

Just Right™

M A G A Z I N E

FASHION
TRENDS
FOR THE
NEW YEAR

KETO
IS IT FOR
YOU?



LATRICE WIGGINS

MS FULL FIGURED
DMV-PLUS 2018

JANUARY 2019
STEP INTO YOUR NEW, DELETE LEVEL UP
justrightmagazine.com

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Start every month Just Right!

Just Right Magazine is a monthly print and digital magazine for today's full figured women and the people who love us. Every issue is created to inspire beauty - inside and out and inspire creativity - in expressions of art, music, cooking, design, writing, etc. We promote health - physical, spiritual, and mental, while working to enhance, build and nurture relationships and friendships and more than friends along with self love and appreciation.

Empowerment and encouragement are for the uplifting of the WHOLE woman - Mind, Body, Soul and Spirit. Just Right will embrace, uplift, share, talk, listen, care for, teach, learn and be the catalyst for nurturing your Best you. We will walk with you in the truth of your "Just Right", whatever your season.

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note from the EDITOR

Step Into Your New!

HAPPY NEW YEAR GEMS!

Welcome to 2019. I am so excited about what this New Year will bring. Last year was good, but I am in expectation of great things for all of us Gems!

When I think of the new year coming in, I know some danced, some watched a "ball" drop, some went to church or spent a quiet evening at home as 2018 slipped away to be immediately replaced by 2019. The one constant in all of this is that something old left and something new appeared.

Life events like the birth of a new baby, a new job, a new marriage, a new hairstyle or anything that is new, there is so much excitement and also, a little fear. We are excited about loving and meeting a new life, the joy in knowing you are spending the rest of your life with the person you love and even the secret enjoyment of a new hair style that gives you that extra feeling of "I'm Cute", but this is also the question of, will I fail in this new thing?

This month Just Right encourages you to "Step Into Your New". Just like the new year came in, seamlessly, and without hesitation, that is how I encourage you to embrace your new level of Just Right. Don't hesitate, don't procrastinate, don't give in to fear, just Step. Your New is waiting.

I am Just Me, Right Now, Just Right,

Patrece Quarles
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*Just
ME
Right
NOW*

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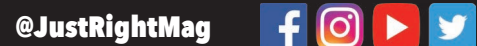
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HOW TO KEEP Skin Soft and Healthy IN WINTER?

The winter months are the toughest months for skin as it brings so many challenges to your skin-care regime. The cold weather and lowest humidity level results into extreme dry air which makes our skin lose its natural moisture. The lesser intake of water is another major cause of our skin losing moisture and natural elasticity. The indoor heating system and hot baths tend to steal away the moisture from skin making it extremely dry, cracked, and wrinkled. Ignoring the skin conditions can further cause irritation, chapping, redness, itching, eczema and allergy. The additional moisturizing helps but the detailed skin care is essential to counteract these effects and keep your skin moisturized, glowing and healthy in this season. Here are some of the most important tips to try for a proper skin care in winter.

USE LUKEWARM WATER

Hot baths and steaming hot water feel superb in the chilling cold weather, but hot water can actually rip off the natural moisture of your skin making it extremely dry and chapped. It's better to use lukewarm water, especially for face and hands, to preserve the natural oil and moisture of the skin.

SELECT HIGH QUALITY AND NATURAL MOISTURIZING PRODUCTS

The natural moisturizers are very important in restoring the natural suppleness of the skin. Mostly, people tend to buy over-the-counter moisturizers from the stores which contain many chemicals and petroleum. Such ingredients can further dry up and harm the texture of your skin. It's better to buy the moisturizers that have naturally nourishing and hydrating ingredients such as Lavender, chamomile, jojoba and coconut oils. The lavish use of essential oils can sooth the dry itchy skin and make it radiant.

STAY HYDRATED

Remember that your skin needs hydration from inside out. In winter days, we switch more to the coffee, tea and other such drinks while water intake reduces a lot. Drink enough water all day long and few glasses of warm water with lemon can be very refreshing for your skin. Eating fruits and vegetable, high in water content, are also essential. Make sure that you eat enough vitamins especially vitamin C and Zinc to preserve the collagen and elasticity and keep your skin smooth and supple.

APPLY MOISTURIZERS TO DAMP SKIN

Applying moisturizing product right after a wash helps to preserve the dampness and lock in the moisture of the skin. This also helps in quick healing of chapped and cracked skin. Keep the essential oils or bottle of your favorite moisturizer in your bathroom and over all the sinks to apply it as soon you take a bath or wash your hands. The intense overnight moisturizers work wonders in winter season.

PROTECT YOUR SKIN FROM COLD BREEZE

Proper protection of your skin is also essential to save your skin from losing the natural moisture. Wear gloves, scarves and socks regularly to save your body from chilling cold wind outside that can actually steal the suppleness of the skin. Using sunscreen is as important in winter as in summer because winter sun is also very damaging to skin.



INSTALL A HUMIDIFIER IN YOUR HOME

The central heating system can dry out the air that can make your skin rough, chapped and wrinkled, devoid of moisture. The best way to save yourself from the bad effects of it is to install a humidifier in your home. This will put moisture back into the air and prevent your skin from drying out and many other health problems.



EXFOLIATE YOUR SKIN

Exfoliating the skin is as essential in winter days as in summer. The moisturizers can't reach your skin if the dead cells are not removed properly. You can use high quality exfoliating products such as body scrubs for this purpose and use moisturizers immediately afterwards to see a great difference.



These tips appear very simple to follow but can work wonders to improve your skin's health, beauty and glow in the dry and dreary winter days.



#1. **Plus Zara Short Sleeve Snake Print Design by Pink Clove**

This absolutely chic Snake Print Top by Pink Clove is something that you just can't miss and definitely need to have in your closet, you can pair it with a simple skirt or palazzo pants to create a gorgeously stylish outfit.

#2. **Black Military Dress by 17 Sundays by 17 Sundays**

Who doesn't need a "little black dress" in their closet? Whether it's about going to work, attending a ceremony, or hitting the club with your girls, this beautiful Military Dress by 17 Sundays will always be there to have your back.

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Plus Size FASHION TRENDS & Designers for Winter 2019

It doesn't matter what your body shape or body size is, you have the right to dress up nice and feel pretty for every event and season. You can show off those beautiful curvy bodies in plus size clothing too. Plus size clothing is easy to handle as it is quite comfortable and easy to style. If you want to know how to style your plus size clothing, then you are in the right place. You can style and glam up your outfits with these hot and happening plus size fashion trends and ideas that you can rock all winter. Not only that, but let us also introduce you to some amazing brands that sell trendy and super cool plus size clothing so you can rock winter 2019 in total style. Without further ado, let's get right into it.



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#3. **Raven Maxi Dress by TruDiva Designs**

TruDiva Designs brings to you an absolutely fabulous maxi dress called Raven which you can work with on multiple occasions; the color blocking design makes it totally up to the minute, and easy to pair with minimal accessories.



#4. **Bella Vintage Blue Flare Jean by Embody Women**

Embody Women is the right store for any plus sized beauty looking for the right size of jeans. The store sells a variety for trendy plus sized jeans, for example, this Bella Vintage Blue Flare Jean.



#5. **Beautiful Babe Jumpsuit by Pop Up Plus**

There is no doubt that this classy and simply beautiful Beautiful Babe Jumpsuit by Pop Up Plus will help you steal the spotlight at any party that you wear it to!



#6. **Side Stripe Trench Coat by Ashley Stewart**

This Side Stripe Trench Coat by Ashley Stewart is basically a bright signboard displaying the words "Diva!". Doesn't it give off such fashionable vibes? And, it looks like you can make a whole outfit just with this amazing trench coat itself!

The new year has brought some amazing trends to us, and its clear that the fashion industry has paid attention to every category of clothing. If you buy your clothes from the plus-sized section, then this handy guide is just the thing for you. All that you need to know about plus size fashion trends and designers that sell clothing accordingly, we got it here so you can stay stylish all throughout this winter.

Start every month Just Right! Subscribe at justrightmagazine.com

THE ROSIE THAT GREW THROUGH CONCRETE

by Latrice Wiggins

As a little girl, one of the most valuable lessons you can learn is to love yourself, despite the opinions of others. That beauty extends beyond the outer appearance, and grows from the roots of trees within. That self-love outweighs anything you can receive from a partner or significant other. That you are uniquely and wonderfully made and there isn't anyone else that exists like you. I wish I had learned these self-affirming truths in my early youth.

I grew up in Miami, Florida where the sun was always out and flip flops and shorts are always in season. The city of "beautiful people". Ironically, I never felt like I fit in with those beautiful people. I felt like I was the ugly duckling in a pond full of swans. I have always been a fuller figured young woman. From an early age, I can remember emphasis being placed on my weight. My first lesson in the realization that weight and beauty were somehow connected in the eyes of society came during my middle school years. Although I was always chubby, my family tried to keep me active in various activities. I had been cheerleading since I was in 3rd grade, and upon entering middle school immediately tried out for the Color Guard Team! I can remember tryouts being oddly uncomfortable (maybe because I was one of the only two young ladies on the team that was chubby). I made it through, moved on to the second day of tryouts and eventually made the team. The first day of practice there were measurements that had to be taken for our uniforms.

“beauty extends beyond the outer appearance, and grows from the roots of trees within.”

Photographer: Marvin Joseph @king_marvino
Creative Director/Stylist: Cherie Burns @hair2style62
Makeup Artist: Maliki C @malikimua
Hair Stylist: Cherie Burns @hair2style62



The process the caterpillar endures is not an easy one, but the beauty that emerges from the transformation is a sight to behold. I am that Kurvy Butterfly, beautiful, confident and FREE.

I can recall the director taking my measurements and making a big deal about my waist and bust size (I developed early, wearing at least a C cup bra by 6th grade). She then looked at me and said "You are such a beautiful BIG girl. If you lost a little weight you would be so much prettier". I left that encounter thinking that somehow, I wasn't deemed as pretty as the other girls because I was larger. That beauty was only attached to those that had a smaller waist size than I, therefore there was no way I would ever be noticed as one of the "beautiful people". That was the beginning of a long road of self-loathing and comparing myself to others that would eventually spiral me into a dark place.

That moment impacted me in unimaginable ways that I didn't see until I became an adult. I can remember doing things to try to prove or make myself feel like I was just as beautiful as the other girls in my school that were slimmer. At some point, I made the connection in my head that if I couldn't be as pretty as the other girls because I was "BIG", I would have to be sexier to get the attention I wanted. One day I decided to steal my mother's high heel shoes and wear them to school with this particularly tight shirt that I found in the back of her closet. Unfortunately, that didn't bring about anything but negative attention. I quickly realized that wasn't the type of attention I wanted. I can recall feeling invisible. Feeling as if I would continue moving through life as someone that wasn't desired and unwanted due to my size. I spent most my high school years hiding behind an oversized Winnie the Pooh hoodie.

It wasn't until I entered my late 20's that I made the decision to work on loving myself. After a string of bad relationships, my best friends challenged me to look in the mirror and ask myself a very difficult question. "If you don't even love yourself, how can you ever expect anyone else to love you". I realized I was looking to other people to fill a void in my life. I wanted to be "loved" so badly, I was willing to accept it in any form just to feel complete for the moment. After taking a much-needed look in the mirror I began the process of healing myself from the inside out. I sought out a therapist and began working to uncover some of the roots that held the most pain for me in my childhood. I had always wanted to get into Full-Figured print modeling, and in the summer of 2017, I auditioned for the "Face of Torrid" competition. Although I wasn't chosen as a finalist, taking part in that experience gave me the confidence boost to continue going after my dreams. In January of 2018, I auditioned for the Ms. Full-Figured D.M.V. pageant, subsequently walking away with the titles of Rising Star and Ms. Full-Figured D.M.V. Plus Queen. Not only did I walk away from that pageant with titles and a crown, but I gained an immeasurable amount of confidence, strength, and joy that I wouldn't trade for anything

in this world. I often compare my journey to that of the butterfly. The process the caterpillar endures is not an easy one, but the beauty that emerges from the transformation is a sight to behold. I am that Kurvy Butterfly, beautiful, confident and FREE.

I've heard "falling in love with yourself is the first key to ultimate joy". We often spend so much time focusing on our flaws that we never acknowledge the beauty that exists within them. There are no two people who are created in the same image,



which means you will never meet a person that is EXACTLY like you. Your flaws are the things that make you unique. The things that set you apart from the crowd. The things that make you VISIBLE even when you feel as if you aren't. Embrace them. Love them. Fall in love with them, I promise it is the best decision you can ever make. Last week I was asked the question, "If there was one thing you could tell your younger self, what would it be"? Although there are so many jewels I would drop on the younger Latrice, there is one piece of advice that stands out in my mind. Embrace the pain, it's meant to heal you later. Although I endured years of self-doubt and insecurities, it has ultimately made me the woman that I am today. From my place of pain and self-loathing, I found my voice. I found my wings and I took flight. ■



GET YOUR GROOVE BACK WITH VAGINAL REJUVENATION

Vaginal rejuvenation is a term used to describe several procedures related to the vagina. It is often termed as female genital cosmetic, rejuvenation or plastic surgery. The vagina undergoes several physical changes with the aging process and after childbirth. The vagina stretches with time and loses the muscle tone. Women lose their self-esteem, feel embarrassed and have reduced sexual satisfaction and prefer undergoing vaginal rejuvenation. There are many procedures that are used for vaginal rejuvenation such as Vaginoplasty, Labiaplasty, Monsplasty, Labia Majoraplasty, and clitoral hood reduction.



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Let's dive in and have a look at WHAT'S A KETO DIET?

The keto is a low carb- a high-fat diet which is gaining fame since the past few years among celebrities and diet conscious people. It is one of the most promising diets that make you lose weight in the fastest way. It is the most inspired diet among celebrities and athletes as it allows you to shed pounds in the most promising way along with it slows down the aging process.

This diet alters the way how your body changes the foodstuff into energy. Increased consumption of fats with low carb foods turns you into a state of ketosis where your body converts fats for fuel instead of carbs.

LABIAPLASTY

In this procedure, length is reduced of the labia minora. It is one of the most common procedures. It relieves the symptoms that women experience from tugging and twisting of their labia during intercourse or riding bikes.

CLITORAL HOOD REDUCTION

This procedure aids in reducing the excessive folds of the clitoral hood. It improves the appearance of your female genitalia.

LABIA MAJORAPLASTY

This procedure aids in the reduction of the outer, hair-bearing part i.e. labia majora in size. This procedure is chosen by people who feel that they have large labia majora or feel discomfort while riding bicycles.

MONSPLASTY

This procedure reduces the bulge of mons which has excessive fat and skin in some women. The bulge embarrasses the women when they wear tight pants or bathing suit.

VAGINOPLASTY

This procedure tightens the vagina. It is preferred by women after childbirth who have complains of sexual dysfunction or vaginal laxity. Vaginoplasty aims to bring back the separated muscles.

WHAT SHOULD YOU EXPECT DURING A VAGINAL REJUVENATION CONSULTATION?

Discuss your surgical goals with the surgeon, tell them about your medical conditions, medical treatments or allergies. Your surgeon will evaluate your complete health status and evaluate yours for past medical history or other risk factors. The surgeon will take photographs to compare before and after pictures, they will recommend you the treatment and discuss the options with you. The surgeon will discuss the outcomes of vaginal rejuvenation with the patient along with any risks or complications. The surgeon will discuss the usage of anesthesia with you during the vaginal rejuvenation procedure.

BENEFITS OF UNDERGOING A VAGINAL SURGICAL PROCEDURE:

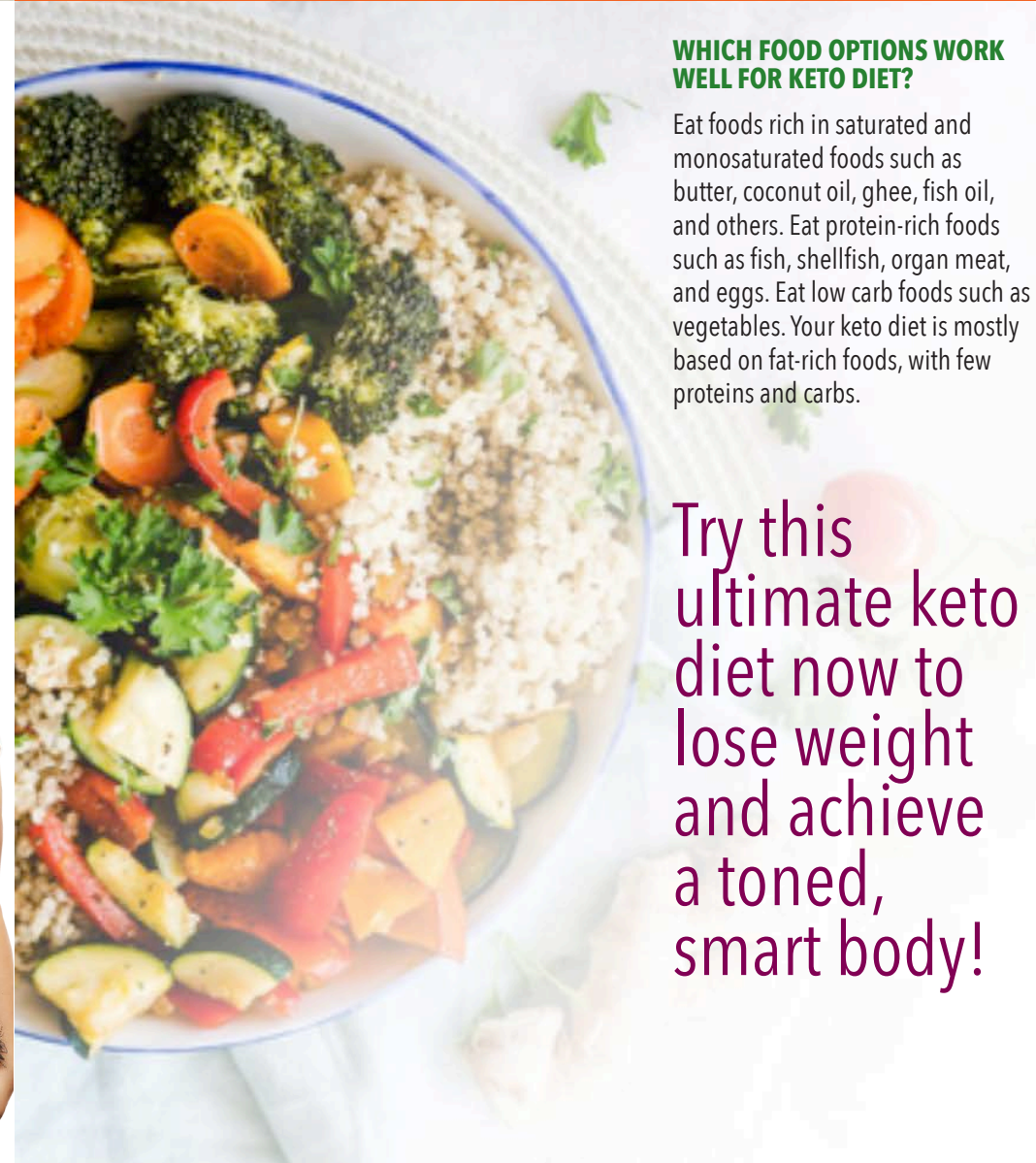
- You will feel youthful at the vaginal site
- It enhances the strength, muscle tone as well as control of the vagina
- It increases the friction and satisfaction during sexual intercourse
- It offers quick recovery

RECOVERY AFTER VAGINAL SURGERY

After 24-48 hours of surgery, patients are advised to place frozen peas or ice pack over the incision to reduce bruising and swelling. It is encouraged to perform routine tasks if there is no irritation or any pressure over the incision site. Cotton underwear and loose clothing are essential after the surgery. After 72 hours, patients are advised to perform regular activities. For 6 weeks, patients are advised to avoid any rigorous activities and give pelvic rest to the site.

Verdict

It's natural to be nervous and anxious before having a vaginal rejuvenation surgery. It's essential to understand all the aspects of this procedure and don't be shy about asking any questions from the plastic surgeon.



WHICH FOOD OPTIONS WORK WELL FOR KETO DIET?

Eat foods rich in saturated and monosaturated foods such as butter, coconut oil, ghee, fish oil, and others. Eat protein-rich foods such as fish, shellfish, organ meat, and eggs. Eat low carb foods such as vegetables. Your keto diet is mostly based on fat-rich foods, with few proteins and carbs.

Try this ultimate keto diet now to lose weight and achieve a toned, smart body!

BENEFICIAL EFFECTS OF KETO DIET

- 1. HORMONAL ALTERATIONS**
It helps in shedding pounds by burning fat. This diet suppresses the hunger hormone i.e. ghrelin and increases the level of cholecystokinin which reduces your appetite, making you feel full.
- 2. ANTI-INFLAMMATORY DIET**
It is an anti-inflammatory diet which prevents your body against major diseases.
- 3. FUEL FOR BRAIN**
It feeds the brain and enhances the energy levels for your brain when you limit the consumption of carb-rich foods. Fatty foods rich in essential fatty acids and saturated fats enhance the functioning of your brain as it comprises of 60% fats.
- 4. INCREASED ENERGY**
Keto diet turns your body into a state of ketosis where more mitochondria are formed by the brain that increases your energy levels.
- 5. MAINTENANCE OF BLOOD SUGAR LEVELS**
Keto diet stabilizes the levels of insulin and lowers blood sugar levels which is very helpful for diabetic patients.

wait *Just* a minute...

"I say to you
that in spite of
and frustration
I still have
-Martin Luther King, Jr."

Can you say to yourself,

"I HAVE A DREAM"?

This month we celebrate the birthday of Dr. Martin Luther King, Jr. We take this day to remember his dream for equality and justice, not just for some, but for all. We remember his tenacity and determination because he had a dream. Dr. King impacted a nation, not just because he had a dream but because he believed in his dream.

Take a moment and visualize YOUR dream. Do you believe in your dream so much that your pursuit of it produces a powerful impact, not just on you but on those around you? Will you pursue your dream with all diligence, even if you know you may never live to see the realization of it, or the greatness of it?

If your answer is yes... simply say, in the words of Dr. Martin Luther King, Jr., **"I Have A Dream"**.



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