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What Every Parent's Talking About

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& BOOTY TRENDS

CUTE KID WINNER
EMILY ELLIOTT

25TH

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Woman a place to escape

Flash Forward

Think you know all there is to know about health and beauty? Heard all the nutrition buzzwords from organic and non-GMO, to gluten-free and low-glycemic? Know your workout routines from Aerobics to Zumba? Well read on, because the health and beauty trends for this year involve some fascinating new finds like stem cell facelifts and The Buttocks Shaper underwear that are sure to knock your socks off; at which time you can paint those toe-nails in the latest, and rather unusual, style.

Health And Booty Trends in 2012

By Joni Ravenna

Going Vegan

Celebrities like Gwyneth Paltrow have been going vegan for years, but according to the latest findings, so should we all. Not only will it prevent cancer and heart disease; it can reverse certain cancers like colon cancer.

While doing research in China during the '60s, Dr. Colin Campbell noticed a higher than expected incidence of liver cancer in children, especially those from more affluent families, who were the ones consuming the most animal protein. By the end of 2011, his book, "The China Study" had sold over 500,000 copies.

"When I started, it seemed like I kept running into things that went against what I thought. After 27 years with the research funded by the NIH [the US National Institute of Health], I obviously got to a point where my views on nutrition were substantially different from what they were when I started. Instead of relying on animal-based foods, it is very clear that we should be relying on plant-based foods," he says.

And one of the as of yet unheralded plant food greats is celery. Everyone knows that blueberries and salmon top the list of memory-boosting foods, but studies show that celery, which is loaded with potassium, helps improve memory since potassium is involved in brain function and learning. Want another reason to add celery to your diet in 2012? It's a negative calorie food (the body actually burns more calories digesting celery than it gets from the food itself.)

Want to find out what going vegan entails before jumping on the bandwagon? The award-winning 2011 documentary 'Vegucated' is being released on DVD January 9th and it follows three former meat-loving women as they go vegan. After 8 weeks they find they've not only improved their figure, complexion and health; but they've also helped change the world, bite by bite. (www.getvegucated.com)

Stem Cell Facelift

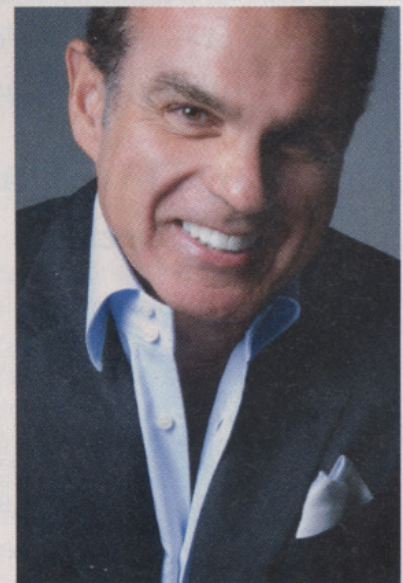
Brand new for the woman in her '30s or 40's who wants radiant, plumper, younger looking skin without going under the knife is the stem cell face lift. It's so new, in fact, that it's not yet FDA approved here in the U.S.; but Dr. Renato Calabria (www.drcalabria.com), who has offices in Beverly Hills and Italy, has been performing the procedure in Europe for years.

"We know from fat grafting that there are some adult stem cells in fat," says Dr. Calabria (pictured below). "But this new advanced technology allows for isolating the actual stem cells so that they can be injected in much higher concentrations."

Rather than "simply re-volumizing the face" the stem cell face lift results in greatly improved skin texture and a younger looking surface. This major revolution in facial rejuvenation may be approved for use here in the U.S. as early as the end of the year.

"It has been approved in Europe. The FDA needs to see that the techniques have worked and that it has the potential for greatly improving the skin."

Another trend in this industry, which has long catered to Hollywood



celebrities who need to look great, includes the evolution of the doctor himself from plastic surgeon to image consultant, nutritionist, psychologist and anti-aging specialist. Lips too big, breasts too full, and faces too tight have no place in 2012 according to Calabria.

"I have a lot of celebrities who come to me for guidance. They've seen colleagues have their careers ruined by overdoing it so that they look like a mask of themselves. They know that I will advise against procedures that aren't right for them."

Fitness & Fanny Facts

Recently the American Council on Exercise (ACE) released its report on fitness trends and found Whole Life Training to be among the top trend. Much like the idea of finding a plastic surgeon who considers a holistic approach to beauty, the Whole Life approach considers all aspects to improve your health and fitness routine. "You need to think about all lifestyle factors," says fitness and wellness expert, Shirley Archer. "Use fitness instructors, personal trainers, nutritionists, and wellness coaches depending on the support you need."

The American Council on Exercise also reported that social media and mobile based apps are bound to revolutionize the fitness industry. The Calorie Counter and Diet Tracker by myfitnesspal.com is free. Another is Couch to 5K which is only \$2.99. For those looking for their own personal nutritionists, zocdoc.com allows visitors to scan doctors, view available appointments and schedule online.

Let's say your figure's always been great, but you have a couple of places that need help. Or maybe you've always struggled with those extra 10 pounds but just can't seem to drop them. Well the latest work out trend (besides Zumba) is a combination of pilates and yoga which focuses on core strength while also zapping specific areas.

"Everyone's much more conscious of their derriere in the last several years since J-Lo and Kim K came on the scene," says fitness expert to the stars, John Stevens. "If you weren't born with a great butt, the Brazil Butt Lift will give you results in about two months." The Brazil Butt Lift is not a procedure but a video available at qvc.com for \$59.82 and according to Stevens it works. www.acefitness.org

Want a fanny like the Kardashians without having to break a sweat? The Brazilian Booty, long popular in South America, has found a following in the last decade here in the states. But one of the latest trends involves neither implants nor grafting, nor even exercise. U.S. women seeking more ample hindquarters in under an hour can now find just that in underwear. Providing, padding, instant lift and tummy control, at \$32.00 to \$47.00 the Buttocks Shaper by fitness.com comes in nude and black. www.fitness.com

Face, Fingernails, Feet

FOOTWEAR Guess what girls? Boots are back. The hottest trend for 2012: patent leather boots. Also hot this year are suede and wild and wiggly platform boots. But whether you go classic or crazy, it's definitely time to reboot your system and get into that throwback to the '60s footwear known for walkin'.

FACE Want a quick lift without having to visit a doctor? Estee Lauder's brand new Resilience Lift line will "help skin appear sculpted, tighter and newly defined," according to representative Samantha



Kauffman. "Our photo activated products are putting mid-life skin on notice," she says. www.estelauder.com

FINGERNAILS This year the trend is to turn your French Manicure upside down on its oh so tired head, literally. The newest wave is to give the nail-bed a half moon of color while painting the rest of the nail a different hue.

FLIRTY EYES AND LIPS When it comes to make-up, the trend for 2012 is smoky eyes and bold lips. Forgo the thin eyeliner in favor of the sensuous smudge. Same goes with the lip-liner, ladies. The takeaway? When it comes to make-up, this year, go big or go home. Now that 2012 is here, aren't you glad you're in the know. Make it your resolution to stay on top of all the top health and beauty trends so that this year will see an even more beautiful and healthy you than last year. ■

What's Out for 2012

- The Fake Tan
- The Pouf Hairdo
- Fake Nails
- Shaggy Fur boots worn anytime but apres-ski
- Anything else worn by Snooki