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THE GOOD LIFE

As her career soars, actor
Julianna Margulies learns
to let go **PG. 28**

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“

YOU HAVE TO CHOOSE THE LIFE YOU WANT, TAKE RESPONSIBILITY, AND REALIZE YOU CREATE YOUR OWN LIFE BY MAKING CHOICES.

”

The Good Life

Julianna Margulies can relate to the long hours that high-profile attorneys put in. After all, the actor plays a lawyer in *The Good Wife*, which recently started another season. Margulies' career continues to soar and she's now got a 5-year-old in tow, but she's learning to lean on others and relax a little more. Not that she lets everything go by the wayside: She opens up about how she maintains her energy as well as a cause near and dear to her heart, finding a cure for Lou Gehrig's disease.



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The importance of mental health awareness, plus the new WebMD iPhone app.

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TAKE 10

We crack the code on mystery buff **Octavia Spencer**. The actor and author talks about the inspiration for her new kids' book, her health habits, and how she handles fame.



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By one estimation, one in four Americans has a mental illness such as depression or post-traumatic stress disorder. That's more people than those living with high cholesterol or who break an arm each year. But as common as mental illness is, there's still a stigma surrounding it. People don't like to talk about it for fear of being judged.

The first full week of October is Mental Health Awareness Week, aimed at putting an end to stigma and advocating for treatment and recovery. While millions of Americans struggle with mental health problems, those who need help are too often afraid to seek it or see it as a weakness—not the sign of strength that it is.

I recently joined a conference at the White House aimed at starting a national conversation about mental health. Speakers included actor Glenn Close, who co-founded a non-profit organization to confront the stigma and discrimination associated with mental health disorders. You can read more about public efforts to bring mental illness out of the shadows in this issue (see page 39).

What can WebMD do to better help? I'd love to hear your ideas to keep the conversation going.

Kristy Hammam
Editor in Chief
kristy@webmd.com



Are You Covered?

In January most Americans will be required to have health insurance. And starting this month, you'll be able to shop for coverage through your state's health insurance marketplace. Are you still unclear about how this all works? WebMD can help. Tune in to our "Affordable Care Act in 2 Minutes" video to learn about the changes that have already taken effect and what's to come in January. Go to webmd.com/health-insurance today.



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New and Improved

We're making a good thing even better—the **WebMD iPhone app** just got an upgrade. Get all the health info you need and even more personalized healthy living tips, and a customized daily mini-magazine of fun facts, articles, quizzes, and slideshows. Download the app for free in the iTunes Store today!



Tell-Tail Tips

We've gone to the dogs! Our recent Twitter post asking "Is it time to train your dog?" was the most-clicked magazine post last month. Turns out, lots of followers are looking for **expert pet tips**. And we've got even more. In this issue, we help owners keep their begging pets safe with the scoop on the seven most dangerous foods for dogs (page 25).

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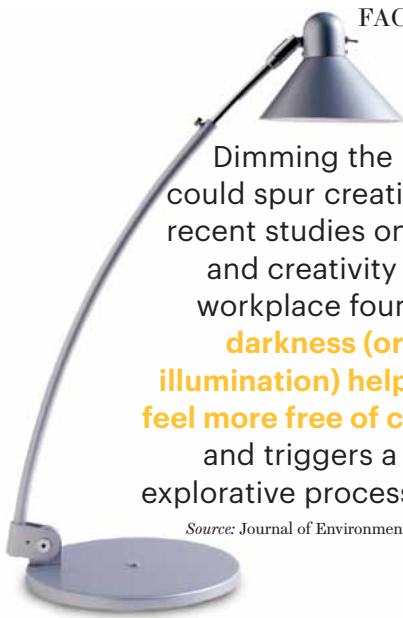


Cold and flu season is around the corner. Tell us your tips for keeping healthy this season at twitter.com/webmd.



HOT TOPICS!

FACTS AND NEWS YOU CAN USE



Dimming the lights could spur creativity. Two recent studies on lighting and creativity in the workplace found that **darkness (or dim illumination) helps people feel more free of constraints** and triggers a “risky, explorative processing style.”

Source: Journal of Environmental Psychology

Girls who play sports are **eight times more likely** than boys to have an **ACL injury, a tear of the knee ligament.**

Source: Safe Kids Worldwide



5%

OF AMERICANS CONSIDER THEMSELVES VEGETARIAN; WOMEN AND UNMARRIED ADULTS ARE **THE MOST LIKELY TO BE VEGETARIANS.**

Source: Gallup



The shape, size, and color of **CUTLERY MAY INFLUENCE TASTE AND PERCEPTION OF FOOD.**

For example, people in one study said yogurt was more dense and expensive when they tasted it using a light plastic spoon.

Source: Flavour

43

Percentage of **uninsured** Americans who say they are unaware the Affordable Care Act will require them to get coverage or pay a fine.

Source: Gallup



One serving (about 19 pieces) of candy corn contains **140 CALORIES.**

Source: National Confectioners Association



4 in 10

NUMBER OF AMERICANS WHO CARE FOR AN ADULT OR CHILD WITH SIGNIFICANT HEALTH ISSUES, UP FROM 3 IN 10 IN 2010.

Source: Pew Research Center

47% of U.S. pet owners say owning a pet **improves their social lives** more than joining social networking sites.

Source: Mintel



56% DECREASE OF HPV INFECTIONS in girls and women ages 14 to 19 since the vaccine was introduced in the U.S. in 2006.

Source: CDC

HEAD GAME

Soccer players might want to limit the number of times they head a ball in practice and save it for the game. Amateur players who headed the ball more than 1,000 times in the past year had poorer neurocognitive performance, including memory, than those who headed the ball less often, a study found.

Source: Radiology



Big Fish

You've probably heard that fish oil is good for your heart. New research suggests this could be because it helps you remain calm under fire. Researchers measured the heart rates and nervous-system responses of 64 people after they solved several math problems. Half the group then took 9,000 milligrams of fish oil a day for eight weeks, while the others consumed the same amount of olive oil. When they took the math test again, those who'd taken fish oil had significantly lower heart rates and nervous system responses after the test, compared with the others.

Source: American Journal of Physiology



HELPING HAND

Doing good for others may also be good for you. In a study of 1,654 people over age 50, those who had volunteered 200 hours or more in the last year—that's about four hours a week—lowered their risk of developing high blood pressure by 40% over the next four years.

Source: Psychology and Aging

40

Percentage of "designated drivers" who drink while on duty. **Just one drink can cause impairment of driving-related abilities, such as coordination and focus.**

Source: Journal of Studies on Alcohol and Drugs



CITY SLICKER

They may be noisy and crowded, but big cities are safer to live in than rural areas, a study shows. While murder and suicide rates are higher in cities, in rural areas the risk of death by accidental injury is 15 times greater than the risk of death by murder.

Those accidental deaths, mostly from car crashes, guns, and poisonings, are 20% more common in the country than in the city.

Source: Annals of Emergency Medicine



Dog Show



Think of your dog as your baby? The feeling is probably mutual. Researchers have found that dogs develop the same kind of attachment to their owners that children have for their caregivers. Like children in the presence of their parents, dogs feel more comfortable exploring and are more interested in working for a reward when their owners are around. While kids grow out of this attachment, dogs don't: They'll always be your babies.

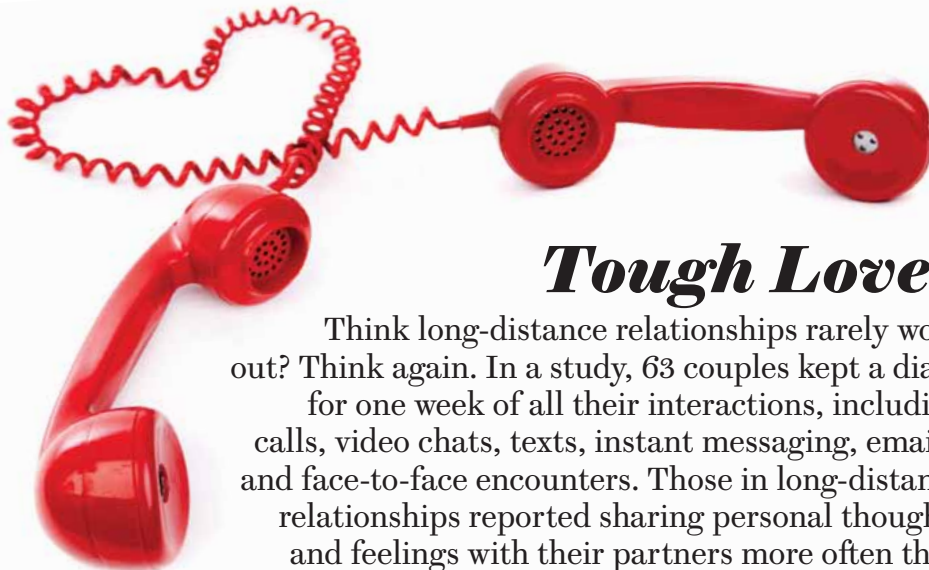
Source: PLOS One

17,313

NUMBER OF CHILDREN TREATED IN EMERGENCY ROOMS ANNUALLY FOR TV-RELATED INJURIES, MOST DUE TO FALLING TVs.



Source: Pediatrics



Tough Love?

Think long-distance relationships rarely work out? Think again. In a study, 63 couples kept a diary for one week of all their interactions, including calls, video chats, texts, instant messaging, emails, and face-to-face encounters. Those in long-distance relationships reported sharing personal thoughts and feelings with their partners more often than those in geographically close relationships. The long-distance daters felt their partners were more open, too, which increased their feelings of intimacy. Maybe absence really does make the heart grow fonder.

Source: Journal of Communication

WebMD.com

Hot Hits

What's trending on WebMD.com right now*

How much water should I drink?

Spider bite symptoms

How to lose belly fat

Birth order and personality

Milk thistle's benefits

What do panic attacks feel like?

Chia for weight loss

Food poisoning facts

What is sleep apnea?

Quality sleep, quality relationship

*as of July 1, 2013

NEW!

WebMD Pain Coach

The essential iPhone app for people living with chronic pain.

- Personal journal to easily log pain levels, triggers, and more.
- Daily tips approved by WebMD doctors to help you meet your goals.
- Articles, slideshows, and videos related to your condition.
- Custom reports for better discussions with your doctor.



A Better Day Starts Here.

Download Now



HEALTHY START



SISTER ACT

For many parents, refereeing sibling squabbles is all in a day's work, but that doesn't mean sibling aggression is harmless. New research shows sibling bullying can be just as damaging as bullying by peers. In a study of 3,599 children, those who'd been victims of sibling aggression in the past year reported poorer mental health than those who got along with their brothers and sisters. If parents see their children are unable to resolve a conflict, they can take the opportunity to teach relationship skills like negotiation, compromise, and understanding another's perspective.

Source: Pediatrics

PERCENTAGE OF AMERICANS AGE **18 AND OVER WHO SMOKE CIGARETTES,** DOWN SLIGHTLY FROM PREVIOUS YEARS

19



Source: CDC

JUMP START



Daily dose. That's what you can get right now on your iPhone with our redesigned and reimagined **WebMD app**, now ready for download (or updating) from the iTunes store.

I've never seen a health app quite like this, and I'm hooked. It's like having your own personal health "magazine." Here's how it works: First, choose the lifestyle topics that interest you the most—fitness & exercise, healthy eating, parenting & family, beauty, sex & relationships, or men's style (pick 'em all if you want). Then choose your goals—balance life, lose weight, save money, reduce stress, stay healthy, sleep better—and sign into your WebMD account to save your selections, and voilà, the app serves up all kinds of multimedia info and tools in each category, with a new batch every day.

Just swipe your way through tips, fun facts, news items, articles, and links to slideshows and newsletter signups. Most everything is short, digestible, motivational, and easy to remember, just the right amount of information you want on a phone. And you can save everything for easy access right in the app, or text, tweet, or email to yourself or anyone else.

Check it out every day for a week or two, then let me know if you love it as much as I do.

Colleen

Colleen Paretty
Editorial Director
 colleen@webmd.com

Judy Greer

THE ACTOR SHARES HER HEALTHY
LIVING HABITS



Pantry Picks

"I always have wine or Champagne, Dijon mustard, and honey on hand. The last two make great salad dressing with lemon juice and olive oil."

"I make weights out of bottles of red wine or water."



De-stress Strategies

"I do Bikram yoga, and it's been saving my life lately. I try to do it three days a week. With Bikram, I know what I'm going to get in the way of a class, no matter what town I'm in or what country. It helps me sleep at night."



Top 3 Makeup Musts

"It's got to be mascara, eyebrow pencil, and Fresh Sugar Lip Treatment SPF 15 in Sugar Rosé and Sugar Berry. Uh-oh—this is four—my blush."



*Greer stars in the remake of *Carrie*, which opens this month.*



Advice Column

"Drink a ton of water, use moisturizer and sunscreen, and make yourself sweat once a day—the last one is my husband's advice. Also, wash your face every night before bed."



Dinner Time

"At home I make 'garbage salad' with a lot of leftovers mixed with kale, spinach, romaine, and rice. Leftovers depend on what I made for the kids previously, but usually a little meat. And I eat feta cheese every day of my life."



Work It Out

"I used to run and am still trying to do a little bit. I have an easier time exercising on location when I don't have to work all day. I always bring spinning shoes and try to spin at new places. I'm a huge fan of workout DVDs. I make weights out of bottles of red wine or water."

With more than 80 film and television roles to her credit, Judy Greer, 38, isn't fazed playing Miss Desjardin in the remake of the horror movie classic *Carrie*, opening this month, then taking on the role of female chimp Cornelia in the action film *Dawn of the Planet of the Apes*, set for release next July. Her other recent big-screen titles include *Playing for Keeps*; *Jeff*; *Who Lives at Home*; and *The Descendants*. Look for Greer's first book, *I Don't Know What You Know Me From: Confessions of a Co-Star*, a collection of humorous essays, in 2014. She voices Cheryl in FX's animated sitcom series *Archer* and continues as assistant and mistress Kitty Sanchez in *Arrested Development* on Netflix. Greer also hosts her own Yahoo! webisode series, *Reluctantly Healthy*. Born in Detroit, this former classical Russian ballet student is now stepmom to two teenagers.—*Stephanie Stephens*

Chill Out

Leave yourself open to new possibilities

LIVING HEALTHY



12 **On the Street**
Expert tips for an outdoorsy mom

14 **Men's Health**
Calling all single dads

EXPERT TIP



"To meet new people, you have to try new activities. If you like hiking, join a hiking group. If you're religious, try a new church."—*Nicole Zangara, LCSW*

EARTH MOTHER

We pouned the pavement to get expert answers to your pressing health questions

Photograph by Forrest MacCormack

Read more expert advice in our free iPad app!

CLEAR THE AIR

"During the winter, the hot air blowing out of the furnace is very dry—and that can cause dryness and cracking of the lining of the nose. You can combat this with a humidifier or vaporizer in your kids' bedrooms. But you're right—you have to keep the devices clean. Once a week, take each humidifier apart and wipe down every surface with diluted bleach. If you don't, mold will build up, which can cause allergies and other health problems."



Roy Benaroch, MD
pediatrician and assistant clinical professor of pediatrics, Emory University

LIFE'S LESSONS

"You can teach children empathy—the ability to see the world through another's eyes—through literature. For example, while reading *The Velveteen Rabbit*, you could ask what the little boy felt when he lost his rabbit and how the rabbit felt when the boy left him behind. To develop grit, put emphasis on perseverance. Encourage your son as he sounds out a new word, expressing pride in his efforts."



Leslie Becker-Phelps, PhD
psychologist and author, *WebMD's The Art of Relationships* blog

GAME CHANGER

"Remember that 'mental aerobics' are just as important as physical aerobics for your parents. Encourage social activities that stimulate both their minds and their bodies, such as inviting them to a weekly family game night."



Lisa Hollis-Sawyer, PhD
Gerontology Program coordinator, Northeastern Illinois University

FLY AWAY

"Look for EPA-registered repellents such as DEET and Picaridin. The EPA registration number [in the ingredients section of the product label] tells you the agency has determined the repellent poses minimal risk and is effective for at least two hours if applied according to the directions. You can use DEET and Picaridin on children as young as 2 months."



Joseph Conlon
technical adviser, American Mosquito Control Association

WEBMD ON THE STREET

Courtney Pollack

Director of Product Management, 34 Silver Spring, Md.

Courtney Pollack and her husband, Saul, have always had an affinity for the great outdoors. And, living in the backyard of the nation's capital, they want their sons, Sam, 3, and Benji, 7 months, to hike, fish, and grow to lead active lifestyles too. "How can we do this with all the technological distractions kids face?" she asks. On the flip side, her tech-savvy parents are entering their golden years, and she wants to help them keep moving as well. But being outside has its drawbacks.

"The area has way too many mosquitoes! How can we safely and effectively protect our family from these pests?" Her health concerns don't fly out the window as warmer weather wanes. Pollack wants to know, "Do humidifiers in toddlers' and infants' rooms during the winter months help prevent illness? They are a maintenance headache!"

She also worries about the boys' emotional health: "Empathy and grit are two important qualities that we'd like to instill in our children," she says. "How can we successfully do that?" And while this working mom is trying to move mountains, she's also trying to find much-needed "me time." She asks, "What are the best workouts to positively impact my health and energy levels?"

—Rebecca Scherr

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MEN'S HEALTH

Single File

DADS, ARE YOU JUGGLING WORK AND THE KIDS BY YOURSELF?

By Matt McMillen

Nearly 2 million fathers in the United States are raising their kids alone. Most have been married, but close to a third never tied the knot. A few are widowers. No matter how men find themselves in single-parent mode, experts say it's not a good idea to let pride get in the way of being the best parent possible.

"Men often have an 'I can do it all myself' attitude," says psychologist Barry Ginsberg, PhD, author of *50 Wonderful Ways to Be a Single-Parent Family*. That thinking can make things difficult, especially when you have to balance kids and career. Ginsberg's advice: Learn to ask for help.

"It's very important to develop a resource system," he says. "If your child gets sick while you're at work, it is nice to know there's someone who can pick him or her up."

Ginsberg tells single dads he counsels to connect with neighbors, friends, and other parents—people they can rely on when they need a hand. But he acknowledges this is not always easy for guys.



"It's a shame issue. They're embarrassed if they have to say, 'I could use some help.' They feel they're not good enough as men, or they'll lose respect if they can't handle it on their own."

One place to start is your child's school. "It's all about networking with other parents," says Ginsberg. "Get to know people."

Another is your job. Talk to your boss about a more flexible schedule. For example, ask if you can work from home on certain days and discuss ways to limit work-related travel. At the very least, your employer should be aware of your situation. That way, if a problem arises, you don't have to answer a lot of questions before you leave to attend to your child.



EXPERT TIP

"If you've just divorced, keep things as simple and stable as possible. Joint custody should follow a regular routine, and try to keep your kids' rooms set up the way they like them."—**Ronald Levant, EdD**

FROM WEBMD.COM

Q&A

"How will I know the time's right to introduce my new girlfriend to my kids?"



Daniel Ostrov, 44
advertising executive,
Portland, Ore.

EXPERT ANSWER

"Two things should guide you: The welfare of your children and the stability of your new relationship. Children may take a while to adjust to a situation. Introducing another woman too soon could upset them. In the case of divorce, for example, the kids might blame the new girlfriend for the breakup of your marriage, even if she had no involvement. You should also ask yourself, 'Does this relationship have legs?' If you introduce her to the kids and then break up, it may echo the trauma."

Ronald Levant, EdD
professor of psychology,
The University of Akron

Reviewed by **Michael W. Smith, MD**
WebMD Chief Medical Editor

HEALTHY BEAUTY



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Expert hair-removal tips and product picks
- 18 Your Smile**
Get smart about wisdom teeth, plus a dentist's secrets
- 20 Beauty Smarts**
See which eye creams are for you

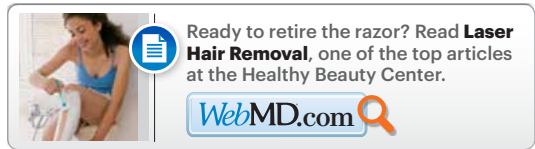
Gleam Team

There are plenty of reasons
to smile this season



EXPERT TIP

"Have fluoride at home to remineralize the teeth, which will make them stronger and more resistant to breakdown."—*Grace Sun, DDS*



YOU ASKED

Bare in Mind

PREPARE FOR TAKEOFF WITH EXPERT HAIR-REMOVAL TIPS AND PRODUCT PICKS

By *Ayren Jackson-Cannady*

**Blade Runner**

Schick Intuition Pure Nourishment Razor (\$9.99) "I like razors with multiple blades and conditioning strips, like this one infused with coconut milk and almond oil. For the closest shave, shave against the growth. If you have sensitive skin, shave in the direction of the hair growth."

**Smooth Move**

Remington Smooth & Silky Epilator (\$59.99) "For the best epilation [an epilator is a hand-held electrical device that grasps and pulls out unwanted hairs], it is essential to exfoliate. Then epilate against the grain, and if you're sensitive to pain, take an over-the-counter pain reliever a half hour before."

**Foam Run**

Satin Care Dry Skin Shave Gel (\$3.49) "Don't shave on dry skin as you will get cuts, nicks, and micro-abrasions that can lead to bumps. To prevent bumps, use a hydrating shaving gel like this—not soap. Wait a few minutes in the shower after applying the gel and let it penetrate."

**Stubble Trouble**

Veet Fast Acting Gel Cream Hair Remover (\$9) "Depilatories [chemical-based creams that break down keratin for easy hair removal] have come a long way. They have much nicer scents, and they leave your skin feeling smooth and soft. Do a patch test to make certain you are not allergic."

FROM WEBMD.COM

Q&A

"Age spots on the backs of hands run in my family. Is there any way I can avoid getting them too?"



Jacinta Adams
36, teacher, Mebane, N.C.

EXPERT ANSWER

"You must use a broad-spectrum sunscreen that protects you against UVA and UVB rays. My favorite sunscreens are those containing zinc oxide or titanium dioxide (at least 4% zinc oxide or titanium dioxide along with UVB sunscreen ingredients), such as Blue Lizard Australian Sunscreen Daily Moisturizer SPF 30 (\$11.99), which has 8% zinc oxide. You can also try Neutrogena Rapid Tone Repair (\$19.99), made with a combo of retinol, vitamin C, and hyaluronic acid."



Lawrence Samuels, MD
chief of dermatology,
St. Luke's Hospital,
St. Louis



Debra Jaliman, MD
dermatologist and author of *Skin Rules: Trade Secrets From a Top New York Dermatologist*

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Wax Relief

Eucerin Redness Relief Daily Perfecting Lotion (\$14.99) "Waxing pulls at the skin and removes the outer layer of skin, which can be especially irritating to sensitive skin. If you notice irritation or redness after waxing, apply a calming cream like this to avoid bumps or infections."



Fuzz Fighter

Olay Smooth Finish Facial Hair Removal Duo Kit (\$23.99) "Even with great facial depilatories like this one, which comes with a barrier balm, I recommend trying two test areas. First, test on the arm and then on the face in an area, like the jawline, that is less noticeable than the upper lip."



Finer Point

Bliss 'Fuzz' Off (\$24) "I love the convenient applicator on this facial hair removal cream because it allows for easy application and removal. Plus, it's infused with vitamin E and soothing willowherb, so post-treatment itchiness is almost nonexistent."



Main Tweeze

Revlon Designer Collection Slanted Tweezers (\$6) "Slanted tweezers are ideal for grabbing and removing individual hairs, but don't overdo it. One of the biggest no-nos is using tweezers to pick at ingrown hairs. This can leave brown spots and even permanent scarring."



Jennifer MacGregor, MD
assistant clinical professor of
dermatology, Columbia University
Medical Center

Reviewed by
Karyn Grossman, MD
WebMD Skin Care Expert

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YOUR SMILE

Words of Wisdom

WHAT TO DO ABOUT WISDOM TEETH? GET SMART WITH THIS EXPERT ADVICE

By Jodi Helmer

Teething isn't just for babies. Wisdom teeth, also called third molars, are the last teeth to come in and appear between ages 14 and 21 (although some people never get wisdom teeth).

"The process can be quite painful," says Thomas B. Dodson, DMD, MPH, oral surgeon at Massachusetts

There is no one-size-fits-all recommendation with wisdom teeth.

General Hospital in Boston and professor of oral and maxillofacial surgery at Harvard School of Dental Medicine.

While some people have enough space in their mouths and wisdom teeth erupt with no problems, keeping the oversized molars clean can be challenging. "Often the teeth are so far at the back of your mouth that they are hard to reach or they come in at odd angles, which makes it difficult to brush and floss them correctly, increasing the risk of gum disease and cavities," Dodson says.

Research bears this out. A recent study found more



periodontal disease in wisdom teeth. That's why most oral surgeons advocate removing them.

However, wisdom teeth may never show. They might be impacted, which means they're trapped under the gums. You may not realize the wisdom teeth are even there until a dentist points them out on an X-ray. In these cases, it's less clear whether extraction makes sense.

In addition to regular dental exams, good oral hygiene is essential. To help prevent cavities and gum disease, brush your teeth and floss at least twice a day—taking special care to reach your wisdom teeth—and finish with an antibacterial rinse.

Dodson also suggests scheduling a consultation with a dentist or oral surgeon. "There is no one-size-fits-all recommendation."

ONCE REMOVED

EVERY YEAR, MORE THAN 5 MILLION PEOPLE HAVE WISDOM TEETH REMOVED ACCORDING TO THE AMERICAN JOURNAL OF PUBLIC HEALTH. ORAL SURGEON THOMAS DODSON, DMD, MPH, OFFERS SOME TIPS TO HELP WITH RECOVERY.

Chill out. For the first 24 hours, apply ice to your jaw to reduce swelling. You can further lessen swelling (and pain) by sleeping with your head elevated. "Decreasing the blood flow to your head decreases swelling," Dodson explains.

Keep clean. In the days following surgery, pain and swelling might make it difficult to brush your teeth. Dodson suggests rinsing with a warm saline solution (a tablespoon of salt in an 8-ounce cup of warm water) three times a day to keep your mouth clean and reduce the likelihood of infection.

Ease pain. Depending on the amount of pain and swelling following surgery, Dodson says that over-the-counter medications such as ibuprofen or acetaminophen may be strong enough to keep you comfortable. For additional relief, ask your surgeon for prescription pain medication.



EXPERT TIP

"It's important to floss behind the last molar. Whether it's a third molar or a second molar, floss is one of the only instruments that can rid the pocket behind the last molar of plaque and debris."—Eric Yabu, DDS

Reviewed by Eric Yabu, DDS
WebMD Oral Health Expert

When it's time to brush, be sure to angle bristles 45 degrees at the gum line, then brush gently, moving the brush back and forth.

YOUR SMILE

Star Power

A DENTIST TO THE STARS REVEALS THE SECRETS SHE SHARES WITH HER CLIENTS

By *Stephanie Watson*

● Watch any red carpet awards show, and ● there's a good chance some of the brilliantly white smiles beaming at the camera were custom crafted by Los Angeles dentist Grace Sun, DDS. For 30 years, the renowned cosmetic dentist has created camera-ready grins for celebs such as Ellen Page, Jean-Claude Van Damme, Sheryl Crow, Jennifer Love Hewitt, and Samuel L. Jackson.

Sun's practice is about more than aesthetics, though. She also emphasizes the benefits of good oral hygiene. Even if you're not planning to attend a movie premiere anytime soon, you can benefit from the secrets she shares with her A-list clientele.

Don't rely solely on your dentist.

Some people give the responsibility [for their teeth] to their health professional—they think all they need to do is go to the dentist for a cleaning twice a year. You should be responsible for your own oral health with daily home care.

Watch your diet.

Diet is important. Certain foods are damaging to the teeth. The more acidic they are, the more chance there is of erosion, and that can be a problem. Refined foods adhere more easily to the surface of the teeth, which is why whole wheat bread is better for your teeth than white bread.

Think before you drink.

Alcohol turns into sugar. People drink without thinking much of it, but alcohol will create erosion and damage the structure of the teeth.

Keep a fluoride stash.

Have fluoride at home to remineralize the teeth, which will make them stronger and more resistant to breakdown. Ask what type of fluoride your health professional recommends. You can choose from a number of



different fluoride gels or rinses. There are also alternatives, such as calcium phosphate.

Don't use your teeth as a tool.

We see dental accidents. People use their front teeth as a tool—for example, to open plastic bags. Your teeth should be working as a group. When they work as a group, the force distribution is better, and each one takes less stress. When you use one particular tooth to focus all the force, the chance of breaking it is higher. Teeth are not diamonds. You've got to be careful with them.

Ask your dentist about the basics.

Some people I see brush only once a day. No one ever told them how many times they need to brush their teeth. We still need to review the proper home care program with our patients and not assume that they already know.

INSIDE SCOOP

GRACE SUN, DDS, SHARES SOME OF HER BEST ORAL HEALTH HABITS.

What's your dental care regimen?

I treat this as a fun routine. I have a very soft microfilament toothbrush that I use for the gums, and I have a regular brush that's for my teeth, and I have a rotary electric toothbrush. I go through my brushing and then use my hydro floss oral irrigator. At the same time I do squats and *relevés*. I have music on. To me, it's time to take care of myself.

How do you care for your teeth while on the go?

I'm always able to brush. I have my hygiene bag with me. On the airplane, I go to the bathroom to do it. If I travel in the car, I have water so I can rinse.

How do you come up with the advice you give your patients?

Whatever I tell them to do I try out myself. I try different toothpastes, different bleaching products. I go to the market and look at what's out there, like over-the-counter night guards and other types of dental products.

Reviewed by **Michael Smith, MD**
WebMD Chief Medical Editor

BEAUTY SMARTS

Eye Do

DO YOU REALLY NEED AN EYE CREAM? SEE FOR YOURSELF

By Sonya Collins

● You've heard the promises: Eye creams reduce or even erase the signs of aging: fine lines, wrinkles, and dark circles. But aren't eye creams just more-expensive moisturizers in a smaller package?

Not necessarily, says Patricia Farris, MD, a dermatologist and clinical associate professor at Tulane University School of Medicine. "Eye

Skin around the eyes is more fragile, more prone to dryness, and quicker to show age and fatigue.

creams are formulated specifically for the delicate skin around the eye, so they tend to be thicker. They contain more oil than a regular facial lotion, and they have a lot of active ingredients aimed at the problems we see around the eyes," Farris explains.

The skin around the eyes is more fragile, more prone to dryness, and quicker to show age and fatigue. Squinting and constant movement of the eyes also hasten the appearance of lines and wrinkles, and fluids collect under the eyes and cause puffiness and dark circles. Eye creams can address some of these issues.

Fine lines and wrinkles come from both sun damage and a natural reduction in



the skin's collagen production as you age. Collagen helps maintain skin's elasticity. Studies of skin creams show **vitamin C**, **peptides**, such as palmitoyl pentapeptide, and **retinol**, a derivative of vitamin A, have boosted collagen production. **Ceramide** and **hyaluronic acid** also help—these are

moisturizers that help prevent water loss in the skin and improve elasticity.

"Retinol is one of my personal favorites," Farris says. But it can be harsh on some skin. RoC Retinol Correxion Sensitive Eye Cream (\$22.99) contains a gentle dose of retinol along with hyaluronic acid.

Dark circles under the eyes come from genes, sun damage, age, and blood build-up. Sodium ascorbate, or **vitamin C**, can thicken the skin and help conceal dark circles after about six months. Niacinamide, or **vitamin B3**, and **kojic acid** can lighten dark circles by suppressing production of melanin, a natural substance in the body that absorbs light and darkens skin.

Farris likes Olay Regenerist Eye Regenerating Cream Plus Touch of Concealer (\$21.99), which contains vitamin B3 to lighten dark circles and peptides to boost collagen.

Puffiness is a buildup of fluid and blood under the eyes. Some studies show that **caffeine** can increase circulation, which could reduce puffiness. Other studies show that cold temperatures are just as effective to treat puffiness. That's why some people refrigerate their eye creams.

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Have you tried a product you read about in our pages? Let us know. We just might feature you in an upcoming issue!

I Tried It!

My hair is naturally coarse, and after I have it highlighted, it usually feels even more coarse. After my last color treatment, I tried the Paul Mitchell Color Protect Locking Spray, recommended by your expert in the March/April 2013 issue. It seems to have kept any fading at bay, and my hair is a little softer than usual. The spray also smells great.—Lindsay Earls, Tahlequah, Okla.



Reviewed by
Mohiba K. Tareen, MD
WebMD Skin Care Expert

PARENTING

Wonder Twins

Sisters and reality stars Tia Mowry-Hardt and Tamera Mowry-Housley talk motherhood, work/life balance, and sibling rivalry

By Lauren Paige Kennedy

FAMILY & PARENTING



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Finding day care without the drama

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Seven foods your pooch should never eat

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Helping kids develop a healthy body image



EXPERT TIP

“If your child suddenly starts wetting the bed, it could be a sign that something’s troubling him, like bullying at school or upheaval at home.”

—Amalia Guardiola, MD

PARENTING

Double Duty

Tia, your son, Cree, turned 2 in June. Tamera, your baby boy, Aden, is now 11 months old. Any big milestones to share?

Tia: Cree is in “the terrible twos.” He’s throwing tantrums. I say, “You can have this toy once you calm down.” If you constantly console, you’re rewarding bad behavior. I find it extremely helpful to get down on his eye level. When I do, it’s amazing how he calms down and just listens. He’s also having full-on conversations in complete sentences—just not in English! I have to act as if I understand.

Tamera: Aden is sitting up, and he’s crawling—but only in his crib. The moment you put him on the floor, he’s like, “What is *this*?” And he’s very vocal now. I’m definitely hearing “Mama!”

Is laughing through sleep deprivation the key to success?

Tia: Yes! Instead of getting upset, I just count out loud: “1-2-3-4...” I try to find the humor in everything. Why not?

Tamera: Laughing definitely helps. It’s weird, but I find that if I distract myself with my son or an activity I enjoy, it helps with the sleep deprivation. There’s a hump you get over. Once you’re over it, you’re golden.

Is Aden a good sleeper, or has this been a challenge?

Tamera: I feel very blessed. Aden sleeps from 8 p.m. to 6 a.m., straight. I know a lot of moms who are into sleep training. Aden learned really quickly—he’s like a clock. Since I gave birth, I haven’t had to use my alarm clock, ever. He knows how to soothe himself.

Tia, in your book, Oh, Baby! Pregnancy Tales and Advice From



Tia and Tamera's reality show airs on the Style Network on Sundays.

Read the full Q&A with Tia and Tamera in our free iPad app!

“Twins are supposed to be alike, but we’ve always had different points of view.”

One Hot Mama to Another, you write about endometriosis and how tough it was for you to conceive. Are you optimistic about having a second child?

Tia: I knew nothing about endometriosis when I was diagnosed. It’s important to educate other women, especially African-American women. I’m constantly monitoring my symptoms. Diet is important—I’ve become vegan. I cut dairy, I eat all organic foods, nothing packaged, and no meat. I load my diet with vegetables

and grains and miso soup—basically a macrobiotic diet. When I eat this way, my symptoms aren’t as strong. I want to have another child. I changed my diet [before conceiving Cree], which I think helped me get pregnant with the help of two surgeries.

Are Cree and Aden best friends?

Tia: Cree *loves* his cousin. To see them connect almost brings tears to my eyes.



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PARENTING

Tamera: Oh, yes. They are so beautiful together.

Growing up with a twin sister and now working with her means constant together time—and occasional clashes. Any sibling rivalry?

Tia: When we were younger, there was tons of it. Twins are supposed to be alike, but we've always had different points of view: marriage, life, religion, politics, *everything*. Now that we're in our thirties, we've learned to appreciate our differences. We're human—of course, sometimes you get offended. But through counseling and understanding dynamics, as you see on our show, [you learn] it's natural to be competitive.

Tamera: I'd be lying if I said we never had any. But I can count on one hand how many times we had a real fight. What helps is respect. Respect that we're different people. If others just used that in their everyday life, we'd all be better off. The world is beautiful because of our diversity.

How do you each strike a balance between work and home life? Any tips for new moms?

Tamera: I was a stay-at-home mom for four months. It's such a precious and hard job. Being out of [paid] work, it takes it to a whole other level. Now you're working 24/7!

Tia: The first step is to realize things are never going to be perfect. I prioritize and take one hour at a time. If I look too far ahead, I get overwhelmed. The key is to focus. Also, it's OK to be selfish and to make yourself happy. If that means putting flowers in your room, do that. If it's a mani-pedi or taking a bath with lit candles, do that.

Tamera: Mother's guilt is real. So, No. 1: Breathe through it all. No. 2: Be OK with not getting everything done. And take care of yourself. When I take good care of myself, I'm a better mom.

Reviewed by **Hansa Bhargava, MD**
WebMD Medical Editor



Are you up all night? Get some rest with **Baby Sleep Basics**, a top video on the Newborn & Baby channel.

WebMD.com

BABY TALK

Care Package

THE DAY CARE SEARCH CAN BE DAUNTING. FIND THE RIGHT ONE FOR YOUR FAMILY

By Stephanie Watson

The first few months of parenthood fly by. Soon, you're headed back to work. But before you go, you need to find a day care center you trust with your precious progeny.

As you weigh your options, start with the basics, "what I call the 'reality factors' of location and cost," says Barbara Willer, PhD, deputy

"The best advice is to spend as much time as possible observing the setting."

executive director of the National Association for the Education of Young Children (NAEYC).

One big clue to a program's quality is its accreditation status, Willer says. Both the NAEYC and the National Association for Family Child Care accredit day care centers. These programs are reviewed by child care experts to ensure they offer top-level care and education. You can search the organizations' websites for programs in your area.

Another way to screen prospective facilities is to find out whether they are licensed. Although licensing regulations aren't as strict as



RED FLAGS

WHEN YOU VISIT A DAY CARE CENTER, ANY OF THESE WARNING SIGNS SHOULD MAKE YOU THINK TWICE, SAYS EARLY CHILDHOOD EDUCATION EXPERT BARBARA WILLER, PHD.

Too many kids or too few teachers One adult supervising five or more babies is a bad sign. You want the center to have at least one adult in charge for every four babies, and one for every five toddlers.

Questionable staff "Any program should have background checks in place," Willer stresses. Ask the centers whether they conduct thorough criminal background checks on every single

person who'll be in contact with your child—including the director, janitor, and nurse. Ideally, staff should also be trained in child development and early childhood education.

Health hazards If you see providers change diapers or wipe runny noses without washing their hands, cross that facility off your list. A center without a strict cleanliness policy is an infection waiting to happen.

accreditation standards and can vary from state to state, being licensed is a sign the center at least follows basic quality standards, according to Willer.

Next step: Visit your top picks. "The best advice is to spend as much time as possible observing the setting," Willer says. Walk around the center. Sit in the back of a classroom for a half hour to an hour and see how staff members interact with the children.

Also consider the overall setup. Does the facility look clean? Are there any obvious safety hazards?

Get a copy of the parent handbook with the center's policies. What do they do when a child is sick? How do they handle emergencies, such as a fire?

Remember to ask about staff turnover. Young children need continuity. You want to see that caregivers are sticking around for at least one year.

"Bottom line, I think you've got to feel that you're going to be comfortable here, and your child is going to feel comfortable here," Willer says.

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor

PET HEALTH

Off Limits

IS YOUR POOCH A BEGGAR? SAY "NO" TO THESE SEVEN DANGEROUS FOODS

By Matt McMillen

Dogs eat first and ask questions later, and that's not always a good thing. Some foods, including pantry staples, can be dangerous, so pet owners need to be educated and vigilant. Tina Wismer, DVM, medical director at the ASPCA Animal Poison Control Center, walks through the top seven foods dogs must avoid.

Xylitol A sugar substitute in many sugar-free candies and gum, xylitol can cause seizures and liver failure. It dramatically lowers a dog's blood sugar levels.

Grapes and raisins "Both can cause kidney failure in dogs," says Wismer. If your children like to snack on them, make sure they don't share. "Toddlers might innocently offer them to the family dog."

Macadamia nuts These nuts, popular in baked goods, will weaken or paralyze a dog's hind legs, though researchers don't know why. "While it usually resolves in about 24 hours," says Wismer, "it is very frightening."

Yeast dough If you bake bread, be sure your pooch can't get at the dough, says



Wismer. "It will continue to rise in your dog's stomach, and because alcohol's a byproduct of the process, you'll have a drunk and painfully bloated dog." In some cases, the expanding dough could rupture your dog's stomach or intestines.

Onions, garlic, and other members of the Allium family "These foods affect red blood cells and can cause anemia," Wismer says. In fact, a single small onion can be fatal.

Chocolate It contains theobromine, an alkaloid, which causes seizures, accelerated heart rate, tremors, and even death. Darker varieties are particularly dangerous.

Moldy food "Molds may contain compounds that cause muscle tremors or seizures," says Wismer. "We see a lot of citrus molding on lawns in California and Florida, and a moldy snack can mean a trip to the vet."

KITTY CORNER

"CATS ARE SELECTIVE EATERS, SO THEY DON'T GET THEMSELVES INTO AS MUCH TROUBLE AS DOGS," SAYS THE ASPCA'S TINA WISMER, DVM. BUT THAT DOESN'T MEAN YOU SHOULD LET YOUR GUARD DOWN.

The biggest concerns are onions, garlic, and other members of the *Allium* family. Cats, like most other animals, are drawn to such foods, and that can be dangerous. Pay particular attention to senior cats' diets, Wismer says. "To get an older cat with health problems to eat, some owners may give them baby food with onion or garlic powder. That can cause anemia."

Most foods that are bad for dogs will also harm your cat. Also avoid:

A regular diet of canned tuna, which contains mercury that will harm a cat's health over time. It also does not provide all the nutrition cats require.

Dog food, which does not offer the proper balance of nutrients.

Milk and other dairy foods, especially for adult cats, who cannot break down lactose. This causes diarrhea, vomiting, and, in extreme cases, inflammation of the pancreas.



EXPERT TIP

"Keep your pantry door closed, if possible, and store your food on the upper shelves. Also, educate yourself, family, and friends about what your dog should not eat." —Tina Wismer, DVM

Reviewed by Will Draper, DVM
WebMD Pet Health Expert

FIT KIDS

Role Call

IT'S NEVER TOO SOON TO TALK ABOUT BODY IMAGE

By Hansa Bhargava, MD

I've always tried to teach my 7-year-old daughter that beauty comes from the inside. But in the age of child spa treatments and mani-pedi parties for 5-year-olds, my daughter's probably receiving other messages. How do we help our kids develop a healthy body image that doesn't depend on external factors such as clothes, hair, and makeup?

Here's what I've found works, as a pediatrician and mom:

Notice your child's achievements. I show excitement when my daughter plays soccer or paints a picture.

Emphasize qualities beyond looks. I often point out times when she has worked hard at homework or has been responsible.

Talk about the use of airbrushing in ads that create unnatural images.

Be a role model. Try not to fret about your appearance, and she will learn to love hers.

I talked with my daughter about how being strong, good, and kind makes you more beautiful than anything you can see on the outside. I know this conversation will be ongoing as she grows up. That's OK. The point is to keep talking.



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*American Journal of Preventive Medicine, August 2008





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The Good Life

Actor **Julianna Margulies** keeps a schedule as busy as that of the attorney she plays on her hit show, but makes time for herself and the effort to find a cure for ALS

BY REBECCA ASCHER-WALSH

PHOTOGRAPH BY ALEXEI HAY/JEDROOT



Julianna Margulies

has been blessed with an extraordinary career and a loving family. But like any other working mother, there is one gift she's not sure what to do with: unexpected time to herself.



"My son left the house this morning at 8:15, and then my husband went to work, and all of sudden I was alone," she says with a laugh. "I was so confused. Should I answer emails? Clean up? Working parents get so used to doing everything at once that if I'm not multitasking, I'm not effective. I get almost paralyzed with freedom."

This is not a problem the Emmy-winning star of CBS's *The Good Wife*—now in its fifth season—faces often. In her role as Alicia Florrick, an attorney putting her life back together after her husband is caught in a political scandal, Margulies, 47, logs 14-hour days at work before returning to the New York City apartment she shares with her husband, lawyer Keith Lieberthal, and their 5-year-old son, Kieran. "Making it all work is definitely a learning curve, but I'm getting better at it," says Margulies. "I'm learning to let go of the minutiae."

For instance? "I like an orderly home because my life is so chaotic, but I used to inwardly yell at myself for making my bed when I could be doing something else," she explains. "Now I say, 'I like making my bed, and I like getting into a made bed at the end of the day.' It's who I am, and if you can't find a balance between laughing at yourself and accepting yourself, what's the point?"

LUCKY STAR

Margulies was raised by parents well versed in the art of going with the flow. Her father, an advertising copywriter, and her dance-teacher mother moved Margulies and her two older sisters between France, England, and the

Reviewed by **Michael W. Smith, MD**
WebMD Chief Medical Editor

ALEXEI HAY/REDROOT

United States. "Some people looked at my life and said, 'Oh, you had the perfect childhood, with exotic, intellectual parents who traveled all over.' But I didn't feel at the time it was so great having divorced parents who lived in separate countries."

With an eye on stability, Margulies graduated from Sarah Lawrence College and gave herself until the age of 25 to make it as an actor before seeking another career. "The beauty of my childhood was that I knew I could pound the pavement and always be fine, because I know how to make something work," she says. "But I also knew I wasn't a person who could stand a life of rejection, or happily live a life on a futon with no air conditioning. And then I got lucky. After a year and a half, I was paying my rent and health insurance."

Over the next decade, Margulies garnered awards and attention as well as a healthy bank account, thanks to her Emmy-winning role as Carol Hathaway on NBC's medical drama series *ER*. But after six years, she turned down the producers' offer of a reported \$27 million contract to return, deciding instead to move back to New York City and try her hand at theater and independent movies. There, she met her husband, with whom she had a whirlwind courtship, marrying him when she was seven months pregnant.

"The gift of having Kieran when I was older is that I see things differently, and I love that," she says. "I know I'm in an industry where age suddenly seems to be a bad thing, but the older I get the more I embrace what it gives me and my family."

When Margulies agreed to star in *The Good Wife*, her son was 13 months old. "I was a wreck," she admits, "but Kyra Sedgwick sent me an email that said, 'My first day of work [on *The Closer*], my kids were still in school and my guilt was devastating. But the gift I gave my husband and kids was their own relationship.' It was one of the best things I have ever read," Margulies says. "When I'm home, I'm doing everything. When I'm not, my husband may not be doing it *my* way, but he's getting it done. You have to be willing to let children have their own relationships with their father when you're not around. Sure, the bath might not happen," she says with a laugh, "but the kids aren't working in a coal mine."

BODY KNOWLEDGE

Sharing responsibility for parenting has been another important lesson in learning to let go. "As a younger person, I thought I had to do everything myself. But then why do we have friendships and family? You can't do it all by yourself, and it's silly to try."

To maintain her energy, Margulies is vigilant about taking care of her body. The need for a healthy diet was ingrained by her parents, who taught their children the importance of daily protein and leafy greens. "I'm not a believer in denying myself anything—I think people who do that end up bingeing and not being happy," she says. "But I eat for energy."

That means Greek yogurt with berries or an egg-white omelet with tomato and spinach for breakfast, followed by a ginger/carrot/apple/beet drink when she arrives on set. Lunch and dinner consist of salad and a lean protein like salmon. Between meals, she snacks on almonds, vegetables, and fruit, avoiding bread and sugar.

She skips soda in favor of water, although she does indulge in a morning cup of coffee and the occasional glass of wine on a weeknight. "Saturday nights, my husband and I will go out

SCHOOL

JULIANNA MARGULIES SAYS SHE'S COMMITTED TO A HEALTHY LIFESTYLE BY KEEPING IT SIMPLE, FUN, AND CONSISTENT.

“

I don't leave the house without sunblock. I put on L'Oréal's Revitalift and then dermatologist Patricia Wexler's Intensive 3-in-1 Day Cream with SPF 30 and facialist Tracie Martyn's Firming Serum. On my lips I use an Australian product called Lucas' Papaw Ointment.

It's a rare exception for me to have dessert or carbs since they don't give me energy, but I don't look at it as being on a diet—I look at it as the way I live. And once a week, it's fine! You have to enjoy yourself.

”

Even if I just have 10 minutes, I'll take the stairs instead of the elevator to raise my heart rate and oxygenate my blood.

I worked out with a trainer for a movie once and he said, 'Whatever it takes to get yourself to the gym, whether it is new sneakers or a playlist, do it.' For me, it's Pandora on my iPhone and its endless music lists, especially the '80s workout.

and have steak and martinis and dessert. Nothing crazy, but I make sure I have a good time!"

To stay on track, Margulies makes extra of whatever she cooks for dinner, stocking the fridge with leftover salmon and undressed salad. "And the second I buy fruit or vegetables I wash them, cut them up, and put them in the fridge so they are ready to eat," she says. "When you are hungry, you'll take what is in there, whether it's a premade salad or junk."

Margulies is equally thoughtful about fitting exercise into her schedule. "When

Learn more about Lou Gehrig's disease. Read **Understanding ALS—the Basics**.
WebMD.com



SCIENCE FAIR

I'm not working, I'll go to the gym five, six days a week for 90 minutes," she says, adding that she counts on '80s playlists to power through 45 minutes of cardio using the treadmill and stair machines, followed by cable weights. "I prefer to be long and lean," she says. "So I work my arms with 4-pound weights, and I do a lot of holding push-ups, getting down on my elbows and counting to 30. It's incredible ab work!"

When *The Good Wife* is in production, Margulies works in whatever physical activity she can. "My dressing room is on the third floor, so I'll take the stairs two at a time," she says. "Or I'll bend backward over a medicine ball to get the blood rushing to my head. And if I have 10 minutes, I will close the door and do yoga. Whatever your form of quieting your mind, 10 minutes can save your life."

CAUSE CELEB

One thing Margulies always makes time for is Project ALS. The nonprofit was launched in 1998 by theater and film producer Jenifer Estess and her sisters, Valerie and Meredith, after Jenifer was diagnosed with amyotrophic lateral sclerosis at age 35. Also known as Lou Gehrig's disease, ALS is a neurodegenerative disease that affects nerve cells in the spinal cord and brain. People with the condition eventually lose the ability to move their muscles, which are controlled by these nerve cells or motor neurons, and over time become unable to move, eat, speak, and breathe.



Julianna Margulies and Greg Kinnear speaking at a Project ALS event

"Jenifer used to say to me, 'My mind is sharp as a tack but my body is shutting down, and it's torture,'" Margulies remembers. "I watched her struggle to walk, and then six months later she couldn't brush her hair because she couldn't lift her arms. In the end, she had a breathing tube."

Her friend passed away in 2003, but Project ALS is now a leading force behind finding a cure. With a mission to fund top researchers and encourage them to collaborate, Project ALS opened the world's only privately funded stem cell research lab, named after Estess and housed at Columbia University.

There, scientists have discovered how to make motor neurons from stem cells, an advance that may lead to a cure not

only for ALS but for other neurodegenerative diseases such as Parkinson's, Huntington's, and Alzheimer's.

For Margulies, standing up for a cause is a necessary part of feeling fulfilled, along with giving her all to her family and career. "At a certain point, you have to choose the life you want to have, take responsibility, and realize you create your own life by making choices," she says.

"Don't like what your body is saying to you? Get to the gym. Want to be an actor? Give it a shot. For me, it was a long road to understanding what I wanted. But I really do believe that hard work gets you to a place that, if you want something, you can have it."

Actor Julianna Margulies lends her time and voice to Project ALS, which has raised close to \$70 million to help find a cure for amyotrophic lateral sclerosis (ALS, also known as Lou Gehrig's disease), a condition that affects an estimated 30,000 Americans. Here are some of the ways scientists are working toward a better understanding of ALS.

Creating stem cells: Stem cells, found in the umbilical cord, placenta, and bone marrow, can be "taught" to become any cell in the body, including the motor neurons damaged by ALS. Stem cell research holds some promise for better treatments and even a cure.

Studying ALS's effect on nerve pathways: Scientists use stem cells to model ALS in a petri dish so they can study how the disease affects nerve pathways in the body. The hope is to understand the disease well enough to reverse its course.

Introducing replacement cells: "We can now get stem cells to live in the spinal cord, but getting them to grow out and reconnect with the target muscles is the challenge," says Valerie Estess, director of research at Project ALS. The long-term goal is to be able to replace dying motor neurons with healthy ones.

Identifying markers: Scientists are also working on identifying biomarkers, such as a protein in the motor neurons that changes due to the disease. Currently, ALS is often diagnosed only after a person develops symptoms. Biomarkers specific to ALS would help doctors identify the condition earlier.

JEMAL COUNTESS/GETTY IMAGES



34 Three Ways
Crack open the possibilities with these crab recipes

IN SEASON

Core Values

Every year, the average American eats 49.8 pounds of fresh apples and processed apple products. An apple a day for two decades would almost get you through the fruit's 7,500 varieties. About 2,500 varieties are grown in the United States, with Washington state contributing nearly two-thirds of the country's supply. Forty percent of U.S. production goes toward processed foods, including juice and applesauce. A medium-sized, three-inch apple has 95 calories, 195 grams of potassium, and 8 grams of vitamin C. The peel contains the majority of the apple's fiber, which helps with weight loss, and antioxidants, which help boost brain health. The wholesome fruit also may reduce cancer risk, thanks to plenty of nutrients called phytochemicals.

THREE WAYS TO COOK

Shell Gain

GET CRACKING WITH THESE LIGHT AND FLAVORFUL CRABMEAT RECIPES

By Erin O'Donnell

Recipes by Kathleen Zelman, MPH, RD, LD

Crab lovers, rejoice! This delectable crustacean is a genuinely healthy choice. "It's a really good source of lean protein, and it's not that high in calories," with just 75 calories in 3 ounces, says Meme Inge, MS, RD, LDN, a New Orleans dietitian.

One 3-ounce serving of crab offers more than 100% of the recommended daily value of vitamin B-12, beneficial for heart health and brain function, and almost 50% of the daily value of selenium, a powerful antioxidant that helps prevent cell damage by harmful molecules called free radicals. Crab also contains a small amount of omega-3 fats, which appear to reduce heart disease risk, in part by quashing inflammation, and has very little mercury, making it a safe choice for pregnant women up to two times a week.

While crab delivers a hefty dose of cholesterol (about 80 milligrams in 3 ounces), Inge says it's unlikely to affect blood cholesterol levels for most people. Saturated fat appears to be a bigger culprit in elevating blood cholesterol, and crab is mostly sat fat-free.



The blue crab's Latin name, *Callinectes sapidus*, means "beautiful, savory swimmer."

PANTRY PICKS

For tasty results with our three crab recipes, **Kathleen Zelman, MPH, RD, LD**, recommends these healthy ingredients, which are staples in her own kitchen.



Marvelous Mayo: Zelman prefers light mayonnaise, and her favorite brands offer a surprisingly rich, creamy taste with a fraction of the calories and fat in regular mayo. Her picks include Hellmann's Light Mayonnaise and Whole Foods 365 Light Mayonnaise.



Cream of the Crop: Solid cream cheese (sold by the brick) works best in recipes. Zelman likes 1/2 Less Fat Philadelphia Cream Cheese, which she says tastes a lot like the full-fat version. Another fave: Green Mountain Farms Greek Cream Cheese, made with Greek yogurt.



Choke Hold: For convenience, Zelman uses frozen artichoke hearts instead of jarred ones, which are loaded with extra sodium and fat. In her freezer: Trader Joe's Artichoke Hearts and Birds Eye Pure & Simple Artichoke Hearts.

THE OPINIONS EXPRESSED IN THIS SECTION ARE OF THE EXPERTS AND ARE NOT THE OPINIONS OF WEBMD. WEBMD DOES NOT ENDORSE ANY SPECIFIC PRODUCT, SERVICE, OR TREATMENT.

Reviewed by Hansa Bhargava, MD
WebMD Medical Editor

1
Piece of Cake

This recipe improves on standard crab cakes, which can be loaded with fat and calories. These cakes use fresh lump crabmeat, which contains less sodium.

Light Louisiana Crab Cakes

Makes 4 servings

Ingredients

- 1 cup panko bread crumbs, divided
- 1/2 cup finely diced red pepper
- 1/2 cup finely diced yellow pepper
- 3 tbsp light mayonnaise
- 1 large egg, lightly beaten
- 2-3 dashes of hot sauce
- 1 tbsp fresh chopped parsley
- 2 tbsp finely sliced green onions
- 2 tsp Worcestershire sauce
- 2 tsp lemon juice
- 1/2 tsp lemon zest
- 1 tsp Dijon mustard
- 1 lb lump crabmeat, drained, with shells removed
- 1 tbsp olive oil
- lemon wedges for garnish

Directions

1. In a large mixing bowl, combine 1/4 cup panko, red and yellow peppers, mayonnaise, egg, hot sauce, parsley, green onions, Worcestershire sauce, lemon juice, zest, and mustard, mixing well. Add crab gently, making an effort to preserve the crab lumps. Shape the mixture into 4 balls. Roll them in the remaining panko, and flatten into patties.
2. Heat oil in a large nonstick skillet over medium-high heat.
3. Add patties and cook until golden brown on each side. Serve crab cakes with lemon wedges.

Per serving

273 calories, 18 g protein, 17 g carbohydrate, 9 g fat (2 g saturated fat), 124 mg cholesterol, 2 g fiber, 3 g sugar, 303 mg sodium. Calories from fat: 30%

Blue crabs are named for the blue hue of their front claws.



2 Skinny Dip

Traditional versions of this party fave are loaded with cheese and cream, but this healthy version offers satisfying creaminess without all the calories.

Hot Crab and Artichoke Dip

Makes 18 (3-tbsp) servings

Ingredients

- 1 tsp butter
- 1 sweet onion, finely chopped
- 2–4 cloves garlic, minced
- 1 cup nonfat cottage cheese
- 1 tbsp low-fat milk
- 8 oz nonfat cream cheese, softened
- 1 (10-oz) package frozen artichoke hearts, defrosted, rinsed, and chopped
- 1 tbsp lemon juice
- 1 tsp Worcestershire sauce
- 1 tbsp sherry
- ½ tsp pepper
- dash of nutmeg
- 1 lb lump crabmeat, drained, with shells removed
- ½ cup shredded part-skim mozzarella

Directions

1. Preheat oven to 350°F.
2. Heat a medium nonstick skillet over medium-high heat. Melt butter and add

- onion, sautéing 5–7 minutes until onion caramelizes. Add garlic and cook 2 minutes more. Remove from heat and set aside.
3. In a blender, purée cottage cheese with milk until smooth and creamy. Add cream cheese and blend until smooth.
4. In a large bowl, combine onion and cottage cheese mixtures, artichoke hearts, lemon juice, Worcestershire sauce, sherry, pepper, and nutmeg, and mix thoroughly. Add crab and gently combine. Place crab mixture in a medium casserole dish coated with cooking spray. Top with shredded cheese.
5. Bake 20–30 minutes, or until lightly golden.
6. Serve with Melba toast, crudités, or your favorite whole grain crackers.

Per serving

50 calories, 6 g protein, 3 g carbohydrate, 1 g fat (1 g saturated fat), 20 mg cholesterol, 1 g fiber, 1 g sugar, 133 mg sodium. Calories from fat: 24%

3 Bisque It

This hearty bisque is perfect with a salad and crusty whole wheat roll for dinner. Or serve smaller portions as a first course.

Crab and Corn Bisque

Makes 6 servings

Ingredients

Bisque

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 small red pepper, finely chopped
- 2 celery stalks, finely chopped
- 2 cloves garlic, minced
- 2 tbsp all-purpose flour
- 1 cup low-sodium tomato juice
- 2 cups fat-free seafood, chicken, or vegetable stock
- 1 tbsp lemon juice

- 4 cups corn kernels (if using frozen, thaw first)
- 2 cups low-fat milk
- 1 lb lump crabmeat, drained, with shell pieces removed
- dash of salt
- pinch of red or black pepper

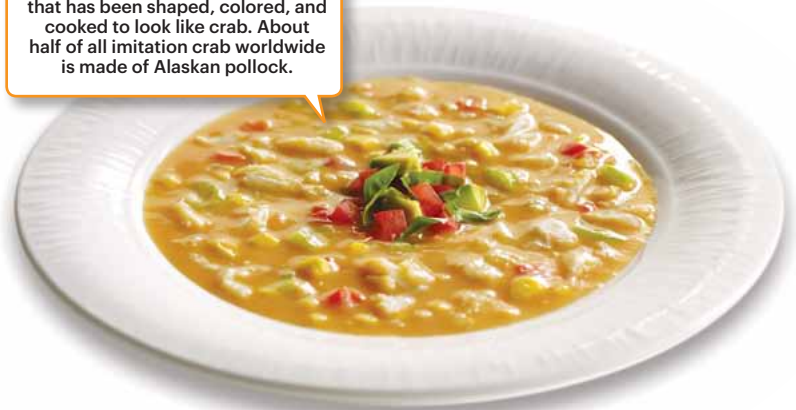
Garnish

- 3 tbsp chopped fresh basil
- 1 medium tomato, seeded and finely diced
- 1 avocado, chopped
- 2 tsp fresh lime juice
- 1 tsp extra virgin olive oil
- dash of salt

Directions

1. Heat a large, heavy-bottomed stockpot over medium heat. Add oil, onion, pepper, celery, and garlic, and cook 5–7 minutes until vegetables are soft and translucent. Add flour and cook until

Imitation crab is made of whitefish that has been shaped, colored, and cooked to look like crab. About half of all imitation crab worldwide is made of Alaskan pollock.



blended with vegetables, 2–3 minutes.

2. Add tomato juice, stock, lemon juice, and corn to the pot, stirring to combine. Heat 10–15 minutes until corn is tender.
3. Reduce heat to medium-low. Add milk and crab, and stir carefully to combine. Heat gently 4–5 minutes. Season with salt and red or black pepper.
4. In a small bowl, make the

garnish: Combine basil, tomato, avocado, lime juice, olive oil, and salt. Toss and set aside.

5. Ladle the soup into bowls, top with tomato-avocado mixture, and serve.

Per serving

288 calories, 10 g protein, 37 g carbohydrate, 9 g fat (2 g saturated fat), 49 mg cholesterol, 1 g fiber, 12 g sugar, 320 mg sodium. Calories from fat: 27%



**FITNESS
& EXERCISE**



37 Work It Out
Why you should go take a hike

38 Fitness Challenge
Jump into a new workout routine

Net Gains

Shoot to make this your best month yet

READER TIP

“I practice stretching and strength moves in my two daily walks. Not only do I get a good aerobic workout, I strengthen and increase flexibility, and it improves my posture.”—*brunosbud, WebMD community member*

WORK IT OUT

Trail Mix

WANT A GREAT WORKOUT FOR YOUR BODY AND YOUR MIND? GO TAKE A HIKE

By Kara Mayer Robinson

Hiking outdoors comes with a bounty of perks: expansive vistas, fresh air, and the sounds and smells of nature. It can also pack a significant fitness punch. Hiking is a powerful cardio workout that boasts all the health benefits of walking, including reduced risk of heart disease, diabetes, breast cancer, and colon cancer as well as better blood pressure and blood sugar levels. Because hiking is a weight-bearing exercise—you're moving against gravity while staying upright—it increases bone density and helps combat osteoporosis (thinning bones).

Hiking is also good for muscle strength. The activity targets your glutes, quadriceps, hamstrings, hip flexors, and lower leg muscles. It works your shoulders, strengthens your core, and improves balance. And hiking can help you control your weight.

Because hiking gets you outdoors, releases adrenaline, and increases endorphins, the sport is a powerful mood booster. "Research shows that hiking has a positive impact on combating the symptoms of stress and anxiety," says Gregory A. Miller, PhD,



LEVEL UP

GET THE MOST OUT OF YOUR HIKING WORKOUT WITH THESE FITNESS-BOOSTING STRATEGIES.

Use poles. Digging into the ground and propelling yourself forward pushes your upper body muscles to work harder and gives you a stronger cardio workout.

Head for the hills. Even a small hill will intensify your heart rate and burn extra calories. The American Hiking Society's Gregory Miller says a 5% to 10% incline equals a 30% to 40% increase in calorie burn.

Bump it up. Uneven terrain can work muscles, such as your hip adductors and abductors that don't often get used, while improving balance and stability.

Weigh yourself down. Stock your daypack with extra weight. (Water's a good option.) According to Miller, a 10- to 15-pound daypack will boost your calorie burn by 10% to 15% while strengthening your lower back muscles.

president of the American Hiking Society. "Being in nature is ingrained in our DNA, and we sometimes forget that."

A few pointers will keep you healthy and safe.

Start slow. A short, local hike is best for beginners. Gradually work up to trails with hills or uneven terrain.

Bring a buddy. It's best not to hike alone at first, especially on unfamiliar or remote trails. A partner or group can help you navigate and assist if you get hurt. As your skill level increases, you'll feel more comfortable going solo.

Know before you go. Familiarize yourself with the trail map. Check the weather and dress and pack accordingly. If storms are a possibility, rethink your plan.

Use common sense. Follow designated paths and trails and avoid contact with questionable plants and animals.

Get into a groove. On the days you can't make it to the trails, power-walking on a hilly terrain while carrying various degrees of weight in a backpack will keep your hiking skills and fitness level on track.

Reviewed by
Michael W. Smith, MD
WebMD Chief Medical Editor



Test your smarts and get the **Truth About Metabolism** with the top quiz on the Health & Fitness channel.

WebMD.com

FITNESS CHALLENGE

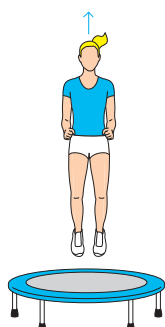
Hop to It

JUMP ON THE TRAMPOLINE TO BLAST CALORIES AND HAVE A LITTLE FUN

By **Jodi Helmer**

A fitness craze from the '80s is making a comeback (no leg warmers required). Fitness experts say jumping on a mini trampoline, also called rebounding, is a low-impact cardio workout that improves muscle tone and balance while torching 160 calories per 30 minutes of bouncing. Basheerah Ahmad, a certified personal trainer and founder of the fitness consulting firm 360 Transformation, encourages celebrity clients like Carrie Underwood, Jordin Sparks, and Vivica A. Fox to incorporate a mini trampoline into their exercise routines. "You get an amazing workout and it's so much fun," she says.

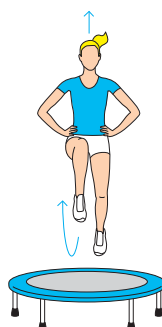
Purchase a mini trampoline from a fitness equipment retailer, and fit these moves into your fitness regimen at least three times per week. For best results, repeat the sequence of three moves at least three times.



Basic Bounce

Ahmad notes that the basic bounce "seems simple but it burns a lot of calories." It also tones the quads, glutes, and calf muscles.

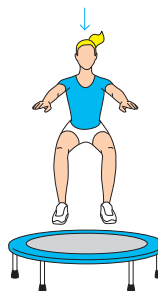
1. Stand on the mini trampoline with your feet about 6 inches apart.
2. Bend your arms, keeping your elbows at your sides.
3. With a slight bend in your knees, lightly bounce up and down. Your feet should come about 6 inches off the trampoline.
4. Repeat 30 times.



Trampoline Prances

"This move will get your heart rate up and give you a great workout," Ahmad says.

1. Stand on the mini trampoline with your feet 6 inches apart.
2. With your hands on your hips and knees slightly bent, bounce on the balls of your feet and alternate raising your right and left knees to hip level (mimicking the "knees up" running-in-place exercise from gym class).
3. Repeat 60 times (30 lifts per leg).



Trampoline Squats

"You have to engage your core muscles to perform this move on an unstable surface," Ahmad explains.

1. Stand on the mini trampoline with your feet together and arms at your sides.
2. Jump up, spread your feet just wider than shoulder width, and land in a squat position with your knees bent and thighs parallel to the ground—as if you were going to sit down in a chair. Your arms should be straight out in front of you.
3. Lightly bounce back to your starting position and repeat 20 times.

Q

"The days are shorter and the weather is cooler. How do I make sure I am equipped for a safe and comfortable outdoor workout?"



Caroline Tiger, 37,
content strategist, Philadelphia

A

"Swapping summertime shorts and tanks for clothing that offers protection against the elements is a good place to start. Dressing in layers protects you against a chill at the beginning of your workout and prevents overheating during a long run or ride. Your base layer should be a fitted synthetic fabric like acrylic or polypropylene, which wicks moisture away from your body. Wear a long-sleeved shirt as an insulating layer to keep your body warm, and add a wind- and waterproof outer layer you can remove."



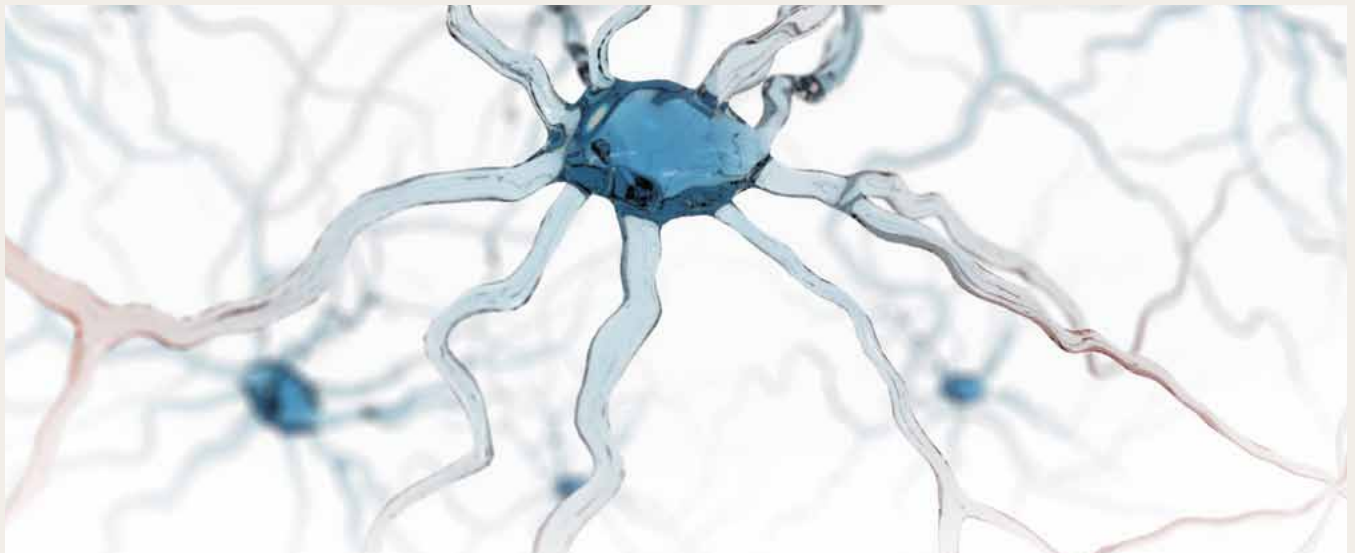
Anthony Wall, MS,
personal trainer and director of professional education for the American Council on Exercise

Reviewed by
Michael W. Smith, MD
WebMD Chief Medical Editor



WebMD[®] Checkup

TAKING CARE, LIVING WELL



Mental health problems are serious conditions. Learn more about what they are and whom they affect

Mental Illness Awareness Week is Oct. 6 to 12. The event recognizes a number of medical conditions that affect thinking, mood, and behavior. Some of the most serious conditions are major depression, schizophrenia, bipolar disorder, and posttraumatic stress disorder. All can take a toll on a person's daily functioning and quality of life.

In the United States, about one in four adults—60 million people—has a mental illness in any given year. About half of U.S. adults will have a mental illness at some point in their lives.

Though these conditions are common and treatments are available, many people avoid getting help, often due to stigma. About 60% of adults and half of children ages 8 to 15 with mental illness didn't get treatment in the

past year. Some individuals wait decades after their first symptoms to seek help.

Following the school shooting in Newtown, Conn., President Obama called for an end to the stigma surrounding mental illness. Jennifer Hudson and other cast members of the Lifetime movie *Call Me Crazy: A Five Film* appeared in a public service announcement for the



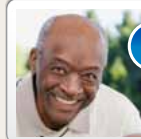
National Alliance on Mental Illness. *Call Me Crazy*, which is about mental illness, also stars Brittany Snow, who has talked openly about her struggles with eating disorders and depression.

Bradley Cooper, whose character in the film *Silver Linings Playbook* has bipolar disorder, spoke at a White House conference on mental health earlier this year.—*Sonya Collins*

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Guys, if you're struggling with erectile dysfunction or low libido, your doctor can help.

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Take a closer look at health care reform with facts and figures about the Affordable Care Act.

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Do you have trouble falling and staying asleep? Answer a few simple questions to test your sleep IQ.



MEN'S HEALTH

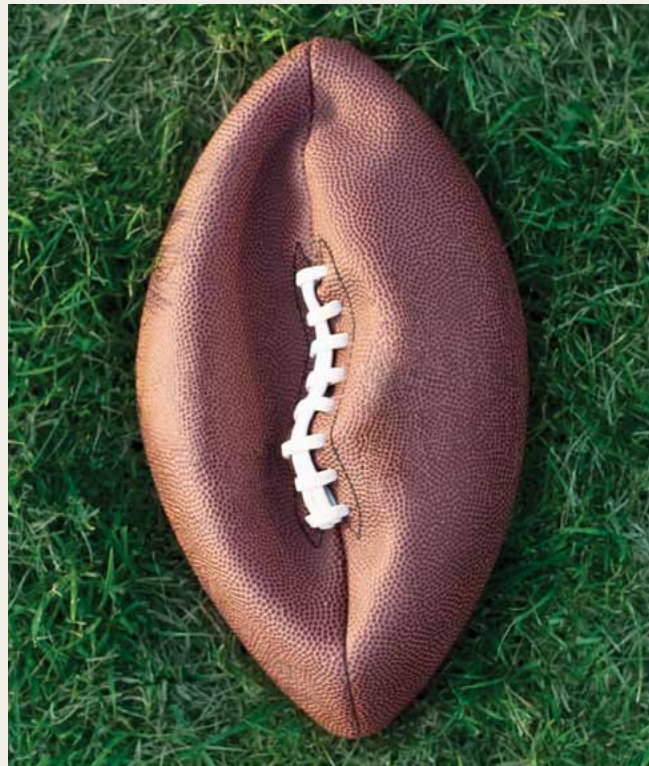
GUY TROUBLE

PROBLEMS WITH YOUR ERECTIONS? LOW LIBIDO?
IT MAY BE TIME TO SEE YOUR DOCTOR

By **Matt McMillen**

Erectile dysfunction (ED) and low testosterone (low T) both affect a man's sex life. While ED robs a man of his ability to achieve or maintain an erection, one of the key symptoms of low T is a loss of interest in sex. Both conditions often have consequences beyond the bedroom, too.

After 40, ED becomes more common, but don't blame your age for your failure to launch. Diabetes, heart disease, high cholesterol, and high blood pressure all increase your risk for ED, and health experts consider ED a symptom of these and other serious health concerns, says Edmund Sabanegh, MD, who chairs



If you smoke, drink too much, and avoid exercise, you increase the risk of ED.

the urology department at the Cleveland Clinic.

"When a man has ED, we look at his overall health rather than simply treating his ED," says Sabanegh.

Your lifestyle plays a role as well. If you smoke, drink too much, and avoid exercise, you increase the

risk of ED. Obesity, certain medications, stress, depression, and hormone disorders may also be at the root of the problem.

ED can be treated no matter how old you are, so talk to your doctor about the right approach for you. That may mean lifestyle

changes, medications, or a combination of the two. For many men, Sabanegh says, an ED diagnosis inspires them. "It's a big incentive to wake up and make dramatic changes."

Testosterone, a man's most important sex hormone, fuels his sex drive. After age 30, it starts to gradually decline. That's normal. However, nearly 40% of men over age 45 have testosterone levels that fall below the healthy range, and that can


wreak havoc on a man's sex life. His libido drops dramatically, and erection problems similar to ED often occur.

But that's not all. "Age is a risk factor, but so is your overall health," says Sabanegh. Compared with other men, those with low T often have less energy and more trouble concentrating. They may also develop weakened bones, reduced muscle mass, and increased body fat. Plus, low T puts them at greater risk of depression.

As with ED, how well you take care of yourself affects your testosterone levels. Obesity significantly increases a man's risk of low T. Losing weight through diet and exercise can help boost levels back toward normal.

Other risk factors include type 2 diabetes, sleep apnea, alcoholism, high blood pressure, liver and kidney disease, hormone disorders, injuries to the testicles, and certain genetic conditions. A number of medications can affect your testosterone levels. In some cases, the cause is unknown.

Low T can be treated. See a doctor to get tested and to talk about your overall health. That's the first step to getting your groove back.



Learn how the health care reform law will affect you. Stop by the new **Health Care Reform Center**.

WebMD.com

Reviewed by Katherine Swartz, PhD, WebMD Health Reform Expert

BY THE NUMBERS

HEALTH CARE REFORM

FACTS AND STATS ON THE AFFORDABLE CARE ACT

By Lisa Zamosky

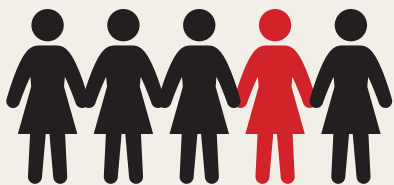
46-48.6 million

People in the U.S. who are **uninsured**



\$30,000

Average cost of a three-day hospital stay **without health insurance**



Percentage of **women** who are uninsured: 20%

15

Preventive health services covered for **adults** at no cost

71

Percentage of adults age 30 or younger who say having health insurance is **very important** to them

24 million

People expected to gain health insurance through state exchanges by 2023

Uninsured Americans who **don't know** about new health insurance marketplaces



26

Preventive health services covered for **children** at no cost

People who will qualify for financial assistance in 2014 to help pay for health coverage



26 million

22

Preventive health services covered for **women** at no cost



\$6.1 billion

Amount people covered by Medicare have saved on prescription drugs since the health care law was enacted

Young adults who gained insurance under ACA by remaining on their parents' health plan until age 26

3.4 million



People whose incomes make them **newly eligible** for Medicaid thanks to health care reform

22.3 million



Sources: CDC; U.S. Census Bureau; Kaiser Family Foundation; Congressional Budget Office; U.S. Department of Health and Human Services; Families USA; Enroll America; The Commonwealth Fund; Urban Institute



HEALTH CHECK

WHAT'S YOUR SLEEP IQ?

● ● ● Adults are supposed to spend about one-third of each day asleep. But our minds and bodies can get in the way. “I do not sleep well at all,” **chiefironh** writes in WebMD’s sleep disorders community. “Even though I may be tired, I do not get sleepy until 1:30 to 3:30 a.m. I wake up three to five times a night, and I snore. During the day I have uncontrollable urges to fall asleep at any given point.” Do you have trouble falling and staying asleep? Take this quiz to test your sleep IQ.



ASK YOUR DOCTOR

1
How much sleep do I really need?

2
How do my sleep patterns affect my physical and emotional health?

3
What lifestyle changes can I make to improve my sleep?

4
Should I see a sleep specialist?

QUIZ

- Which age group needs the most sleep?
 - Newborns
 - Infants (up to age 2)
 - Teens
 - Adults
 - Older adults
- How often each day do healthy people feel sleepy?
 - Once
 - Twice
 - Four times
 - Six times
- What can too little sleep lead to?
 - Decreased immune response
 - Depression
 - Impaired memory and thinking
 - Weight gain or difficulty losing weight
 - All of the above
- What are the symptoms of sleep apnea?
 - Loud snoring
 - Choking during sleep
 - Daytime sleepiness
 - Irritability
 - All of the above
- How many sleep disorders have experts identified?
 - 20
 - 50
 - 70
 - 125

Answers: **1. a.** According to the American Sleep Association, newborns need about 16 hours of sleep daily. Infants need 14 to 16 hours, teens need about nine, and most adults require seven to eight hours. **2. b.** Healthy people tend to feel sleepy twice each day, usually between midnight and 7 a.m. and between 1 and 4 p.m. **3. e.** A good night’s sleep helps you recover from illness, stave off depression, think clearly, solve problems, and, recent research suggests, maintain a healthy weight. **4. e.** Snoring, choking, or gasping for breath during your sleep, daytime sleepiness, and irritability can all be symptoms of sleep apnea. This is a dangerous condition in which the airway collapses during sleep, causing short or long pauses in breathing. **5. c.** Researchers have identified more than 70 sleep disorders that can cause you to have trouble falling or staying asleep.

SOURCES:

American Sleep Association; NIH; the National Heart, Lung, and Blood Institute; WebMD Sleep Disorders Health Center

Octavia Spencer

Actor, Author

1 Your first book, *Randi Rhodes, Ninja Detective: The Case of the Time-Capsule Bandit*, features a 12-year-old crime solver with a Tae Kwon Do black belt. Where did you get the inspiration for the character?

I have always been a mystery buff. Randi's character and all the other kids are an amalgam of different people, but each has some element of my own personality. She's kind of like the neighborhood vigilante, capturing criminals and solving crimes.

2 Your book features what you've called a "multicultural cast of characters." Why was it important for you to include children of different ethnic backgrounds?

I wanted to promote the fact that kids don't have to look alike to befriend each other and to have a mutual admiration and love for each other.

3 You're an Alabama native. What's your favorite Southern food?

Collard greens or butter beans, black-eyed peas, cornbread. I can live on that stuff.

4 How has your diet changed since you moved to Los Angeles?

Before moving here I couldn't



Read the full Q&A with Spencer in our free app!

Spencer's first book, *Ninja Detective*, will be released this month.

turn down anything that was fried. And now I rarely have anything fried at all.

5 You've voiced frustrations about the way the media obsess over women's weight. What message would you rather see?

I do believe that we should be paying more attention to health instead of body types. I know that women who are

way too thin don't get the same type of treatment compared to women who are overweight. I know that I'm heavy and I know that I'm working toward changing it, not because of an ideal that people think I should be meeting, but because I want to be healthier.

6 What do you do for exercise?

For the past three months I've

been learning Pilates. I want to try yoga. And if that doesn't work, I'm going to try spinning. But I want to at least try many things and see which one fits better. Walking is the thing that has been my saving grace.

7 What is your best health habit?

If I am having a hamburger or something like that I never eat the whole bun. I eat the thin layer—the

bottom bun. I don't ever add cheese. I don't have mayonnaise on it. And I try now to stay away from mayo-type dressings because that's just like eating three slices of cheese. Just those little minimal things.

8 What is your worst health habit?

Popcorn is my Achilles' heel. I cannot go to a movie and not have popcorn. But I don't ever have them put the extra butter on it. I try to do it as dry as possible. And now I do the smallest bag possible and I always tell them not to fill it up.

9 What do you do to stay relaxed and grounded?

I meditate as much as I can in the morning. You always have to be centered in this industry. I realize that I start focusing on things that I don't have any control over. You lose sight of the things you need to be grateful for.

10 Celebrities get both positive and negative attention from the media. How do you handle the criticism?

You can't believe everything that people say. Because if you believe the good things that people say, then you have to believe the bad.

—Stephanie Watson