

# 'Top Chef' Alum Richard Blais on Healthy Holiday Cooking with Benefiber



Interview by [Lori Bizzoco](#).

Viewers of *Top Chef* recognize Atlanta chef Richard Blais as the runner-up during the reality show's fourth season and the winner of season eight, *Top Chef: All-Stars*. What may surprise fans, though, is his new found passion for healthy cooking. It even surprised the chef himself: "I would never have envisioned that I'd be standing here today talking to you about being a dedicated chef to health and wellness." In our interview, he discusses the importance of fiber and makes raw oatmeal risotto using Benefiber.

**Related Link:** [Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

While the reality star handles most of the cooking duties at home, he knows a thing or two about sharing space in the kitchen. "My kids do cook. We're getting them involved," Blais shares of his daughters, ages five and almost three. "I think it's really important to build a healthy relationship with food with your kids, whether that's going to the farmer's market, going to the grocery store, or getting them at the stove with you."

He adds, "We just made one of these recipes at home – blue corn meal pancakes – with Benefiber."

*For more information, check out Benefiber on [www.facebook.com/Benefiber](http://www.facebook.com/Benefiber).*

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

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## NoGamesLove Video Dating Tips: How to Deal When Your Ex Moves On





By [E!'s Famously Single Dating Coach, Laurel House](#)

## **Dating Advice from E!'s *Famously Single* Laurel House on What to Do When Your Ex Moves On**

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House lets you in on why you're stressing so much about your ex's new relationship and what you can do to get over it. You need to learn to be happy again – without him. "Get yourself out there in a better, stronger, wiser way," the dating expert explains. "This is the time to work on you."

For more information about our dating mentor, click [here](#).

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

How did you handle it when your ex moved on? Share your story

in the comments below!

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# AshLee Frazier Says, “I Want to Be Well-Rounded Before I Fall In Love”



Interview by [Lori Bizzoco](#).

Since vying for Sean Lowe’s heart on *The Bachelor*, AshLee Frazier has been focusing on her career rather than her love life. Although the entertainment press says otherwise, the bubbly personality tells us that she hasn’t done much dating since her time on reality television. “I want to be well-



rounded before I find someone and fall in love,” the personal organizer candidly shares.

The currently-single star also chats about what type of man she wants and what she learned from the show. “It’s okay to really put yourself out there. I never would’ve done that before,” she says. “Now, I’m looking for that feeling of being head-over-heels in love.”

**Related Link:** [‘Bachelor’ Contestant Ashlee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event](#)

And, of course, we had to ask Frazier about her take on the new *Bachelor*, Juan Pablo Galavis! Listen up for her thoughts on the Venezuelan soccer star and her advice to next season’s contestants.

*For more information about Frazier, follow her on [www.facebook.com/ashleenfrazier](http://www.facebook.com/ashleenfrazier) and Twitter @ashleefrazier.*

*Video by Erik Erikson.*

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

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# **‘Bachelor’ Contestant AshLee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event**



It's no surprise that Match.com's "Spontaneous" Stir Game Night was a huge success. Nearly 100 singles gathered for a night of competitive fun as they played board games and belted out their favorite lyrics at Sen Restaurant on 21<sup>st</sup> Street in New York City.

**Related Link:** [Play Your Way to Love With Match.com, Spontaneous and AshLee Frazier of 'The Bachelor'](#)

Attendees included *New York Post* Meet Market columnist, Jozen Cummings; Dateologist, Tracy Steinberg; and Single Gal in the City founder, Melissa Braverman.

Our executive editor, [Lori Bizzoco](#), was there to partake in the fun as well. In this exclusive interview, she sat down with Spontaneous creator Rob Ridegeway and *The Bachelor* alum, AshLee Frazier. They chatted about the concept behind this popular new game and how board games can help singles find love as well as Frazier's involvement in the event

All in all, it was a great night at a great location with a great game!

For more information about Frazier, follow her on [www.facebook.com/ashleenfrazier](http://www.facebook.com/ashleenfrazier) and Twitter @ashleefrazier. Stay tuned for a future interview with The Bachelor contestant!

Video by Erik Erikson.

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

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## NoGamesLove Video Dating Tips: The No Games Guide to True Love





By [E!'s Famously Single Dating Coach, Laurel House](#)

## **Dating Advice from E!'s *Famously Single* Laurel House on True Love**

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares ten tips for finding The One *without* playing games. Even if you aren't ready for a committed relationship, this advice can help you stop wasting your time with men who don't see your worth. First and foremost, the dating expert says to throw away your checklist. Think about where this list came from and how it may be boxing you in. You're creating paper perfect, which has nothing to do with chemistry or the things that actually matter. You'll know if a guy meets your must-haves without having to consider a silly list! Watch this week's video for nine more tips.

For more information about our dating mentor, click [here](#).



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

How did you stop playing games in your relationship? Share your story in the comments below!

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# NoGamesLove Video Dating Tips: Summer Love that Lasts



By [E!'s Famously Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famously Single* Laurel House on Summer Love

Summer love doesn't have to end when autumn blows in. In fact, it can turn into a lifelong romance if you let it! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her tips for making your warm-weather romance continue into fall. Most importantly, the dating expert says to remember to get raw: be true to yourself and stay open-minded. You never know what might happen!

*For more information about our dating mentor, visit our [Experts page](#).*

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

**Have you ever had a summer fling that turned into a long-term love? Share your story in the comments below!**

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## QuickieChick's Video Dating Tips: Real Life Impact of 'The Bachelorette'





By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House discusses *The Bachelorette*.

## **Dating Advice from E!'s *Famously Single* Laurel House on *The Bachelorette***

Did you ever think a reality television show like *The Bachelorette* could actually offer you valuable real world advice? QuickieChick and dating expert Laurel House didn't think it was possible...until this past Monday's dramatic finale. The surprise ending made her reflect on her own relationship history, and in this week's video, she reveals ten love lessons that she learned from Desiree Hartsock's journey.

For more information about our dating mentor, click [here](#).

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

[channel](#).

Tell us: What did you learn from this season of *The Bachelorette*?

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# QuickieChick's Video Dating Tips: Getting Back with Your Ex? 10 Mistakes That I Made



By [E!'s Famously Single Dating Coach, Laurel House](#)



## **Dating Advice from E!'s *Famously Single* Laurel House on Getting Back With Your Ex**

Are you thinking about getting back with an ex? Our resident dating mentor Laurel House did...over and over again. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House outlines ten mistakes that she made, hoping to inspire you to avoid the same fate. "When you get back with your ex, you need to realize that this isn't a rosy relationship," the dating expert candidly shares. "You don't think that they can do no harm because you know they can. You've already been there; you've seen their dark side." Before moving forward, you have to address the reason for your split. You essentially have to take a step backwards first. Listen up for more helpful advice!

*For more information about our dating mentor, click [here](#).*

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

**Have you ever reconnected with an ex? Share your story in the comments below!**

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## **Kelly Ripa on Electrolux and Her Marriage to Mark**

# Consuelos: “We Still Dig Each Other”



Interview by [Lori Bizzoco](#).

In this exclusive interview, CupidsPulse.com founder and executive editor Lori Bizzoco chats with Kelly Ripa about Super Saturday, which was held this past weekend in the Hamptons; her relationship with co-host and “soul sibling” Michael Strahan; and her strong marriage to Mark Consuelos. “We just love each other. We still dig each other,” the television personality says of the secret to their marriage of seventeen years. “He does it for me, and I think I do it for him. Otherwise, I don’t think he’d still be here!”

The mother of three also discusses her partnership with Electrolux and their French Door Refrigerator with the Perfect

Temp Drawer. Not only does she love their products, but she loves their philanthropic attitude as well. "They've been helping me raise money for ovarian research since I've been with them. When a company puts forth such an effort not only to make lives easier but also worrying about the health of women, I just think that says something."

In addition to the event in New York City, Electrolux is inviting Americans to visit [www.livelovelux.com](http://www.livelovelux.com) through August 22 to enter the Electrolux Perfect Temp Sweepstakes for the chance to win a French Door Refrigerator and a trip to a climate with the Perfect Temp (the Bahamas!). For every entry or share, Electrolux will donate \$1 to the Ovarian Cancer Research Fund (OCRF). Visitors to the site can also download Kelly's favorite summertime recipes, including her famous spicy mango-peach Greek yogurt popsicle!

*For more videos from CupidsPulse.com, check out our YouTube channel, [youtube.com/user/CupidsPulse](https://youtube.com/user/CupidsPulse)*

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## **QuickieChick's Video Dating Tips: Ways to Know If He's Ready for Marriage**





By [E!'s Famously Single Dating Coach, Laurel House](#)

## **Dating Advice from E!'s *Famously Single* Laurel House on Marriage**

How do you know if your guy is ready to take the next step in your relationship and get married? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares the questions you should consider in order to figure out if you're the one he wants for the rest of his life. And, of course, you have to first decide if you're ready to spend forever with him. Plus, the dating expert tells you how to ensure that you're not coming across as too needy and how to deal with your man if he's acting desperate.

*For more information about our dating mentor, click [here](#).*

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

**How did you know when your partner was ready for marriage?**



Share your thoughts in the comments below!

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# Alison Sweeney Chats About Keeping Her Family Healthy with Frigidaire



By [Whitney Johnson](#)

Many fans – myself included – look to Alison Sweeney as a source of inspiration when it comes to living a healthy lifestyle. In our exclusive interview with *The Biggest Loser* host, she shares her tips for staying motivated and helping her family make smart choices when it comes to diet and

fitness. For instance, when it's snack time for her two children, keeping her refrigerator organized is incredibly important. "I want those healthy choices front and center. I want them in their eye line, so that they see them when they open the refrigerator door," she explains. "I think that makes it much more likely to be something that they pick."

Plus, Sweeney shares some behind-the-scenes secrets from her upcoming film *Second Chances*, premiering on The Hallmark Channel on July 22nd.

Check out *Frigidaire* on [facebook.com/Frigidaire?fref=ts](https://www.facebook.com/Frigidaire?fref=ts) and Twitter @Frigidaire for more information.

For more videos from [CupidsPulse.com](http://CupidsPulse.com), check out our YouTube channel [youtube.com/user/CupidsPulse](https://www.youtube.com/user/CupidsPulse)

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## QuickieChick's Video Dating Tips: 'Bachelorette'-Based Ways to Know If He's Using You





By [E!'s Famously Single Dating Coach, Laurel House](#)

## **Dating Advice from E!'s *Famously Single* Laurel House on How to Tell if Someone is Using You**

If we've learned anything from this season of *The Bachelorette*, it's that men are pretty good at faking their feelings and only pretending that they're into you. Poor Desiree Hartsock has been fooled by not one but *three* contestants so far: Brian had a girlfriend at home; Bryden left because he wasn't "feeling it;" and James was only on the show because he hoped to be the next *Bachelor*. So how can you tell if your guy is just using you? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for figuring out what men are genuine and what men have crummy intentions.

For more information about our dating mentor, click [here](#).

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

[channel](#).

Have you ever been used by a guy? Share your story in the comments below!

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## QuickieChick's Video Dating Tips: Summer Love...



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s Famously Single dating coach, Laurel House talks about summer romance!



# Dating Advice from E!'s *Famously Single* Laurel House on Summer Love

Have you ever had a summer romance? QuickieChick and lifestyle coach Laurel House has – and she says it enriched her summer and made it that much more memorable. Unfortunately, it ended up being only a fling that left her broken-hearted. Lucky for you, in this week's video, the dating expert shares some tips for making the most of your summer love. Your inhibitions are down; your energy is up, and the heat is on. It's time to have some casual and carefree (but still safe) fun!

*For more information about our dating mentor, click [here](#).*

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

**Have you had a summer romance? Share your story with us in the comments below.**

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## Best Selling Author Sylvia Day Discusses Crossfire Series, Love and Having it All





By Nicole Cavanagh and [Lori Bizzoco](#)

#1 New York Times Best selling author, Sylvia Day chats with CupidsPulse.com about her new novel, and shares where her inspirations come from. A true romantic herself, Day knew she wanted to be a romance novelist when she was just twelve years old! She speaks about current trends between relationships, love, and reading and tells us how she wants to spread her message about happy endings. Plus, find out about her newest project, the upcoming groundbreaking collaboration with Cosmopolitan and Harlequin. Day believes women really can have it all and reinforces pursuing your dreams both in life and in love.

*For more videos from CupidsPulse.com, check out our youtube channel, [www.youtube.com/user/CupidsPulse](http://www.youtube.com/user/CupidsPulse)*

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# QuickieChick Video Dating Tips: 'Bachelorette'-Based Ways to Make a Great First Impression



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House says to get real and get raw.

## Dating Advice from E!'s *Famously*

# ***Single* Laurel House on First Impressions**

We all know that making a great first impression is essential for carrying on a successful relationship. ABC's *The Bachelorette* is proof of this idea as we saw on last week's season premiere. Men were either given roses or sent home based on their actions during the first evening. So how do you make a memorable impression when you meet someone? Be vulnerable. Be honest. And most importantly, be yourself.

*For more information about our dating mentor, click [here](#).*

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

**How do you make a good first impression on someone new? Tell us in the comments below.**

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## **Dating Advice: Mario Batali Shares His Tips for Cooking at Home on Date Night**







By [Whitney Baker Johnson](#)

In this exclusive video interview, chef Mario Batali shares his tips for cooking at home on date night and prepares a chicken pasta salad, a recipe that he put a spin on in honor of Hellmann's 100th birthday. Plus, he chats about which of his restaurants is the best spot for a romantic night out, the importance of bringing your family together for dinner and his sons' new cookbook, *The Batali Brothers Cookbook* – which they originally put together as a Father's Day gift!

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

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## QuickieChick's Video Dating

# Tips: Have You Been Cheated On?



By [E!'s Famously Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famously Single* Laurel House on Cheating

Once a cheater, always a cheater – fine. But can you cause your boyfriend or girlfriend to cheat? Yes, you can! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House talks about how to drive your partner into someone else's arms – and what you can do to avoid it. The dating expert believes that confidence is key to keep your partner from straying.

Don't let your insecurities rule your relationship by focusing on everything that's wrong with you or your partnership; instead, let your confidence be your guide and always have fun with your love. Make them feel lucky to be with you! Watch for more great tips to keep your relationship a happy one and ensure that your significant other remains faithful.

*For more information about our dating mentor, click [here](#).*

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

**How do you keep your partner from cheating? Share your tips with us below.**

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## **Owl City's Adam Young Says Fame "Puts Pressure" on His Love Life**





By Royal Young

Owl City's Adam Young first captured our hearts with his 2009 hit "Fireflies," a song that he says he never expected to connect with so many people because "it's a such a weird song that isn't really about anything." Since then, the humble musician has experienced a fast rise to fame but held on to his optimistic attitude and small-town upbringing. Most recently, he has partnered with Oreo on Wonderfilled, a campaign about sharing wonder with those around you and trying to make the world a better place. They wanted an "upbeat, witty, quick and catchy" theme song, and Young was a natural fit. Here, he chats with CupidsPulse.com about his career, his new partnership and his love life.

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

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# QuickieChick's Video Dating Tips: Seven Reasons to Kiss



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House shares seven reasons to kiss. It's time to get busy!

## Dating Advice from E!'s *Famously Single* Laurel House on Kissing

Did you know that kissing helps to fight those pesky springtime allergies that so many of us face? If you kiss for at least 30 minutes, it helps to slow histamine production, which means you won't be sneezing and dealing with a runny

nose. Kissing not only makes you healthier and happier, but it also makes your relationship healthier and happier.

For more information about our dating mentor, click [here](#).

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

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## Married In a Year



Check out our executive editor and founder, [Lori Bizzoco](#)'s, video interview with Suzanne Oshima, matchmaker and dating coach at Dream Bachelor & Bachelorette and the founder of Single in Stilettos. Lori candidly shares her story, from a

broken engagement five months before the wedding to a whirlwind romance with her now-husband. Through it all, she discovered how to brush herself off and find the positive in every situation, whether it's in your personal or professional life.

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

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## **Illusionist David Copperfield Keeps His Relationship Magical By Relaxing in The Bahamas!**





By Royal Young

World renowned illusionist, David Copperfield, talks with us about keeping the magic alive, not only when he's performing a show, but in his personal relationship as well. Copperfield, performs over 500 shows a year and has won 21 Emmy Awards. He has accomplished mind-boggling illusions such as walking on the Great Wall of China and making the Statue of Liberty disappear. His newest passion is focused on educating people about the joy of relaxing in the Bahamas. Copperfield who enjoys The Bahamas with his family owns a chain of eleven islands "Musha Cay and the Islands of Copperfield Bay" which he calls the most "magical vacation destination in the world."

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

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# QuickieChick's Video Dating Tips: Flirting With Your Man



By [E!'s Famously Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famously Single* Laurel House on Flirting

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for how to flirt with your man. Whether you're in a new relationship or you have a long-term, live-in boyfriend, it's important to still be flirtatious and fun and make your significant other feel special. You want to keep the spark alive, right? "You're going to look forward to flirting. It's

not going to be a chore,” the dating expert shares. “After a while, you’re going to start thinking, ‘What can I do that’s going to make him happy?’” Be sexy and sassy, and your love life will be rejuvenated.

*For more information about our dating mentor, click [here](#).*

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

**What’s your favorite way to flirt with your man? Tell us in the comments below!**

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## **Celebrity News: Actor William Levy Plays Casanova in New Pepsi Next Campaign**





By [Lori Bizzoco](#)

Actor William Levy has had a very busy career! Modeling, *Telemundo*, JLo's *I'm Into You* music video, VH1's *Single Ladies*, *Dancing with the Stars* and so many other credits to his name. Now Levy is here to chat with us personally and giving us the scoop on his upcoming movies "Addicted" and "Single Moms Club." He also talks to us about life as a single dad, what he looks for in a woman and his newest campaign for Pepsi Next Campaign. William will play six different characters in the upcoming campaign, including the role of Casanova, one of his favorites.

Which William Levy Character is Your Favorite? Check them out [here](#).

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

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# 'Scary Movie 5' Actress Molly Shannon Talks About Life's Biggest Headaches & Being a "Happy Mom"



By [Lori Bizzoco](#)

Actress and comedienne Molly Shannon first stole our hearts on *Saturday Night Live* in the mid-1990s. Since then, her career has expanded to include movie star in *How the Grinch Stole Christmas* and the recently-released *Scary Movie 5*. Additionally, she's a children's author, her book *Tilly the Trickster*, is inspired by her own childhood and the silly antics she used to play. Here, the newly-named Excedrin spokesperson chats about what gives her the biggest headache. Shannon also opens up about life with her husband Fritz



Chesnut and their two children, Stella and Nolan. She gives us the inside scoop about how she uses her comedic background and attitude to be a better parent, saying, "I know for sure that my kids think of me as a happy mom, someone full of joy." *For more videos from CupidsPulse.com, check out our [YouTube channel](#).*