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**NORMAL**  
Sweet temptation

Talk about the Good Life! Even health nut Dr. Oz couldn't resist a treat in honor of his 56th birthday. The surgeon tucked into a carrot cake created by Cupcake Wars winner Michelle Spell of Ava's Cupcakes.

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# HERS

YOUR FAST TRACK TO FITNESS

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### CUPPING

While not exactly new (as part of traditional Chinese medicine, it has been around for thousands of years), cupping (A) moved into the mainstream shortly after the 2016 Olympic Games, when athletes like Michael Phelps began to show up with purple welts on their back following cupping therapy sessions.

"Cupping is the inverse of massage," says Nomi Greenman, a massage therapist and a personal

trainer in East Hanover, N.J. "In massage, you start at the top and go deeper; with cupping, you're suctioning the skin up so you can work on the deep layers first." The result is quick and effective, she says. "It brings a lot of blood flow to the area, so you can flush out excess waste and stimulate the lymphatic system." It feels like a rug

burn  
telltale  
which  
than a

Social Media Star  
*Natalie Jill*



### 4 TRIED-AND-TRUE RECOVERY OPTIONS

**3 | MASSAGE THERAPY:** A massage is a great way to reduce soreness. "The therapist does all the work so you stay relaxed," Greenman says. "The objective is to loosen up the tissue and bring more blood flow to the area." Different massage types yield different benefits, but most athletes can benefit from a deep-tissue or Swedish massage.

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June 2017 • Volume 32 • Number 6

The magazine for Costco members

SPECIAL SECTION  
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## Decades of fitness

Adapting your exercise regimen throughout the years

BY ANDREW MOORE



PRECISION SPORTS PERFORMANCE

**PHYSICAL ACTIVITY** is one of the most important factors that influence longevity. Nearly everyone agrees with its importance, but many people fall short of what is necessary. Developing physical fitness habits as early in life as possible paves the way for better health in later years. Correspondingly, maintaining levels of physical activity becomes more and more important as you grow older. In general, here are some physical fitness priorities, broken down by decades.

**20s** Your body is most susceptible to change during your 20s. During this period, it's possible to make rapid progress in both strength and cardiovascular endurance. Suggested strength exercises include squat, bench and deadlift variations, as they incorporate large muscle groups and use the full body.

Suggested cardio includes high-intensity interval training, such as running or cycling, with a work-to-rest ratio of approximately 2-to-1. So, for example, for every two minutes of intense work, you'd have one minute of rest.

**30s** During your 30s, you'll start to notice that you don't achieve progress as easily as when you were younger, and injuries may start to arise. At this stage in your life, while you are still maintaining a high level of physical activity, another focus needs to be on recovering properly to avoid injury and burnout. Continue resistance training similar to

that of your 20s to maintain strength, and incorporate high-intensity aerobic activity, including running, biking, intervals, etc., that gets your heart rate up to 80 to 90 percent of your maximum heart rate to maintain cardiovascular fitness.

**40s** This is often the period when things like work and family obligations can prevent you from exercising as much as you should. It is important to find a balance that will allow you to maintain your health along with your obligations.

In your 40s, if you have not been maintaining a consistent exercise regimen, you start to become aware of physical fitness problems related to lack of physical fitness and/or poor diet. Problems such as high blood pressure, chronic stress, depression or cardiovascular disease make beginning and maintaining regular physical activity even more crucial.

Try performing lower-impact open-chain exercises. Open-chain exercises include any exercise where the body presses, freely through space, such as chest presses, bicep curls, leg curls and leg extensions. These can be done with weights (shoulder presses) or without weights (pullups).

**50s** In your 50s, you may find that you need to modify the type of exercise you do to accommodate physical limitations.

For example, if you have been a lifelong runner, you may be unable to continue running as frequently or unable to run longer distances due to joint issues. Taking up something lower in impact, such as biking or swimming, will allow you to get a cardiovascular workout but without the repetitive impact to the joints that running involves.

Your primary exercises should be at a lower intensity when it comes to cardiovas-

cular fitness; resistance training can remain the same, with the goal of minimizing loss of strength.

**60s** As you go through your 60s, maintaining strength becomes a priority. Strength is extremely important to overall health in several ways. Muscle mass maintains normal hormone function in the body, lets you exert less energy during tasks related to daily living and reduces stress on the heart, and maintaining strength can prevent injuries from events such as falls.

Exercises should be body-weight and ground-based to stimulate bone and muscle growth and maintenance. Examples would be body-weight squats or pushups, as both are ground-based and incorporate multiple joints, or pullups. Suggested cardio would include lower-intensity, steady-state exercises such as jogging, walking, biking or swimming.

**70s** In your 70s, the mode of physical activity becomes less important than the amount of activity.

At this age, you may not need to go to the gym to work out if you have an active lifestyle with hobbies that involve being physically active or if you spend time walking and have minimal sedentary time. Activities like these have many benefits, such as maintaining cardiovascular health, keeping your strength and preventing bone loss.

If you're at this age, tai chi and water aerobics are great because of their low-impact and low-intensity nature. **C**

Andrew Moore is the director of education at Precision Sports Performance (precision.sportsperformance.com) in East Hanover, New Jersey.

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## THE 411 ON ALL-ON-4 DENTISTRY

All-on-4 is one version of several procedures by which four implants are inserted into a patient's jaw and a full upper or lower set of teeth is attached to the implants. A Google search for All-on-4 dental implants produces 41 pages of results. The maker of the All-on-4 system, Nobel Biocare, says it saw demand for its system increase by 25 percent in 2015 from 2014. Undoubtedly, business is good for those who promote themselves as suitable to perform the procedure. Unfortunately, it seems that only a fraction of those are competent.

"There's a lot of very fine-tuning that needs to be done," says Dr. Joan Otomo-Corgel, who is a past president of American Academy of Periodontology. "It's not just slamming in four implants."

Dr. Bruce Seidner of Seidner Dentistry & Associates, who performed his first All-on-4 procedure in 2012, tells of a recent circumstance in which he observed a surgeon perform the procedure and saw the surgeon place an implant in a location that was typical of other systems and incorrect for the All-on-4 technology. "Just because a surgeon does implants, doesn't mean he did All-on-4 implants," he says.

"People don't look at the medical aspects of it," Otomo-Corgel adds. She says an evaluation of the suitability for All-on-4 or similar implants must include how the patient's teeth fit together, how his/her jaw swings and whether the patient has adequate space in the vestibule of the mouth.

Because of the relatively low cost of an All-on-4 or a similar procedure—\$25,000–\$35,000 per arch—some practitioners might be quick to sell a patient on the idea. However, Otomo-Corgel explains that such a procedure instead should be constrained to people who have been without teeth for a significant period. Furthermore, she believes that "more than 50 percent" of such patients are better off having an implanted system that has six implants. Although it's more costly, "you have a better distribution of forces," she says.



# AMERICA *cool* A

## BEARD GROOMING REMEDY

To Stop Beard Itch

A WELL-GROOMED BEARD IS GROWING IN POPULARITY, AND MORE MEN ARE MAKING THE COMMITMENT TO GROW A BEARD. WHAT MOST MEN DON'T ANTICIPATE WHEN GROWING A BEARD, IS THAT PERSISTENT ITCH. YES, MOST NEW BEARDS ITCH IN THE FIRST THREE WEEKS. MOST NEW BEARDSMEN WILL WORK THROUGH THE GRIT DISCOMFORT UNTIL IT SUBSIDES, BUT YOU DON'T HAVE TO.

First step, understand the grit discomfort. For most men who are newly growing a beard, it's going to itch in the beginning. Think of this as the universe testing your commitment. By week three, your beard will become softer to the touch, and more manageable. The trick is knowing when to begin the growing process. Before you make the commitment to grow a beard, never ever do it right after a clean shave. A razor shave cuts hair at an angle, leaving the hair with a sharp edge that is sure to irritate your skin. As the hair begins to grow, those sharp edges will start to dig into your skin and make it itchy. Instead let your hair grow for a few days, then trim with a beard trimmer. Trick is when trimming, aim the clipper at a 90-degree angle to make the cut less sharp.

Next, exercise a routine grooming routine to prevent your skin from getting too dry. As your beard grows, your skin underneath can become dry. Your beard will also trap dust, dirt and bacteria as the day goes by.

To keep your skin hydrated and clean, invest in a good facial cleanser, and be sure to wash your face twice a day. If you style your beard (straighten it) a beard conditioner can help to repair the hair from the heat and styling damage. It can also help tame even the coarsest hair, leaving your beard soft to the touch.

Finally, when the itch is completely unavoidable, grab a beard comb and gently graze the areas where the itch is. Most combs are small enough that fit right in your pocket, extremely durable, and will prevent you from using your fingernails in public to scratch that itch.

Beard itch is real. If you can manage these basic steps, you'll be able to enjoy your beard in no time.

Regina Shanklin is an entrepreneur with an extensive marketing background, and owner of 18 | 8 Fine Men's Salon in Morristown, New Jersey. To learn more about men's grooming, please visit <http://eighteenight.com/morristown-nj/>

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## Sweet On Cupcakes

Cupcake Wars winner Michelle Spell creates the perfect vegan, gluten-free cupcake for spring **BY NICOLE BRECHKA**

Cupcakes are a passion for Michelle Spell, owner of Ava's Cupcake Shoppe & Cafe in Rockaway, N.J. This pastry chef and mother—Spell's bakery is named after her daughter—specializes in cupcakes and other baked goodies, including cakes, pastries, and handpies, featuring seasonal ingredients and exotic flavor combinations. Her Banana Guava cupcake finished first on Food Network's Cupcake Wars, and it has become one of her signature cupcakes.

Spell has recently expanded her menu to include gluten-free and vegan cupcake options. Here, she shares a gluten- and dairy-free recipe inspired by spring.

Ava's Cupcake Shoppe & Cafe ships cupcakes nationwide. Visit [avascupcakes.com](http://avascupcakes.com) to learn more.

### SPRING NEST CUPCAKES WITH VEGAN COCONUT BUTTERCREAM

Makes 12 cupcakes  
Use organic ingredients for the best flavor and texture.

**Cupcakes:**  
3 Tbs. applesauce  
¼ cup sugar  
¼ cup brown sugar  
½ cup vegetable oil  
½ cup all-purpose gluten-free flour  
¼ tsp. baking powder  
¼ tsp. baking soda  
¼ tsp. salt  
½ tsp. cinnamon  
½ tsp. allspice  
¼ cups shredded carrots  
¼ cup shredded pineapple  
¼ cup shredded coconut

**Vegan frosting:**  
1 cup organic margarine, refrigerated  
2 cups confectioners' sugar  
1 tsp. coconut extract

1. Preheat oven to 350°F.
2. Add applesauce, oil, carrots, pineapple, and coconut to bowl and mix well. In a separate bowl, combine sugars, flour, baking powder and soda, salt, cinnamon, and allspice. Add dry ingredients to wet mixture and blend well.
3. Scoop batter into lined cupcake tins, filling two-thirds. Bake for 14–16 minutes. Remove from oven and let cool.
4. To make frosting: blend margarine until smooth. Add one cup of sugar, and blend well. Add second cup of sugar, and blend well again. With mixer on, add extract. Blend until incorporated.
5. Once cooled, pipe/ice with frosting, and add toasted coconut for garnish (optional).

per cupcake 330 cal; 1g prot; 23g total fat (4.5g sat fat); 33g carb; 0mg chol; 210mg sod; 1g fiber; 28g sugars

Nicole Brechka is the editor in chief of Better Nutrition (and a longtime cupcake lover).

**tip\***

Use toasted coconut as a garnish on cakes and cupcakes. Simply spread coconut shreds on a cookie sheet and bake at 350°F for 5–7 minutes.



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CLOSER TO THE STARS YOU LOVE

# closer

**Kathie Lee Gifford**  
Learning  
to Live on  
My Own

YOUNGER IN SECONDS

## WHAT'S HER SECRET?

These ladies seem to be growing younger every year. Closer asked top pros why.

**Debra Winger**

### This Oil Smooths Crow's-Feet

The *Terms of Endearment* star dealt with the same aging woe we all do: pesky creases around the eyes that lead to a dull, tired appearance. "The thin skin in this area makes it more prone to wrinkling from sun exposure and repetitive eye movements like squinting," explains aesthetician Lora Condon, who has worked with Cate Blanchett and Téa Leoni and is the creator of Beauty Buster skin care. Condon's solution to taut skin like Debra has now? Meadowfoam seed oil. This oil is rich in long-chain fatty acids that help plump, firm and smooth skin. Simply massage a drop of the oil (we like Simply Earth 100% Pure Meadowfoam Oil, \$12, [simplyearth.com](http://simplyearth.com)) around the eye area twice a day for results within 30 days.



At age 58



Now at 62

**Angela Bassett**

### A Tousled Bob Thickens Hair

Short, severe fringe and a sleek bob left the Golden Globe winner's hair looking flat in 2015. "But the wavy texture of a longer slanted bob with tousled ends adds movement and dimension for fuller-looking strands — plus, it optically softens a strong jawline and cheekbones," says hairstylist Frank Friscioni, who has worked with Katherine Heigl and Renée Zellweger. To copy with Angela's current cut, ask your stylist for a chin-length asymmetrical bob with choppy ends. Then for beachy waves, wrap 1-inch sections of hair around a 1-inch curling iron. Once cool, spritz with a sea salt spray (we like Not Your Mother's Beach Babe Texturizing Sea Salt Spray, \$6, [ulta.com](http://ulta.com)) and scrunch strands.



At age 57



Now at 58

**Mary Hart**

### Arched Brows Lift the Eyes

The former *Entertainment Tonight* host looks younger at 66 than she did at 64, thanks to a tweak to her brow shape. "A more defined arch is like a mini face-lift — it visually lifts features while creating symmetry for the face," says makeup artist Tonya Crooks, who's worked with Julia Roberts and Gwyneth Paltrow. To do: First sweep brow hairs up and out with a spoolie brush. Next, grab a dual-toned brow powder (we like Anastasia Beverly Hills Brow Powder Duo in Taupe, \$25, [anastasiabeverlyhills.com](http://anastasiabeverlyhills.com)) and blend the two tones for natural-looking color. Using an angled brush, apply the color in the direction hair naturally grows, creating a slight arch directly above the outer edge of the iris, then tapering back toward the brow's tail.



GETTY IMAGES



At age 64



Now at 66

**SOUL MATE!**  
The star opens up about how love at first sight turned into a force they couldn't control — and what tore them apart



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Chilly winds and dry air can leave your skin itchy and irritated. Here's how to soothe it.

best you

### Hydrate raw hands

with an oatmeal-banana paste

It's the season to overwash hands in an effort to mix any flu-causing germs, but all that scrubbing can lead to irritated skin. This healing hand mask will soothe it in a jiffy.

**2 Tbs. ground oatmeal**  
**¼ cup banana, mashed**  
**1 Tbs. water**

**TO DO:** In a bowl, mix ingredients into a paste. Rub all over dry hands; let sit 10 minutes, then rinse. Repeat every other day for results in one week.

**WHY IT WORKS:** Anti-inflammatory oatmeal calms irritation, while banana's natural oils and polysaccharides help lock in moisture. Dr. Lain says dermatologist Ted Lain, M.D., and its polysaccharides leave a thin film over skin to prevent moisture loss. Dr. Lain adds, "Bananas are made up of more than half water, so they hydrate, and their vitamin C and E decrease inflammation."

### De-puff under eyes

with a milky compress

This simple compress can help you look alert and energized in minutes.

**½ cup milk**  
**2 black tea bags**

**TO DO:** Pour milk into a heatproof glass and warm in the microwave for 1 minute. Next, steep tea bags in the milk; remove after 2 minutes and refrigerate. Once cool, place the tea bags over closed eyes, relax for 10 to 15 minutes and rinse.

**WHY IT WORKS:** Tea's tannic acid and milk's lactic acid, both anti-inflammatories, reduce swelling, says celebrity aesthetician Lora Condon. Bonus: The coolness constricts blood vessels, diminishing dark circles.

### Soften cuticles

with a coconut oil salve

When cuticles are rough and ragged, they lose their ability to protect nails. Soften and nourish cuticles—and foster the growth of stronger nails—with this leave-on cream.

**1 Tbs. coconut oil**  
**1 Tbs. petroleum jelly**

**TO DO:** Mix ingredients in a small bowl, then massage a pea-size amount onto cuticles. Let sit 15 minutes to give cream a chance to absorb for a greaseless feel. Store leftovers in a resealable container for future use.

**WHY IT WORKS:** The fatty acids in coconut oil penetrate skin's deepest layers to moisturize from within while also softening dry, rough skin on the surface, says Condon. And petroleum jelly's mineral oil creates a protective layer that seals in moisture.



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## New Cake Trend CreamPunk Cakes

The fondant cake trend is coming to an end and being replaced with CreamPunk Cakes.

According to pastry chef and owner of Ava's Cupcakes, Michelle Spell, the fondant cake trend is coming to an end and being replaced with CreamPunk Cakes. Most brides today want to cut into a cake made with only fresh ingredients. Fondant wrapped cakes are typically about 7 days old before you actually eat a slice, and they don't taste great. CreamPunk Cakes are made fresh, with hand whipped butter cream frosting and feature a retro artistic edge with bold metal colors. The best part, CreamPunk Cakes can also be made gluten-free.

### Margarita CreamPunk

Vanilla cake layers soaked with Tequila Gold, filled with our fresh lime cord, Vanilla Tequila Buttercream. Garnished with fresh lime wheels, white chocolate ganache and rocky candy



### Peanut Butter Explosion

Chocolate Cake, Peanut Butter cream filling, Peanut Butter Buttercream, Chocolate Ganache, Chocolate & Peanut Butter Candy Garnish



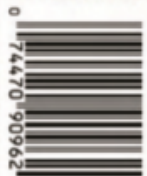
### Pretty in Pink

Chocolate Covered Strawberries, Strawberry Cake with a Vanilla Cream filling, Strawberry Buttercream, Chocolate Ganache Drizzle



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Before



Tape-in Extensions



After



After

## The easy way to add length, volume, and body for any hair style

With short hair being a HUGE trend of 2015, brides sporting layered bobs, edgy lobes (the longer version of a bob cut), or even sassy pixie styles are quite possibly now looking for helpful ways to achieve their dream wedding look. Ricky Pennisi, stylist and owner of Atelier Salon and Spa, offers a simple and elegant solution: tape-in hair extensions. "Hair extensions have come a long way," Pennisi said. "They are a great way to instantly add length, volume, and body, allowing you to have more style options for your wedding day. Many times, brides want to experiment with braids and half-up, half-down up-dos. Tape-in extensions (which are the least damaging to your own hair) provide additional hair to allow for more elaborate styles."

These easy-to-manage extensions, which Pennisi recommends should be put in two weeks before the wedding, also provide movement to the hair that will give bride options not just for the wedding, but for engagement pictures, rehearsal dinner, and honeymoon as well. For an added bonus, the tape-in extensions keep their shape and style longer, making for less maintenance throughout the big day. "Tape-in extensions are also great to get you past a length that is usually difficult to deal with," Pennisi added. "You can add as much fullness as you want. Most importantly, you only need to buy one set for the rest of your life, since the hair is reusable. After they grow out (takes about 8 weeks), you can go back to your stylist and have them re-taped back into your hair. Getting the extensions takes about an hour, and highlights and/or lowlights can be added for extra brightness and shine."

Whether you plan to rock a classic chignon, a big bohemian fishtail braid, or pretty, chic beach waves, hair extensions will help you achieve the editorial-style looks you've been swooning over. To learn more, visit [www.ateliersalonandspa.com](http://www.ateliersalonandspa.com).

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## TOOLS OF THE TRADE

LOCAL CHEFS DISH ON THEIR GO-TO KITCHEN ESSENTIALS—HERE'S WHAT YOU NEED TO COOK LIKE A PRO.

THEY SAY A POOR WORKMAN BLAMES HIS TOOLS, BUT NO GOOD COOK WOULD CREDIT SUCCESS TO A KITCHEN DEVICE. Still, there's much to be said for having just the right trusty gadget—the one that not only does its job elegantly and dependably but also reassures you with its authoritative feel and gets your whole culinary rhythm going. Below are some of the tools we heard about when we asked Morris and Essex county chefs: "Which one would you be lost without?"



### THE KNIFE

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### THE SPATULA

The go-to tool for Eric Levine, executive chef of Morris Tap and Grill in Randolph? His spatula. Levine uses it to scrape a pan, a pot or a container to get everything out, which leads to more usable product and less waste.

Mario Russo, chef de cuisine at The Manor in West Orange, is a big fan of the Vitamix blender for its ability to fully mix together difficult ingredients, create smooth blends and handle a large volume of liquids at one time. His favorite part? It doesn't overheat with high use.

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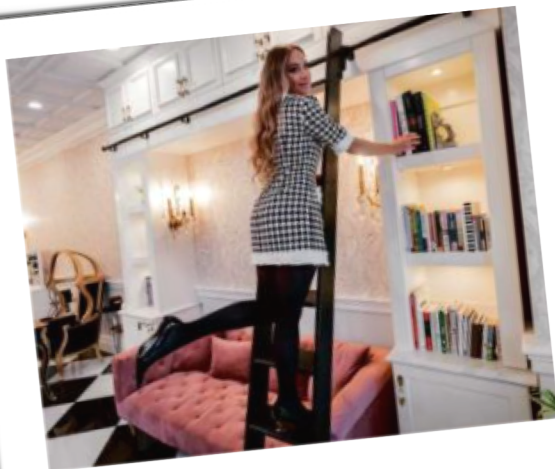
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Wayne

### PERSONAL STYLING IN STYLE

If you're going to style and color your hair, you might as well have fun doing it. At Linsey Barbuto's recently-opened **PERLEI SALON**, Frank Sinatra or Dean Martin plays in the background as guests enter, and a 55-inch flat screen TV plays *I Love Lucy* reruns and black-and-white movies. All clients are served an assortment of Italian pastries from local bakeries, Miele coffee with freshly ground espresso beans, along with a wide variety of beverages including champagne and Prosecco. The décor, by acclaimed designer Vanessa Deleon, features black and white Italian marble floors, a hand-painted floor-to-ceiling bookshelf, Harlequin gold marble wallpaper from London and all-Italian Maletti styling chairs. • 578-A Valley Road, (973) 987-3068, perleisalon.com

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