution while using. It has a chemical compound  $H_2O_2$  meaning it has two oxygen and two hydrogen atoms. When in pure form, hydrogen peroxide is pale blue.

Hydrogen peroxide is usually packed in a dark brown bottle. If packed in a colorless bottle, it will break down and form plain water after exposure to light, air, and heat. The decomposition does not affect only that. When "fizz" disappears, only plain water will remain. When you buy hydrogen peroxide, store it properly in a cool and dry space where children can't reach it. After opening the bottle, ensure you have used it within a month to get the best results. However, you can still use it within six months after you open it.

There are different ways to use hydrogen peroxide. An example

is to clean your manicure and pedicure tools. Your tools, such as tweezers and eyelash curlers, will come into contact with bacteria and soil. When you dip them or run with hydrogen peroxide, it will sanitize the tools to prevent infections.

### **Bottom Line**

Drugs and other chemical products should be stored appropriately. Some are highly flammable and will require a well-ventilated, cool, and dry place. The room you store your products should not be around ignition sources such as sparks, flames, and heat. After use, dispose of all the waste products according to environmental control regulations.

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# **Health Tips: How Adopting a Pet Can Help Your Mental Health**





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y Alycia Williams

Pets bring so many different emotions to many different people. Whether it's happiness and energy or relaxation and a sense of calm, pets tend to bring a different energy for all of us. In fact, pets can help with your mental health. Maintaining good mental health is so important, and having a pet can help maintain your mental health. [Health tips](#) are needed to decide whether you should get that pet you've always wanted.

**If you're indecisive on whether you should adopt a pet, here are some health tips on how a pet can help your mental health.**

**1. Pets can help us to relax:** To reduce stress and anxieties in your life, you can play with your pets. Taking care of a dog or cat can be a great way to increase your happiness and self-confidence.



**Related Link:** [Date Idea: Cuddle With a Furry Friend](#)

**2. Pets can get your mind off of your problems:** A person could do an activity with their pets that will give them a fresh perspective on things. Spending time with animals will get your mind off your fear-related problems and give you the energy to do other things.

**Related Link:** [Health Advice: 5 Mental Health Tips for Cabin Fever](#)

**3. Pets reduce loneliness:** Spending time with a pet can be a great source of companionship. Animals can be good company to all of us and can prevent the fear of being alone during our troubles.

**4. Pets are 100% faithful:** A pet will be by your side through the good and bad times. People in our lives come and go, but your pet will never leave you regardless of how bad your problems may be.

**5. You can find a pet that suits your needs:** There are many different breeds of dogs and cats you can choose from which can accommodate your lifestyle. Talk to a pet expert or a veterinarian on what type of dog to get that will fit in with your household.

**6. Pets are great for your health:** By adopting a pet, you will be saving a life, an animal that could very well become your best friend. A pet will love you unconditionally. Adopting a pet can be beneficial to your health and can be one of the best things that you can do in your life.

**7. Pets help us build healthy habits:** Physical activity, time in nature, and getting up in the morning are things that we should be devoting time towards but a pet can ensure that you stick to those healthy habits.

**What are some other ways pets can help with your mental**

health? start a conversation in the comments below!

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# Health Advice: Diet Tips for Boosting Your Immunity



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y Alycia Williams

Boosting your immunity is crucial during these times, especially in light of the pandemic. You want to have the best immune system you can possibly have, and the only way you'll be able to do that is by getting some [health advice](#). We have some [health tips](#) for building your immune system.

# Here is some health advice when it comes to eating the right foods to strengthen your immune system.

**1. Colorful fruits and vegetables:** Fruits and vegetables are the go-to for building your immune system. They contain all the essential vitamins that will give a boost to your immune system and help keep diseases at bay.

**Related Link:** [Health Trend: Intuitive Eating](#)

**2. Carrots, spinach and sweet potatoes:** These foods contain good compounds that help in cell proliferation, or rapid growth of new cells in the body. This is a key component of immune system's health and thus these foods are important.

**Related Link:** [Health Trend: Hydration Hype](#)

**3. Vitamin C-rich foods:** Vitamin C is very beneficial in the quest to keep the immune system functional and healthy. Citrus fruits such as oranges and lemons can help with inflammation and prevent infections from occurring in the body.

**4. Omega-3 fatty acids:** These good fats are found in nuts and seeds such as flax or chia seeds. They help build a good and healthy immune system, according to research.

**5. Probiotics and fermented food:** These foods are loaded with good bacteria which help in maintaining a healthy gut. The gut is where 70% of our immune system is housed, which is why probiotics such as yogurt or kombucha can be a wonderful addition to the diet.

**6. Limit added sugars:** Emerging research suggests that added sugars and refined carbs may contribute disproportionately to overweight and obesity. Obesity may likewise increase your risk of getting sick.

**7. Stay hydrated:** Hydration doesn't directly protect you from germs and viruses, but preventing dehydration is important to your overall health. Dehydration can cause headaches and hinder your physical performance, focus, mood, digestion, and heart and kidney function. These complications can increase your susceptibility to illness.

What are some more health advice for boosting your immune system? Start a **conversation in the comments below!**

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## Health Tips: How to Stay Healthy in the Heat



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y Diana Iscenko

The summer months often times means hot weather. While spending time outside is good, extremely high temperatures can be detrimental to your health. According to the CDC, more than 600 people die from extreme heat each year. Adults over 65, children under 4 and people with chronic health issues are particularly vulnerable to the effects of high heat.

It's especially crucial to be aware of how the heat can affect your health during a public health crisis, like the COVID-19 pandemic. With parts of the country still on lockdown, many people are spending as much time outside as possible. Be sure to follow [health advice](#) to ensure you are remaining healthy as the summer temperatures get higher and higher.

## **No matter how you're spending your quarantine summer, here are six health tips to help you stay healthy in the summer heat.**

### **1. Stay Hydrated**

Drink water, even if you don't feel thirsty! During hot weather, your body loses more fluids through sweating. Drinking water will help replenish those lost fluids and helps your bodily functions run more smoothly. Avoid a lot of alcohol, caffeine and sugary drinks; these will dehydrate your body. Sports drinks with electrolytes and minimal sugar are a good alternative if you start to get sick of water.

**Related Link:** [Health Trend: Hydration Hype](#)

### **2. Wear Breathable Clothing**

Clothing plays a big role in preventing you from feeling the



effects of the heat. Wear loose-fitting, light-colored and breathable clothing. Loose-fitting clothes will easily allow the heat your body produces to escape. Light-colored clothes won't absorb the heat from the sun as easily as darker colors.

### **3. Seek Air Conditioning**

If you have air conditioning in your home, make sure it's always set to "cool." Keep the filter clean so it can run as efficiently as possible. Turning on fans and closing blinds and curtains during the day can make it even cooler in your home. If you don't have air conditioning, spend time somewhere that does. This could be a friend's house or a public place, like a library or a shopping center. You can also take a drive and turn on the air conditioning in your car.

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### **5. Find Shady Spots**

Spend as little time in the sun as possible. When outside, try to stay in the shade to prevent your body temperature from rising too much. If you do go in the sun, be sure to wear sunscreen to avoid overheating and skin damage.

### **6. Schedule Outdoor Time**

When you know you'll be spending time in the sun, plan to go outside during the early morning or late evening. Avoid doing strenuous activity, such as yard work or outdoor exercise, in the middle of the day. This is the hottest point in the day and may bring your body to a dangerously high temperature.

**How do you keep cool over the summer? Start a conversation in the comments below.**

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# Health Advice: Exercise Is a Complementary Medicine for Chronic Conditions



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y Diana Iscenko

Getting [exercise](#) during quarantine is hard for everyone, but it may be the most detrimental to the 100 million American adults who struggle with chronic pain. Exercise is a common treatment to minimize chronic pain. While it's not a replacement for more traditional medicine, it can increase mobility, decrease inflammation, and minimize your overall pain.

Exercise also helps improve sleep patterns, which are often disrupted by medications commonly used to treat chronic pain. People who exercise consistently usually sleep longer and deeper than those who don't exercise.

Remember that it's important to talk to a doctor before starting a new exercise regimen. Depending on where your chronic pain bothers you, some exercises may be too difficult and will worsen your pain. Always move at your own pace, and listen to your body! Some days will be harder than others, but don't force your body to something that will hurt you.

**Keeping your own body and limitations in mind, here is some health advice on four different types of exercise that you might want to try that can help minimize chronic pain:**

### **1. Stretching exercises**

Stretching once a day increases flexibility, loosens stiff muscles, and brightens your mood. If you have chronic pain, stretching can help release the tension you feel in your body. Stretching is a great exercise for those new to working out because it's low impact and can easily be done at home without equipment.

Stretching is especially helpful for those with chronic back or neck pain. To stretch your back, get on your hands and knees and start with your back flat. Stretch your abdominal muscles and raise your back to be curved. You want to let your head hang comfortably between your arms as you stretch your back. Try to keep your abdominal muscles as tight as possible

while stretching your back.

To stretch your neck, start by sitting with your legs crossed. Bring your left ear to your left shoulder. Lower your head and bring your chin to your chest. Breathe deeply and roll your head so your right ear touches your right shoulder. Remember to relax your neck muscles and stop if you feel and pain.

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## **2. Relaxation exercises**

Another beginner-friendly exercise is relaxation exercises! This requires no equipment and can be done virtually anywhere you want. Relaxation exercises include deep breathing and visualization, which can be helpful to those living with chronic pain. While this may not “feel” like traditional exercise, it releases endorphins and can minimize pain.

To start, lie in a comfortable position on a bed or the floor. Relax your body and close your eyes. Focus on your breathing: inhale through your nose and exhale through your mouth. It may be helpful to place your hands on your stomach to feel yourself breathing. Visualize the pain leaving your body as you continue to focus on your breathing.

Many people use relaxation exercises before bed to help them fall asleep, but it can be done at any point during the day.

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## **3. Strengthening exercises**

While these exercises can be a little more intense, it's still easy to do strengthening exercises from the [comfort of your home](#) with little-to-no equipment. These exercises can help reduce joint pain, build muscle and prevent injuries in the future. Building core muscles is especially important for

those with chronic pain because it helps with posture and balance and can prevent future injuries resulting in worsened pain.

You want to push your muscles outside their comfort zone during these exercises. Any exercise that uses resistance against your muscles will make you stronger. Sometimes that resistance is your own body weight. There's no need to overextend yourself.

Strength exercises do not need weights. There are plenty of exercises that build strength—such as squats, push-ups, lunges, planks and jumping jacks—that don't require any equipment and don't feel as intimidating. Remember to do several repetitions of each to build up your strength!

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

#### **4. Cardio exercises**

Cardio exercises are great because there's something for everyone! These exercises include walking, running and swimming. Cardio helps heart health and builds endurance. It also releases endorphins, which will help decrease your chronic pain.

If you have access to a gym, you can use the treadmill or elliptical machines to work on your cardio. If not, you can go on walks or runs. Don't worry about how long you can exercise. Practice makes perfect and the more often you do cardio exercises, the more endurance you'll build up. If you use mobility aids, be sure to take it with you on your walks.

If you find walking or running too difficult, swimming is a great alternative. It's a great cardio exercise while being extremely low impact. Swimming keeps your body moving without putting pressure on your muscles and joints. It's also therapeutic and can help you clear your mind.



Which of these exercises are you willing to try? Start a conversation in the comments below!

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## Fitness Trend: Throw Around The Pigskin This Thanksgiving



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by [Ahjané Forbes](#)

Thanksgiving is a time when we spend time with our family eating turkey and ham with all the fixings. This holiday is notorious for excessive weight gain, cooler temperatures, and, of course, football. Many NFL teams play on this holiday because of the gain of viewership, since most people have the

day off from work. Rival teams play to be crowned the winner while die-hard fans are screaming at their screens with excitement, anger, or a little bit of both. The first ever championship game on Turkey Day was between Yale University and Princeton in 1876, though college football is now held the day after on Black Friday. Spending time with your family watching football can create many memories, but getting out here and playing football with your family can determine whose house dinner will be at for next year!

## **It's time to throw around the pigskin this Thanksgiving! What are some ways this fitness trend can provide health benefits?**

**Exercise:** After eating and waiting for your food to digest, exercise can come in handy. Although you can't gain weight from one single big meal, it is very important to exercise to keep your body healthy! Football is a game that the whole family can participate in. Split the family into teams (children vs children and adults vs adults). Play the four quarters, have a water boy, cheerleaders, a referee, and of course, fans! Everyone will be involved and getting much-needed exercise!

**Reduction of Stress:** Releasing endorphins can make your body react better to pain. This will create a more positive feeling throughout your whole body. Stress for the duration of several weeks can cause a weakened immune system, high blood pressure, fatigue, and depression. Exercise can make your body happier, stress-free, and healthier.

**Related Link:** [Dating Advice for Your First Thanksgiving as a Couple](#)

**Bonding:** Not every member of your family has been there since the very beginning. Some married into it, and some were born into it. Getting them involved in a game of football can make them feel like a part of the family. Make the new baby giggle and laugh when a touchdown is made, or have the new spouse be a part of the team or keep score. They will feel welcomed!

**Mental health:** People who suffer from seasonal disorders can be feeling a bit under the weather around Thanksgiving. Playing or watching football with family can improve someone's mood. The "feel good" aspects that football has on a person's well-being may lift their spirits. This distraction can take your family members' minds off of their daily struggles!

**Related Link:** [Health Tips: Where Intermittent Fasting Goes Wrong](#)

**Tradition:** Playing football on Thanksgiving with the family can easily turn into a tradition to pass down for years to come. It is a way to add a little more excitement to the holiday and celebrate the importance of family.

**Love:** People who do not like football usually don't know how the sport works. Learn how the plays are called, how many points a touchdown is, what a fumble and penalty flag are, when a field goal or punt is considered and how to know if you are off-sides. Learning these things can make someone fall in love with the game of football. It can also help if you are seeing the game in person.

**Cardio:** Speaking of love, what better way to take care of your heart than by throwing around the football? Moving your muscles can pump more oxygen into your blood stream and heart. Increasing the levels of oxygen in your lungs can get rid of waste in your body.

**What are some ways you can exercise with your family this Thanksgiving? Let us know in the comments below!**

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# Celebrity Diet: Are Detox Teas Good for You?



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y [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.

**Related Link:** [Celebrity Diet: Does Going Vegan Hurt Your Health?](#)

**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 Diet: Top Fad Diets That Might Be Bad For You**



B

y Mara Miller

You're taking a risk any time you try any kind of [celebrity diet](#). Not all of them are healthy for you, even though they may brag about all of the fantastic benefits of going on the diet. While it is healthy to lose weight in most cases, it's not good for you to rush into a new diet. Not only is it hard on your body, but some health trends can cause actual harm. It's important to err on the side of caution.

**Check out some surprising facts on these top celebrity diet fads that might be bad for you!**

You don't have to completely avoid these fads all together. The Ketogenic diet, for example, can actually help women who

have polycystic ovarian syndrome if it's done right. You may just have to prepare your body before you dive into [health advice](#) you have learned from your favorite celebs:

**Ketogenic diet:** Made popular when celebrities like Gwenyth Paltrow, [Kim Kardashian](#), and Rhianna tried it, the Keto diet is a top food trend that focuses on sending your body into "ketosis" by cutting out extra carbohydrates and sugar. It focuses on high fat content and adequate protein. The only problem that makes this potentially bad for you is that it will increase your desire to binge if you cut out a food group entirely. Try gradually cutting down sweets and carbs from your diet to prepare for the Keto diet instead of cutting out carbs and sweets cold-turkey.

**5-2 Diet:** This diet involves intermittent fasting and an intake of just 600 calories for the next two days. While this seems like a good idea at first, your metabolism will eventually break down as the body starts to go into starvation mode if you stay on this diet for too long. Always make sure you are getting enough food to keep your energy up.

**Juice Cleanse:** Juice cleanses seem great on paper. [Jessica Alba](#) and Miranda Kerr have tried this diet. It's been around a lot longer than the Ketogenic diet and the 5-2 Diet. The problem with this one is that you will lack fiber and other important nutrients if you stay on the juice cleanse for too long, and it can also slow down your metabolic rate.

**Were any facts about these celebrity diets surprising? Let us know in the comments below!**

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# Health Trend: Intuitive Eating



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by [Katie Sotack](#)

As sure as [Taylor Swift's](#) albums win Grammys, [health trends](#) come and go. This time an all the rage [celebrity diet](#) might be reasonable enough to stay: intuitive eating. Models like Steph Claire Smith and Gemma Atkinson have embraced a balance, mindful way of consuming food. Rather than counting calories or suffering through another juice cleanse they trust their guts. The premise of intuitive eating is resetting your mind's ideas around food. Your body dictates when you're hungry, full, and satisfied. It's nature's way of letting us know what and when to eat.



# The latest health trend indulges your food instincts, but what are the benefits to intuitive eating?

Resetting your body's natural instinct for food is not a task for the light of heart. No diet comes without its fair share of trials and tribulations. So what makes intuitive eating worth the effort with this [food tip](#)? Here is [health advice](#) for this way of life:

**1. It is natural:** Letting yourself live in the moment is far less stressful than weighing out each food choice and counting calories for every snack. If you're hungry, eat: it's that simple. There's no wrong way to embrace this lifestyle because our bodies have a built-in system for managing food. They know when and how much will satisfy us. All it takes is listening to your gut.

**Related Link:** [Fitness Trend: Hire a Certified Professional](#)

**2. It is a lifestyle:** There's a reluctance to call intuitive eating a diet. That's because years of bombardment from the diet industry teaching us to feel bad about the way we consume food have brought about a negative connotation to the term. Intuitive eating, on the other hand, is much more lifestyle based. Rather than following a set of rules and equations, food is seen as the nutrients you need to function. Eat as much or as little as your body desires.

**3. It puts the fun back in food:** Similarly to the reason it's a lifestyle and not a diet, intuitive eating is meant to be a joyful experience. If you're craving chocolate, you may eat chocolate until you're satisfied. The lack of strict limitations lets the consumer feast, guilt-free, on their favorite foods.



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**4. It is a responsibility:** While all this food freedom may sound like a kitchen frenzy, intuitive eating is still a responsibility. The eater is in charge of what they consume and when they eat, meaning they must take listening to their body seriously. If not in touch with their gut, they run the risk of ignoring signals and not seeing positive results from this means of consuming food.

**5. It restores your peace of mind:** Your relationship with food is in need of a breakup. With so many messages about how we should be eating and how what on our plate is going to kill us, the diet world can seem impossible to navigate. Restore your peace of mind by listening to your body's natural desires and needs. Intuitive eating allows for a mindful experience, that creates peaceful feelings around food and fitness. After all, everybody is different and only yours can tell you what's right for it.

**How do you listen to your body when eating? Share in the comments below!**

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## **Health Trend: Tampon Alternatives**





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y [Mara Miller](#)

A recent [health trend](#) has been on the rise in 2019 in the form of tampon alternatives. You don't need to limit yourself to only tampons. Tampons can hurt, depending on the brand, and they are packed with chemicals like rayon and bleached wood fibers that shouldn't be anywhere near our bodies. You can find 100% cotton tampons but they won't help you with the sustainability aspect of searching for tampon alternatives if that's why you want something different for your monthly flow. Let's forget about sleeping with a tampon in—that's a big no-no because the average person gets 7 to 9 hours of sleep, and therefore going way past the recommended time it's safe to leave a tampon in. You should use a pad instead. Pads aren't any better either—it can feel like you're walking around with a stinky diaper all day. Exploring tampon alternatives can not only help you toward sustainability but can also help ease the cost and discomfort of having your period. You're also reducing the risk of potential illness with our [health tips](#).

# Okay, Ladies—let's talk periods. Check out this new health trend for tampon alternatives!

Forget stained jeans on your next [date night](#) for this [health advice](#)—tampons are potentially dangerous. Toxic Shock Syndrome and other infections are every woman's nightmare. Tampons, especially the super-absorbent kind for heavier flows, can trap bacteria inside called *Staphylococcus aureus* if left in too long, causing TSS. Although the syndrome is rare, this still can have fatal effects for women. Beyond this, tampons cause an unimaginable amount of waste during your monthly flow, and they're *expensive*. When you add up how much a woman spends in her lifetime on tampons, it can be up to \$5,600 dollars. We've gathered a list of alternative tampon products for you to try. Some of them may still generate waste, but nowhere does it equal the number of waste tampons produce:

**1. Menstrual Cups:** Menstrual cups are great because not only are they reusable with a one-time cost (therefore saving you upwards of \$120 each year and much more during your child-bearing years), but they also allow you to monitor your flow, have a less embarrassing odor, and lower landfill waste. Brands like Tampax, Diva Cup, and Luna Cup make their menstrual cups out of medical grade silicone. The cost might be pricey at about \$40 dollars to buy the cup but it will save you much more in the long run. Just be aware of the mess menstrual cups can make since they catch body fluids. Using a menstrual cup can have a learning curve as well because they can be difficult to remove—do not do it by the stem. In fact, you might want to cut the stem down if it hurts. Do not panic if you can't get the cup out immediately. Pinch the base and pull slowly. It's best to practice using the cup before you start your period. Also—be comfortable with yourself. You have to get very familiar with everything down below so you don't

hurt yourself inserting the cup.

*It should be noted there have been some reports of menstrual cup-related TSS incidents, but only when the women have left them in far longer than the recommended time (7 days as opposed to 10-12 hours). Be sure to keep track of time when using any kind of insertable period product for your own safety. Timers on your phone do wonders.*

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**2. Disposable discs:** Comparable to menstrual cups, disposable discs are inserted like a diaphragm and can be left in for up to twelve hours. You can even get frisky in bed with your partner while you are using one. The Flex Company, a disposable menstruation disc company, claims the Softdisc has not been linked to TSS, but be sure to do your own research before you decide to search out period alternatives. Soft disposable discs might be a better alternative to the stiffer silicone cups because they aren't as hard but still catch any fluid that leaves the cervix. You'll still spend money on your period products but they will still go farther than regular tampons.

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**3. Period Panties:** Specifically designed to catch your flow during the month, period panties are a tampon alternative that allows you to forgo inserting something in your body. If you have a heavier flow, some of these products may require something else to help catch excess fluids, but there are some brands that have introduced superabsorbent underwear that will help you avoid using other products. Period panties—or thongs, boyshorts, hipsters, bikinis, or hi-cut—work in place of clunky pads that make it awkward through the day. Depending on the panty and the brand you buy, they are equivalent to the absorbency of 2 to 3 tampons. Be prepared to wash the laundry



every day, too! Period panties may also be a good product to start your teen on when she starts her first period since she won't have to deal with embarrassing leaks or odors at school if you get her a few pairs that can handle a heavier flow to get her through the day.

Are there other types of period alternatives you've tried? Let us know in the comments below!

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## Health Trend: The Dangers of E-Cigarettes and Vaping



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y [Emily Green](#)



It's common to find people smoking e-cigarettes or vaping these days. Many people partake in this [health trend](#) because they believe smoking e-cigarettes or vaping is better for you, or they believe that you won't become addicted when this is far from the case. Read this [health advice](#), and learn why e-cigarettes and vapes are harmful to your body.

## **E-Cigarettes and vaping have become one of the biggest trends and continues to rise. Why is this health trend actually anything, but healthy?**

E-cigarettes and vapes are just as addictive as regular cigarettes. While the effects may not be the same, you can become addicted to anything, especially with the drugs e-cigarettes and vapes contain. Here are a few reasons why smoking e-cigarettes and vaping are dangerous to your health:

**1. Nicotine is highly addictive:** Nicotine is by far one of the most addictive and harmful substances. It can affect anyone, no matter how it is delivered. If exposed to nicotine at a young age, you are more likely to become addicted and cause harm to your developing brain.

**Related Link:** [Product Review: Curb Your Nicotine Craving and Find Love With Aqua-tine™!](#)

**2. It makes you more prone to lung disease:** Using e-cigarettes is truly just substituting one bad habit for another. E-cigarettes contain a substance called diacetyl, which has been linked to being a cause of lung disease. The more you smoke, the more the drug is in your system, the more likely you are to contract lung disease.

**Related Link:** [Relationship Advice: 5 Must-Knows When Dealing with an Addicted Partner](#)

**3. It weakens your immune system:** Regardless of what you are smoking, smoking is still the leading cause of death in the United States. E-cigarettes and vapes are full of unknown chemicals, many of which can have negative effects on the body and the immune system.

**4. It's difficult to know what is truly in them:** Believe it or not, many sellers do not accurately relay what is in each of their products. There have been numerous instances of people selling vape products or e-cigarettes that contain zero nicotine but traces of nicotine have been found in them after being tested. You never know what you are truly putting in your body, despite what may be advertised to you.

**5. People have been poisoned:** There have been so many instances where people have been poisoned by the liquid in e-cigarettes or vapes, whether it was absorbed through the skin, accidentally inhaled, etc. It is much safer to simply stay away from substances such as these—staying away can save your life.

**What are some other risks to smoking e-cigarettes or vaping? Let us know in the comments below!**

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## **Health Tip: 3 Trends That Hurt Your Teeth**



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y [Bonnie Griffin](#)

A number of [health trends](#) this year have people drinking new beverages. It's fun to test out this new [health advice](#), like sipping apple cider vinegar or putting collagen in your coffee. You might not realize that some of these can be detrimental to your dental health after you dive into new food or drink trends in the hopes of becoming healthier. Nothing is more painful than an open cavity when you need to wait for an emergency appointment at the dentist because your enamel has been stripped away.

**Health tip: Not all health trends are good for your teeth. What are**

# some ways we can protect them?

Everything we eat or drink has to pass through our mouths. With all the new health trends that include acidic drinks and foods to help burn off calories and become a healthier you, you might be damaging your teeth. Cupid has some [health tips](#) to protect your teeth and gums if you want to try any of these trends:

**1. Adopt a healthy diet instead of a juice cleanse:** Being on a healthy diet has been known to be a better healthy option versus going on a juice cleanse. It turns out that not only are juice cleanses not the best option for getting healthy, but they aren't great for your teeth either. Dentists report seeing increases in decay because the juice can sit between the teeth, wearing away at your gums and teeth. If you still want to give this health trend a try, drink through a straw and definitely use mouthwash and floss regularly.

**Related Link:** [Food Trend: Probiotic Products](#)

**2. Mix your apple cider vinegar with water:** Naturalists claim drinking apple cider vinegar can cure your body of many ailments. These claims include skin with a healthier glow, weight loss, and lowered blood pressure. The process in which apple cider vinegar is made creates a mix of probiotic and helpful bacteria and enzymes, but this also means it is very acidic. Straight apple cider vinegar can damage the enamel on your teeth, leaving them vulnerable to cavities. Instead, it's much better for your teeth if you mix the vinegar with water. Common dosages are one to two tablespoons or teaspoons mixed in a large glass of water, depending on how well you stomach the taste of apple cider vinegar. Be sure to brush your teeth after your dose of apple cider vinegar.

**Related Link:** [Top 2019 Fitness & Wellness Trends to Watch](#)

**3. Decrease your charcoal toothpaste usage:** Charcoal toothpaste promises a whiter, brighter smile. You may not realize that charcoal toothpaste can actually yellow your teeth over time and may contain abrasive ingredients. The abrasive ingredients are used to remove stains, but charcoal toothpaste doesn't contain enough fluoride to fight tooth decay because it can wear down your enamel to reveal dentin, a softer tissue that looks yellow in appearance. If you decide you still want to use charcoal toothpaste, it's recommended not to use it as your everyday toothpaste, but instead once every other week. Do not brush too hard or too long.

Health trends are not always the best ways to make your body healthier, in fact, some can cause damage to your dental health that can be hard to fix. Let us know your thoughts about these health trends below.

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## Health Trend: The Ins and Outs of CBD







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y [Katie Sotack](#)

[Health trends](#) constantly evolve through branding by popular [celebrities](#). Cannabidiol, or CBD for short, is growing in popularity as a chemical compound found in marijuana because it doesn't cause a high. According to *RealSimple.com*, the compound is said to cure PMS, anxiety, insomnia, and hangovers.

## **With CBD available from drugstores to cafes, is this cure-all craze worth the hype?**

CBD is available as powders, oils, vapes, and more, but is it really beneficial to aches and pains? The cannabis compound that's a gray area in the eyes of the law and in science. Here are the health tips you need to know before purchasing CBD:

**1. Proven treatments:** When it comes down to it, the only FDA approved use for CBD is to treat two rare forms of epilepsy. Not to mention that only one form of CBD is approved for such

use. Still, studies have shown benefits for patients with multiple sclerosis and arthritis. If it's legal in your state and your experiencing muscle aches or spasms, rubbing on some CBD on the affected area could be beneficial.

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**2. Anxiety and Depression:** There's not enough research to back this up. The bulk of the testing has been done on animals with no definitive proof that CBD has any effect on humans aside from epilepsy. However, some report that the use of CBD relieves their social anxiety and in one study with mice the oil has been shown to have antidepressant effects. A disclaimer to using CBD with mental illness is that marijuana has been known to trigger psychosis and specifically schizophrenia in patients with a family history of mental illness. If you have concerns speak with your doctor before testing out CBD.

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**3. Relieves cancer-related symptoms:** Like marijuana, CBD can alleviate nausea, vomiting, and pain often related to cancer treatments. However, unlike marijuana, CBD will not get the user high because it lacks THC. Some animal tests have shown the CBD has preventative properties in mice as well. Further studies are needed to conclude if this remains true for people.

**4. Dosage:** Even if CBD is a cure-all, you'd need more of it than what's sold in an average vape pen. For the effects to take place the user would need to ingest hundreds of milligrams. Most over the counter products like vapes, oils, and edibles are sold at around 5 milligrams. Again, speaking to your doctor could be beneficial. They may prescribe something entirely different for your issue or increase your dosage of CBD.

**5. Neuroprotective properties:** As mentioned above CBD has

shown neuroprotective properties for issues like multiple sclerosis and epilepsy. This area is also one of the most studied for a relationship between CBD and human health. An oral spray of CBD and THC has been shown to reduced muscle spasms in patients with MS. Ingesting CBD in a way that works for you might ease MS and epilepsy-related symptoms.

**What's been your experience with CBD? Share in the comments below!**