

Food Trend: Oat Milk



By Diana

Ischenko

Vegan-friendly alternatives have become super popular in the food world over the past decade. In terms of the [health trend](#) that is alternative foods, nothing else has risen to fame quite like oat milk. A study by the Specialty Coffee Association found that the popularity of oat milk has increased by 425% in the last year alone. The lactose-free, nut-free super milk is becoming a common alternative to dairy milk, joining almond milk and soy milk on supermarket shelves across the country.

Whether you'd opt for oat milk in your latte or you're thinking about

making a shift to only oat milk in your house, there's plenty of room for you on the oat milk bandwagon. Here are four reasons why you should ditch your dairy milk and hop on this food trend:

1. It works with most diets.

Some people turn to dairy-free milk due to allergies and other dietary restrictions. Oat milk is free from lactose, nuts, soy and gluten, which are some of the most common allergens. Most other dairy-free milks only focus on removing lactose, but still have other allergens (We're looking at you, almond milk and soy milk!). It's also free from any animal products, so it's perfect for vegans, too.

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2. It's environmentally friendly.

For some, switching to a dairy-free milk is due to its impact on the environment. Oat milk uses very little water to produce, making it the least impactful non-dairy milk on the market. According to a 2018 study, dairy farming uses 628 liters of water to produce one liter of milk. Oat milk only needs 48 liters of water.

3. It's great with coffee

Oat milk's claim to fame is partly due to its popularity with baristas. Oat milk steams really well and gives your drink an extra creaminess that other dairy-free milks don't. Many coffee shops offer the alternative now. Plus, coffee creamers and bottled coffees made with oat milk have started to hit

grocery store shelves.

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4. Most importantly, it tastes like milk.

The best news is that oat milk tastes pretty much like dairy milk. Many other milk alternatives taste vaguely like its main ingredient (i.e. almonds). They can also have different textures, making them either too thick or too watery. Oat milk is pretty neutral-tasting, which makes it great for those who drink milk by itself.

Are you open to switching to oat milk? Start a conversation in the comments below!

Health Trend: Top 10 Tips to Develop a Health Education





By

Elizabeth Skinner

As an educator, it is your responsibility to support your students in developing health education. You need to be in sync as you're imparting health knowledge, so here are ten tips that you can use as a guideline.

In this health trend, check out 10 tips for educating students on health.

1. Go the extra mile for your students.

Instead of coming to class to simply impart knowledge, try to go the extra mile by getting to know your students and their style of learning. In health education, simply focusing on the outcome can lead to mistakes. Rather, pay specific attention to how each student is mastering critical health processes throughout the program.

2. Track progress on a daily basis.

Working with a daily checklist allows you to easily track

progress and understand what may be lacking. The checklist should highlight various topics you've covered with your students and how far along you are with the curriculum. The checklist will allow you to create work that will resonate with your students and make it more relatable.

3. The balance between theory and practical.

In health care and discovery education, both theory and practical experience are equally important. With students who may need assistance in planning their work, research and writing, they can [buy dissertations by professional Ph.D. writers](#) from EduBirdie. This will be beneficial in balancing their work and personal life, which in turn will boost their productivity in the classroom.

4. Influence good decision making.

From this stage of their career where it is just beginning for the student, they need to understand that some decisions are good for health , but bad for education. This means that some decisions may be incredibly difficult, or that a student may find themselves under immense pressure.

5. Encouraging optimal competence.

The health care system can often struggle with finding competent staff who are also kind and compassionate. When developing a study regiment and [informational speech topics](#), you need to take into consideration how you teach your students to be efficient, think fast and practice kindness toward patients struggling with different ailments.

6. Encourage students to develop good habits.

Something as simple as getting enough sleep or reading to relax can be an important tool for ensuring that the individual engages in positive behavior. Instead of consistently overworking yourself, it's important to cultivate

a good attitude toward rest and operating with a clear mind.

7. Take things one day at a time.

Learning is a lifelong process, and many of the lessons may take a long time to ingrain in students. You need to maintain consistency, even when you feel discouraged. One of the easiest ways to monitor progress is by tracking what you have taught in a spreadsheet and taking daily or weekly notes of behavioral changes.

8. Educate yourself, too.

At times, education professionals may slack on their own learning. If you notice any shortfalls in your work, consider taking up a course to improve. Because learning is an ongoing process, as an educator, you need to be open to learning and encouraging your students to learn from you.

9. Keep in line with national standards.

The institution you teach for should handle this, but it is also important for educators to remain informed on national and international regulations around health matters. The key is ensuring that you are up to date with the law in your country and imparting the knowledge to your students.

10. Create a culture of asking in the classroom.

One of the most powerful and simplest ways to develop a learning system is by encouraging students to ask relevant questions. At times, a student might feel their question is stupid or lacks something or the other. However, if you create a culture of asking questions, no matter how small or silly they may seem, you are creating a sustainable learning culture and addressing challenges faster.

These strategies may take time to implement, because people are different in how they approach knowledge. These methods take your teaching methods beyond theory and delve into the

practicalities of overcoming challenges in healthcare education. These are well-researched suggestions that cover various aspects of health education and apply in different disciplines. Health care is one of the most important sectors in the world; thus, imparting knowledge in this sector is highly sensitive and needs to develop with the times.

Elizabeth Skinner is a student counselor and an education expert working with students and teachers from various colleges and universities. Her idea is to develop advanced teaching modules that benefits the students who find it difficult to perform at a desired level. In her free time, she learns pottery, practices yoga and reads non-fiction.

Health Trend: Five Diet Tips for Surviving Thanksgiving Dinner





By [Meghan](#)

[Khameraj](#)

Thanksgiving is a wonderful time to celebrate family, togetherness, and food. In fact, it wouldn't be Thanksgiving without a variety of food to feast upon with your loved ones until you pass out into a food coma. This time of year can be stressful for your body and health. You shouldn't have to miss out on the holiday festivities, but you should also be aware of the impact it has on your well-being. There are many [health trends](#) that gain popularity around the holiday season, so it can be confusing to figure out which one fits your lifestyle the best. It's important to realize that not every diet works for every type of body; it may take some trial and error to figure out which works best for you!

Skip the post-holiday guilt! In these health trends, what are some diet tips to help you make the most of the holiday?

1. Eat breakfast: It may be tempting to skip breakfast on Thanksgiving to save your calories for later. Instead of

missing out on the most important meal of the day, have a small breakfast of cereal or avocado toast. If you skip breakfast, then by the time of your Thanksgiving festivities, you'll be starving and prone to overeating.

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

2. Get active: While Thanksgiving may be known for food and lounging around with family and friends, there are many holiday activities that will get you moving. Play a game of football or go on a fall walk to help you beat that all too familiar Thanksgiving lethargy.

3. Listen to your body: We're all familiar with the feeling of overeating. Our bodies do a pretty good job of letting us know what we should or shouldn't be doing. Once you feel full, despite still having food on your plate, you should stop eating. This will help you avoid that uncomfortable feeling we all get when we overeat.

4. Be realistic: Even if you're concerned about your health and body, that shouldn't get in the way of you enjoying the holiday. It logically makes sense that you would gain some weight on a holiday, especially one that is known for food. Don't be overly harsh or mean to yourself if you happen to overeat. You're allowed to enjoy yourself and that should be your main focus during the holiday season.

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5. Exercise: If you happen to feel guilty after Thanksgiving, don't beat yourself up about it. You can always exercise to shed the extra weight you may have gained. Set a weekly exercise regime to follow until your body feels healthy!

What are some other ways you can stay healthy during Thanksgiving? Let us know in the comments below!

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



By 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 Gwyneth 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!

Product Review: Bravity Bras Defy Gravity



By [Katie](#)

[Sotack](#)

The breast lymphatic system “is a network of tissues and organs that help rid the body of toxins, waste and other unwanted materials,” according to *LiveScience.com*. Simply stated, breasts are essential to a properly working immune system. That said, many women have a hard time and are uncomfortable with their breasts when it comes to sleep. They can get in the way at night, causing discomfort and inhibiting the proper lymphatic cleansing process. However, we stumbled

upon a bra that just might resolve this issue.

If you're searching for comfort and the latest health trend while you sleep, get the best of both worlds with Bravity. Learn more about the bra's perks in this [product review](#).

Anyone with breasts can attest to the challenges they present when it comes to sleeping. Whether they're falling to the side or preventing you from lying on your chest, breasts can be a nocturnal hazard. That's where Bravity bras come in. Specially crafted with a Y-strap feature so the breasts are exposed, yet still cradled, these bras support the chest during sleep without the discomfort an underwire bra would cause. Here are some benefits:

1. Anti-wrinkle: Aside from the health boost of a properly cleansed lymphatic system, you'll begin to look younger, too. At any age and with any size breast, one might encounter cleavage wrinkles. They are completely natural and nothing to worry about, but if you're searching to keep your supple bosom, look no further. Bravity bras lift and separate the breasts to stop wrinkles from forming.

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2. Comfort: The Bravity bra is crafted with padded adjustable straps so that it feels like tiny pillows cradling your cleavage. While made up of nylon and spandex so that the bra is cool to touch and form fitting, the no cup designs leaves breasts room to breathe.

3. Big breasted babes: Those with larger chests are typically

more likely to seek a night-time bra. While Bravity benefits those of every size, big breasts are not left behind like they are in other major brands. We had an ample-chested woman test the product, and she claimed, “Nothing gets mashed up against my chin; it did work”. Avoid the dreaded uni-boob with the y-strap technology made for any size.

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4. Sports edition: Bravisport does exist! This is a medium support, racer-back bra made to eliminate the uni-boob. The bra provides extra support by combining the average sports bra with the y-strap design, thus creating two layers of defense. The removable cup pads also allow for customizable shape and comfort.

How do you support your breasts while sleeping and working out? Share in the comments below!

Fitness Trend: Move Away from Your Dependence on Technology





By [Katie](#)

[Sotack](#)

Admit it: technology has become an addiction. It's easy to get lost trying to grow your following on social media. You've maybe gotten so wrapped up in a game on your iPad you've forgotten to wash your work clothes for the next morning, too. Consumers are reclaiming [fitness](#) as a time to disconnect and recommit to [health](#). The gym, which had become flooded with big screens and Fitbits, has now become a place to find solitude.

As technology integrates further into our lives, how can we achieve mindfulness through this unplugged [fitness trend](#)?

Mindfulness is the act of bringing one's attention to the current moment. Psychologists recommend it as a way to deal with emotional distress and to live life to its fullest. The task has become increasingly more challenging as we've become more attuned to our screens and less invested in the physical space around us. Here's some [fitness advice](#) to help you unplug and lead a healthier life:

1. Go harder: To maximize a full workout, mindfulness is essential. The presence of a phone or other distraction limits the workout by dividing attention and providing a slower tempo

for movement. It's suggested that songs with high BPM (beats per minute) increase the speed of a workout. Plus, with distraction comes bad form. Give your body the respect it deserves by focusing on structure and engaging muscle groups, ultimately disconnecting from life and experiencing a workout your health and the impact of the workout.

2. Breathing: 2019 has seen an increase in breath-focused fitness like yoga and swimming. A key component to mindfulness is meditation, which largely focuses on breathwork. Exercises that stress the importance of deep and measured breath will aid in focusing the mind. The 'breathe through the pain' mantra of yoga will bleed into everyday life. Even emotional challenges will feel less stressful as you take measured breaths to remain calm. Plus, there's the added benefit of regular exercise, which leads to increased endorphins. By participating in an exercise that emphasizes breathing, a person will increase their mood and decrease their waistline simultaneously.

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3. Fatigue: Constant tiredness may be brought on by stress, chronic pain, or trouble sleeping. A mindful workout, which focuses on a strong mind-body connection, will alleviate all of the above. Psychologists use the connection to adjust lifestyles and attitudes. When a person is cognizant of their entire being, emotional wounds and physical pains begin to heal. This phenomenon happens by processing our emotions and therefore healing that which plagues us. A mindful workout is a great start to both emotional and physical health (and should exercise alone work for you, it's a lot cheaper than never-ending doctor's appointments).

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4. Alertness: A downside to our constant internet connection is that we as a species have become horribly unaware. People cross busy Manhattan streets without looking up from the movie on their phone. Friends' voices have become background noises to our texting. Taking an hour a day to workout unplugged reminds us that it is possible and can feel *amazing*. Ever heard of runner's high? The endorphins of a full-fledged mindful workout are off the charts. You'll feel superhuman, pushing your body and mind to the limits and not caring about the time spent away from your screen. Plus, a strong mind-body connection makes people more aware in everyday life. You'll begin to pick up on details your brain had been filtering out as well as upping your quick-witted banter skills.

How do you emphasize a mind-body connection? Share in the comments below!

Travel Tips: Health Benefits of Luxury Travel





By [Katie](#)

[Sotack](#)

Can luxury travel be self-care? In 2017, *CNN* published the article “Travel Makes Us Happy”, but as it turns out, the ignition of our senses by new experiences makes us happy. Recent wellness [luxury travel](#) has entered the market as a [health trend](#) for those who want to increase their sense of well-being. These [luxury vacations](#) aim to go beyond experiential travel, instead of immersing the traveler in the transformational experience of travel and leading to personal fulfillment.

Here are some [travel tips](#) to ensure the longevity of your growth from luxury travel.

With our culture moving toward environmentally positive retreats and service trips as ways to seek personal enlightenment, is there still room for luxury vacations to bring us happiness? Fear not, there’s still plenty of reason to enjoy the spa and beaches at a five-star hotel. Here are the perks to wellness traveling.

1. Adventure: Self-actualization sits on top of our hierarchy of psychological needs. The idea is that when we reach our true potential we leave our ego in the dust. This allows us to live more mindful lives. Luxury wellness vacations may ask you to emerge yourself in theater, hiking, or gaming in order to ignite emotions. This results in a personal transformation towards self-actualization.

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2. Storytelling: For all our bibliophiles out there, luxury travel rips a page right out of your book (but not literally). Wellness locations immerse the traveler in epic storytelling. Like a chapter in a book, the adversity brought on to reach the end goal will inspire personal development.

3. Activity: The reason behind branding these retreats as stories where you're the protagonist is our culture's craving for choice. In the old days, vacationers desired itineraries and classes aiming to guide their journey. Now, we've moved onto mixtures of fitness, nature, cultural immersion, and health foods. These options in activities allow a sense of purposefulness and a full experience within your vacation destination.

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4. Digital detox: Many luxury wellness vacations will not allow electronics into their vicinity. The idea of giving up our phones for a week produces sweat beads of anxiety on our upper lips as we realize this vacation isn't for Instagram. However, the long term benefits of disconnecting far outweigh the day of mild discomfort. Embark on your spa adventure with total serenity, knowing no one can disturb you.

5. Women only: If you're a woman warrior looking to relax and grow in an area uninhabited by men look no further. Certain luxury wellness vacations cater exclusively to female

empowerment. With physically, mentally, and spiritually guided activities for growth, these sessions focus on moving past trauma (like divorce, assault, etc.) and inspiring growth.

Where is your ideal luxury vacation location? Share in the comments below!

Health Trend: Natural Deodorant



By [Katie](#)

[Sotack](#)

Have you ever wondered about the ingredients in the little antiperspirant you use on your underarms? You wouldn't be the first. The publicity over the last year between mental mindfulness and physical health has spiked a [health trend](#) in

natural products like deodorants that don't contain chemicals. But switching to an all-natural deodorant can take some getting used to.

The health trend of using natural deodorant is more than a one and done process. Learn about the transition before you jump ship to the unprocessed scent blocker.

Switching to natural deodorant is a patient game, but if you succeed the mainstream news says your health will be better in the longer run. Here are the facts and [health tips](#) and [health advice](#) on switching your odor stopper.

1. Deodorant Detox: The smell, at first, is not pleasant. Your body is used to deodorants with chemicals that block sweat and stink from coming out. Without a traditional deodorant, your body will need to purge itself. Basically, avoid planning a date the first month of the switch to be safe.

2. Sweat Stains: Natural deodorant is not an antiperspirant, meaning it will not stop the sweat. Without the aluminum salts and propylene glycol added in your pores are free to open. This is not a bad thing, considering sweat itself doesn't smell, but rather the bad bacteria on your skin produces the odor. Still, if you tend to run on the moist side underneath, test out a lighter color shirt at home to see if you leave stains. Just like the odor detox, don't be afraid to give your body some time to adjust.

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3. Health benefits: The big push to this health trend is

avoiding the preservatives in processed deodorant. There's been growing concern that the mainstream products cause Alzheimer's and breast cancers. Though researchers have yet to find enough evidence to definitely prove the correlation, it's enough to terrify some consumers.

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4. Longevity tips: Because of the detox factor, the odor-blocking will not last long in the beginning. On the first few days, it works approximately two hours at a time. That's why it's recommended that during the initial process the user carry to go deodorant wipes with them. These products can be found using natural formula as well and will take care of bad bacteria growth while you're on the move.

5. Funk over time lessens: An ultimate benefit to natural deodorant is the long term scent booster. Aside from the aforementioned possibility of avoiding diagnoses, natural deodorant does not block pores. This means that after your month of smelling, the good bacteria on your skin will take over and reduce odor. This also allows your natural pheromones to shine through, which could, in turn, make you smell more attractive to some individuals.

How do you block the underarm scent? Share in the comments below!

Health Trend: Intuitive Eating



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.

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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!

Health Trend: Tampon Alternatives





By [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, and 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!

Health Trend: The Dangers of E-Cigarettes and Vaping



By [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.

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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.

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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!

Health Tip: 3 Trends That Hurt Your Teeth





By [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.

Health Trend: The Ins and Outs of CBD



By [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.

Related Link: [Fitness Trend: Mobile Exercise Apps](#)

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!