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She is currently working on a book with scrumptious recipes for a sexy body & soul. To stay connected with Alex, email her at alex@alexanzalone.com and request to stay in the loop about her upcoming book and program offerings.

- SOUL KITCHEN pg. 67



Kimberly Seals Allers

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An award-winning journalist, a leading commentator on African American motherhood and a nationally recognized breastfeeding advocate. Kimberly is the author of *The Mocha Manual* to a *Fabulous Pregnancy* and two other Mocha Mammal books, published by HarperCollins and founder of MochaMammal.com, (@mochamammal) an award-winning pregnancy and parenting website. Kimberly is a Food & Community Fellow funded by the W. K. Kellogg Foundation. Follow her at @tamKSealsAllers.

- BREASTFEEDING pg. 43

Christyna Pourhabib

WRITER

An English major at University of California, Riverside. With an unwavering passion for writing, this LA native has the ability to transform everyday stories into eloquent and persuasive narratives. To get in the zone, Christyna curls up with her laptop and fills the room with vibrations from her favorite smooth Jazz hits.

- KEKE PALMER pg. 44



ROBIN WILSON

INTERIOR DESIGNER

Robin Wilson is an eco-friendly interior designer and a lifestyle brand with products sold at Bed Bath & Beyond.com and is the first woman with a branded line of custom kitchen & bath cabinetry sold by over 500 dealers nationwide. She is an ambassador to the Asthma & Allergy Foundation of America and author of *Kennedy Green House* (Greenleaf, 2010).

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- SANCTUARY pg. 63

Dr. Michael E. Jones

DOCTOR

Dr. Michael E. Jones is an honors graduate of Columbia University College of Physicians and Surgeons and board certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology-Head and Neck Surgery. He is also a fellow of the American Academy of Cosmetic Surgery. Dr. Jones is the founder and director of Lexington Plastic Surgeons, with a flagship office in NY, NY and satellite offices in NJ, MD and CA.

- NIP TUCK pg. 33



Tamara Natalie Madden

FINE ARTIST

Tamara Natalie Madden is an internationally recognized fine artist living and working in the Atlanta area. She is also a writer, educator and speaker, and is currently working on her memoir. To learn more about her work, please visit her website at www.tamaranataliemadden.com.

- LOSING IT pg. 60

SLEEP BETTER BY DESIGN

Simple advice and tips can make one of the most important rooms in your home – your bedroom – a restful space and a healthy environment.

By Robin Wilson



WHO CAN IT BE NOW?

Robin Wilson

Robin Wilson is an eco-friendly interior designer and a lifestyle brand with products sold at Bed Bath & Beyond and is the first woman with a branded line of custom kitchen & bath cabinetry sold at over 500 Holiday Kitchens dealers nationwide. She is an ambassador to the Asthma & Allergy Foundation of America and author of *Kennedy Green House* (Greenleaf, 2010). She regularly appears on the speakers circuit, on television and offers commentary in print on wellness, sustainability and allergy & asthma issues.

Learn more at www.robinwilsonhome.com



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NEARLY 25 MILLION AMERICANS SUFFER FROM ASTHMA AND IS SLIGHTLY MORE PREVALENT AMONG AFRICAN AMERICANS THAN CAUCASIANS
Source: Allergu and Asthma Foundation of America

Sanctuary

WITH A SENSE OF PURPOSE

Bed Bath & Beyond

Make it easy for you to design with the senses with one-stop shopping.

Here are our recommendations:

Sight

Light pollution is one of the key reasons we cannot stay asleep, so consider Blackout Window Curtain panels (\$19-\$40) to allow your body's normal melatonin response to kick in for a restful sleep.

Sound

White noise can be soothing when you are in an urban setting, so consider the Marpac Sound Conditioner (\$60) for a consistent and peaceful sound environment.

Smell

Clean your space with non-toxic cleansers and scented soy candles. Try Mrs. Meyers household cleaners and laundry products (\$6-\$16) with essential oils that are relaxing and non-toxic. And for the room scent, try long essential oil products such as Maison Verona candles and scent diffuser sticks (\$10-\$25) for long-lasting fragrance.

Touch

When you slip between the sheets, you need to breathe easy as soon as your head hits the pillow. Try the hypoallergenic Robin Wilson Home brand of pillows, sheets and comforters (\$40-\$145) which offers protection against allergens from dust mites, mold spores, pet dander, etc.

Taste

Dark chocolate is always a winner if you can stop at one-piece at night. Consider the Ghirardelli Tin of Chocolates (\$20) for options ranging from mint to dark chocolate.

Visit www.bedbathandbeyond.com or select store locations for all these products.



Did you know that we spend one-third of our lives sleeping? And did you know that 1 in 4 people of color suffers from allergies or asthma? Given the statistics and the time spent relaxing in our bedrooms, it is important to spend more design dollars in one of the most important rooms in your home. According to the Asthma and Allergy Foundation of America (www.aafa.org), those with allergies, asthma or pollen sensitivities, should try eliminating triggers from the bedroom, which can be a huge step in giving your body its needed rest.

You deserve a space in your home that helps you both relax and is free of allergen triggers, so you are not wheezing and sneezing in your sleeping area. Designing for the five senses – sight, sound, smell, touch, and taste – will ensure that your bedroom stands up to the test of time with beauty, texture and hypoallergenic options to enhance the health and wellness of your lifestyle.

When was the last time you washed or replaced your pillow? Many people answer that questions with a shrug or a wince – and the average answer is six years. That is the equivalent of wearing dirty pajamas for six years! Pay attention to spots where dust, animal dander and pollen gather (under your bed and on your pillow) and use pillows and mattress covers that have allergen barriers. Wash your pillow at least twice a year, use a zippered pillow cover under your pillow case and replace pillows after three years by donating them to the local animal shelter.

And did you know that sleeping at least eight hours a day is great for your waist? If you only get four hours of sleep, you will typically consume 325 extra calories daily because your body begins to crave fat-oriented foods. And try not to eat a heavy meal at least two hours prior to bedtime.

Do you know that the largest surface in your home is your walls and the second largest surface is the floor? Make sure

to use low-to-no VOC paints on the walls and consider using hardwood floors with rugs, instead of wall-to-wall carpet to limit dust mites in your sleeping area. Dust mites are harmless microscopic organisms that feed on your skin particles on your bedding, furniture and carpeting. For some people, the dust mite carcass is an asthma or allergen trigger, so try to clean the furniture, bedding and flooring regularly – and keep pets out of your sleeping space.

Most importantly, make sure to purchase a high quality mattress that does not contain excess chemicals, as the off-gassing from these substances can disrupt your sleep. If you already have a mattress, consider purchasing a mattress cover or pad that will create a barrier, and will also hold your body heat in winter. And make sure to turn your mattress every year during spring cleaning so that it will wear evenly.

The easiest thing one can also do is remove the television from the bedroom (or the smartphones that you might be tempted to play with in bed) as the blue light can disrupt the melatonin in your brain. Many people also do not recognize that their sleep is disrupted with light pollution from street lights or passing cars. Blackout shades or window coverings are a good option if you are affected by excess light.

And a simple tip: have a nightlight in your bathroom or hallway so that you do not have to turn on a bright light in the middle of the night if you get a snack or have to check on your child. And also remember to check the floor before bed so that little toys from pets or children are not in the walking path so that you can avoid tripping or an injury.

Remember that your home is your castle, but your bedroom is your sanctuary. Try to spend a few more design dollars in this space and the reward will be priceless – a good night sleep!