



Jessica Alba

SPARKLEY

Get the Look



American Idol

Jennifer Lopez

Bordello Teeze



Malene Birger Jole
net-a-porter.com



Dries Van Noten



Pink Beaded Silk Dress

VERSACE for H&M



Balenciaga Shoe



Coco Rocha Sparkle Make-up Trend



Nine West Dressy Sequin bag



Lindsay Ellingson Victoria's Secret Fashion Show



Forever 21



BB Dakota Derora Sequin Dress \$35

Dolce&Gabbana \$841 Star Shoe



Ebay Ring

\$0.99
yuying2006623



Dragonfly Swarovski Crystal and Enamel Necklace Ebay



Les Chiffoniers



Simple Elegance \$25



Hello Kitty \$49.99
mydivagirlz.com



Steve Madden \$79.95



Two Lips Shaky \$90 shoes.com

Chopard Animal World Collection



Richard Ogden Fly Brooch



http://www.showmeagain.com \$1,800
Blue and Silver Reversible Sequin Jacke

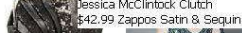


Jenny Packham \$2,535



Karen Millen Frock

Jessica McClintock Clutch \$42.99 Zappos Satin & Sequin



Gucci Mini Metallic Shimmer Dress



Blake Lively in Chanel Sequin Blazer



Living Doll Blazer \$59



Ann Taylor \$10



Nine West Glitter-Atzzi Sequin Laptop Sleeve



Burberry Gold-Sequin Dress

Midnight Velvet Bag \$49.95



Chanel Pre-Fall 2011 Jacket



French Connection

Fair Lady Colorful Queen Series Two Ways Bag newformaldresses.com \$77

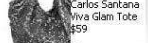


Rachel Gilbert \$875



CHANEL Bonanza Handbag and Wallet \$55

Carlos Santana Viva Glam Tote \$59



Topshop Gold Sweater

Nicole Miller \$30 Belted Black Sequin Dress



Yves Saint-Laurent Scarf \$1,202



Jodi Kristopher Dillard's \$53.40



Valentino Alice Glam Sequin and Feather Tote £3,407.56

Diane Von Furstenburg



Anna Sui netaporter.com



Big Bold Bracelets and You Making a Beautiful Statement by Alena Havlicek



Source: gemgossip.com

Whether you invest in statement pieces with beautiful gemstones or diamonds, or the timeless sterling silver and gold, those big, bold bracelets are going to always be in fashion.

Now let's talk about trends. Bigger isn't always better, but when it comes to big sunglasses, big stilettos and big bracelets, the bigger, the more fabulous. Just peek into the latest issue of Elle Magazine, and within the first 20 pages, the advertisements from Chanel, Armani, Fendi, and Yves Saint Laurent all have gorgeous, big bracelets that make our hearts flutter. Turn a few more pages, and David Yurman has not only beautiful layers of bracelets, but big bold rings as well.



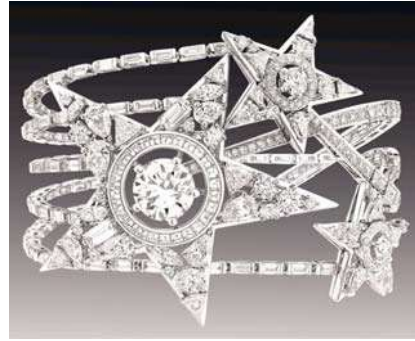
Italian Contemporary Bracelet by [Carlo Weingrill](#) in 18k gold with diamonds--\$9950



[DHGate.com](#)



Chanel Cuff \$740
www.purseblog.com

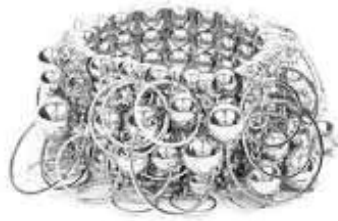


Chanel Joaillerie Spring 2012 Etoile Filante bracelet
www.thejewelleryeditor.com/2012

For those of us on a budget, and trying to get the same look, just take a peek in your jewelry box, and grab a bunch of your similar color/ style bangle bracelets and layer them up on your wrist....presto! You are now ready to take on the town.



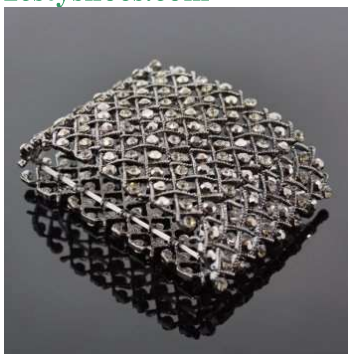
zestyshoes.com



[this next.com](http://thisnext.com)



www.jjill.com \$175



Stretch rhinestone cuff \$8.50
www.hnrfashionjewelry.com



14kt gold plated gold \$69
www.stelladot.com



Metal Bars Cuff \$11.80
www.forever21.com

We have been seeing this trend become more and more the rage over the last few years, and after seeing the 5 million dollar stunner that Sofia Vergara wore to the Golden Globe award show, we will be seeing more! I am sure that she had more than just me drooling and wanting to borrow the pieces, even if for only one night.

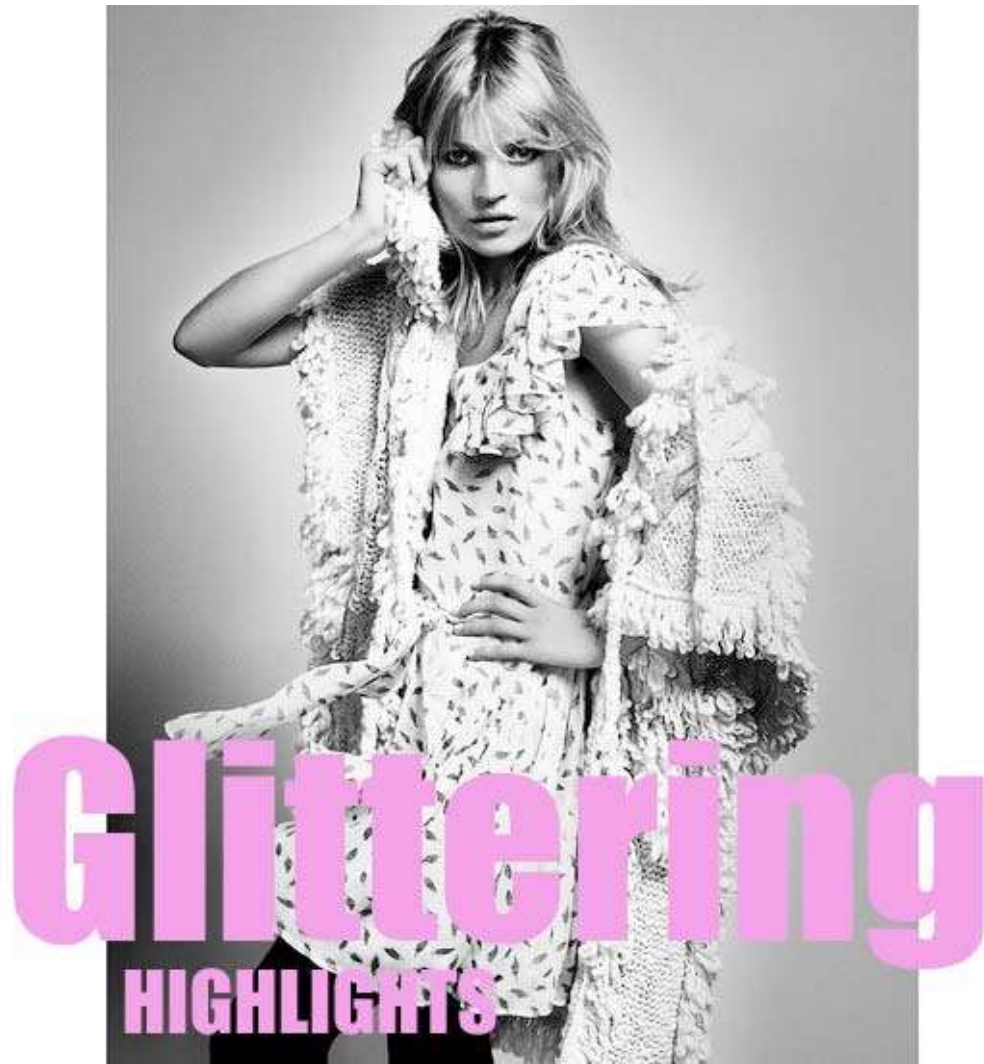


Sofia Vergara 5 million dollar look
Foxcrawl.com



Getting a closer look!
Sanfranciscochronicals.com

Rings, earrings and necklaces are also big statement pieces, but if you aren't sure if you have too much of a good thing on all at once.....turn your back to the mirror, close your eyes, turn back to face the mirror, and open your eyes. The first thing your eyes are drawn to is the only item to keep on. Everything else should be toned down or taken off completely.



Source: Kate Moss Yeti Coat ad

Glitter's Diva Demands

Glitter's Diva Demands by Taunna Jarvimaki



Glitter's managing editor, Christine Owens, sends out a memo before Glitter's travels or hotel stays. Here is the memo. I have snuck in and taken a sneak peek behind the scenes of Glitter's world. Any updates or changes will be posted as soon as we are notified.

- **Glow by J.Lo perfume must be sprayed** in her pathway specifically before any and all public appearances, hotel arrivals, hotel room stays, live performances, TV debuts, interviews, appointments, meetings, banking withdrawals or deposits, shopping gigs, award ceremonies, etc.
- **Someone must be available** at all times to welcome Glitter at her arrival. Someone must be present to open the door for her, even if that door is automatic, so she does not have to open it herself.
- **A special restroom stall must be set up** in every public outlet exclusively and extensively designed for Glitter's VIP use only. It is mandatory that a sink, dryer, paper towel unit, and blue, diamond encrusted chair be placed in the stall. A vase of sweet orange scented potpourri should be placed on a white marble table underneath a wall cabinet, filled with SPF 110 Sunscreen, Dermalogica Ultra Calming Cleanser, Essential Cleansing

Solution, Dermal Clay Cleanser, Precleanse, Daily Microfoliant, Skin Prep Scrub, Multi-Active Toner, Barrier Repair, Active Moist, Eminence Organic Skin Care in; Lemon Grass Cleanser, Hawthorn Tonique, Bearberry Eye Cream, Mimosa Champagne Bath & Body Care Set, Seven Herb Treatment, essential oils, especially peppermint and sweet orange, Versace Woman 1.5 oz parfum, Chanel #5 3.5 oz parfum, Armani sunglasses from the current season, Prada sunglasses from the current season. Custom made Versace hand towels should be hung on the right side of the room according to color in alphabetical order.

- **There are no exceptions, replacements, or changes.** All products are required to be in brand new, mint condition, unused, and unopened. Items must be organized backwards from the normal alphabetical order, easily accessed, and well spaced.
- **Hotels must have** lavender furniture and wall paint only. There must be a dining, living, kitchen, bathroom, bedroom, extras as stated above, and as stated below.
- **Hotel staff** should not speak to Glitter during her stay. Someone else in Glitter's entourage will check her in, so that she can avoid making eye contact with anyone.
- **A litter of kittens** must be available for Glitter to play with in her dressing room at all appearances and interviews.
- **Light bulbs** should be changed to lavender before her arrival.
- **A police escort** should be available every time she is on the road to prevent paparazzi harassment and having not to fight heavy traffic.
- **Glitter refers** to herself in the third person. It is very important that you do not show any surprise or shock, as you must be prepared for the situation, and listen to what she is asking you to get.

Mandatory Hotel Room Setup: 3,000 thread count Egyptian cotton sheets, a white diamond encrusted book shelf, a vase of sweet orange scented potpourri, three 8x10 photo frames, a separate room for an easy-access perfume closet, a candy bowl filled with loose diamonds, a separate room for skin care products, a separate room for manicure/pedicure massages with three tables and massage chairs. A gift bag and basket must be in order, and sitting on the clothing dresser. As follows : Eminence Organic Skin Care; Organic Tea Tree & Mint Hand Cleanser, Shea Butter & Mint Moisture Balm, Vanilla Mint Hand Cream, Strawberry Rhubarb Hyaluronic Serum, Blackberry Pore-Refining Serum, Calendula Oil, Eight Greens Youth Serum, Grape Antioxidant Serum, Green Tea & Guava Fortifying Serum, Herbal Spot

Serum, Yarrow Oil, Blueberry Soy Sugar Scrub, Coconut Sugar Scrub, Mimosa Champagne Sugar Scrub, Pineapple Enzyme Pro Peel 10%, Ten Grains & Spices Exfoliating Granules, Guava & Bamboo Age-Defying Moisturizer, Aloe Mint Hydrating Cream Gel (Face), Apricot Whip Moisturizer, Black Perlette Grape Moisturizer, Blueberry Soy Night Recovery Cream, Eight Greens Whip Moisturizer, Gingko Whip Moisturizer, Mango Night Cream, Rich Black Perlette Grape Moisturizer, Tomato Sun Cream SPF 16, Tropical Vanilla Sun Cream SPF 32, Blueberry Soy Exfoliating Cleanser, Cranberry Naseberry Yogurt Body Wash, Lemon Cleanser, Mineral Cleansing Concentrate, Pear & Green Apple Yogurt Body Wash, Soy Blueberry Body Wash, Sweet Red Rose Cleanser, Apricot Masque, Blueberry Soy Repair Masque, Coconut Cream Masque, Cranberry Pomegranate Masque, Firm Skin Acai Masque, Lime Cleansing Masque, Mandarin & Rooibos Antioxidant Masque, Peach Masque, Pear & Green Apple Masque, Pink Grapefruit Vitality Masque, Pumpkin Latte Hydration Masque, Raspberry Pore Refining Masque, Sour Cherry Masque, Strawberry Rhubarb Masque With Hyaluronic Acid, Sugar Plum Revitalizing Masque, Tokay Ice Wine Masque, Versace Bright Crystal Eau de Toilette 3.0 oz.\$88.00, Versace Signature Body Lotion 6.7 oz.\$52.00, Marc Jacobs Lola Eau de Parfum Spray/3.4 oz.\$88.00, Juicy Couture, Couture Couture, Juicy Perfume/1.0 oz.\$300.00, Juicy Couture, Couture Couture, Limited Edition Solid Perfume Ring \$42.00, Gucci by Gucci Eau de Parfum/2.5 oz.\$100.00, Miss Dior Cherie Eau de Parfum/3.4 oz.\$95.00, Dioressence Eau de Toilette/3.4 oz.\$89.00, Dior J'adore Eau de Parfum/3.4 oz.\$95.00, Bobbi Brown Living Beauty Book, Estée Lauder Re-Nutriv Re-Creation Cremes/1.7 oz.\$900.00, Estée Lauder Re-Nutriv Re-Creation for Eyes/0.5 oz.\$400.00, Dior L'Or de Vie L'Extrait/0.5 oz.\$370.00, Dior Capture Total 21 Night Renewal Treatment \$225.00, Dior Haute Nutrition Body Concentrate 150ml \$130.00, Acqua Di Parma Colonia Shower Gel/6.7oz \$46.00, Bond No. 9 New York Nuits De Noho Single Soap \$35.00, Bond No. 9 New York Chelsea Flowers Single Soap \$35.00, Annick Goutal Les Soliflores Set \$400.00, Bond No. 9 New York I Love New York Sampler Box \$1,600.00, Clive Christian Perfume Set for Women \$310.00, Dolce & Gabbana Jewel Lip Color Compact \$60.00, Bottega Veneta Tote Bag of the season, Chloé handbags, twelve Christian Louboutin handbags of current season, Cole Haan handbags, Comme des Garcons Large Clover Embossed Leather Tote \$365.00, Derek Lam satchels, hobo, clutches, shoulder bags, etc. twenty Fendi handbags of the current season. Yves Saint Laurent Lalaque Nail Polish \$20.00,

Kitchen Setup: Stock of unlimited supply of Starbucks Vanilla, Caramel, Peppermint, Mocha, and Coffee Frappuccino, Hostess Cherry

Fruit Pies, Asian Salad, blue cheese, ranch dressing, caramel, apples, blueberries, strawberries, oranges, two strawberry shortcake four packs, Bandanas Barbecue Restaurant chicken sandwiches, chicken wings, potato salad, nachos –chicken -sour cream on side, Sweet&Smoky Barbecue Sauce, Kansas City Barbecue Sauce, Spicy Barbecue Sauce, Original Barbecue Sauce, sweet corn -not on the cob, endless supply of Garlic Bread, V8 Smoothies, Apple Juice, Blue Drink, bottles of water, Sunny-D Orange Juice, Kool-Aid, boxes of tea in peppermint, chamomile, and sleepytime, lifetime supply of McDonalds cheeseburgers -no onion, fish filet sandwiches - with cheese, chicken nuggets available in 20-count, fresh french fries, iced cappuccino machine -with plastic cups, Sweet&Sour sauce, ketchup, mustard, Cheetos, Doritos, two snack vending machines, Mrs. Field's Cookies Shop, a lifetime supply of lemon, orange, and strawberry shake-ups to be available immediately and delivered on-call, Redbox vender. Restroom Setup: candles, a bag full of loose diamonds, Betsey Johnson Perfumed Body Lotion 200ml (\$28.00), Betsey Johnson Perfumed Bath and Shower Gel, 200ml (\$28.00), Crest toothpaste, Crest teeth-whitening strips, bubblegum mouthwash,

Refer to mandatory special restroom setup list.

- **Exclusive VIP Access** to any and all Gift Cards, Certificates, Club Memberships, Coupons, Discounts, Free Items, Gift Baskets, Restaurants, Shops, Fitness Areas, Lodges, Game Lounges, Theatres, VIP Services, Products, Companies, Corporations, and others. Glitter also has to the right for exceptions to any guidelines, rules, restrictions, regulations, etc.

Glitter receives free items, coupons, products, custom designs, and promotional giveaways no more than once monthly from these following companies, businesses, franchises, independents, or corporations: Gucci, Dior, Valentino, Prada, Hershey's Chocolate, Glitter is under contract with said companies and/or people: Donatella Versace, Britney Spears, Madonna, Domenico Dolce, Stefano Gabbana, Karl Lagerfeld, Dean and Dan Caten, McDonalds, Starbucks Coffee, No person(s) under any circumstance is allowed to transfer contracts to different commodities without first contacting and receiving permission to do so. If you wish to request to have a contract be signed, please contact Glitter's first assistant with the correct request form and essay. No essays or applications will be reviewed or sent for approval if requirements are not met. Do not contact Glitter's first assistant with spam, insurances, or requests for money. Any applicant found in false pretenses will be held contempt of court. Glitter is only under contract with the stated people. Glitter's first and second assistant, Bonnie

Low-Kramen and Rick Borutta, will not accept any monthly promotions such as stated above for their client without a proper acceptance of an application.

Any merchandise or company coupons sent will be rejected and returned immediately.

- Glitter's defense: Despite Glitter's consistent diva behavior, she insists on working at McDonalds full time and cleaning the dining room.

Photo is courtesy of Glitter.



Source: W Magazine Jan. 2011

Lady Gaga
A Special Interview with Glitter

Lady Gaga



When Lady Gaga was in high school, a New York City all girl private school, she was not very popular and had a hard time fitting in. "I got made fun of," says Gaga. She learned to play the piano at the young age of four, and started writing music when she was eleven. Gaga confesses, "I am an outsider. I have always been delusionally ambitious to the point where people do not understand me. I had a boyfriend who told me I would never succeed, never be nominated for a Grammy, never have a hit song, and that he hoped I would fail. I said to him, 'Someday, when we are not together, you will not be able to order a cup of coffee at the fucking deli without hearing about me or seeing me.'"



entertainmentlifestyle.com

She gushes about how easily women are fooled into putting romance first, and her career on the bottom of her priority list. She explains that successful women are intimidating to men. "Some women choose to follow men, and some women choose to follow their dreams. If you are wondering which way to go, remember that your career will never wake up in the morning and tell you that it does not love you anymore."



Sources: Cosmopolitan April 2010, pgs 32, 34.
Pictures: Elle Magazine, Lady Gaga.

A Special Interview with Glitter

By Christine Owens

Who is behind the new magazine, *Glitter International, Inc.*? Well, it's Glitter, of course! Glitter is a 22 year old fireball that can't keep still, yet is an avid reader. Little incongruencies like that exist in her personality. She is like a multi-faceted gem...each side is different and each reflects the light!



Photo: Glitter by Christine Owens

We've convinced her to sit down for a minute and share some insights into the making of this magazine. Her office is colorful and filled with many of her journals, dating back to her very early years. Some journals are filled with words, some with drawings and some with ideas for this magazine. Her cat, a calico domestic shorthair named Madonna, sits on her lap purring because she finally gets her to sit still. As Editor-in-Chief, Glitter rarely sits still, except when she has pulled the blinds and is writing.



Madonna Courtesy: Glitter

Christine: The most important question on my mind is “**Why did you start *Glitter International, Inc.*?**”

Glitter: When I was really young, maybe five, I remember telling my mom, "Mommy, she is really pretty." and pointing. She told me to go tell her, because, a lot of women like to hear that and do not know when they get older. I was too shy then, but I grew up complimenting everyone, and it not only made me feel good too, but some girls would say to me that they have never been told that, or sadly, that they did not think or feel they were pretty before I told them. I try and compliment at least one person a day, on a scarf, a personality, their makeup. I have always wanted to inspire women with a happiness and confidence of sense of self that feels realistic to them, that they can achieve that powerful feeling of loving themselves if they try. When I meet someone for the first time, I come off very strong. A friend of mine said, "She came in and said I looked pretty that day, and I thought 'I do?' but after knowing her for awhile, I started to feel better about myself." I do not care if people think I come off too strong, or that I am too confident of a person, because I am going to do it anyway, and say what I am thinking anyway.

Christine: Yes, and we love you for that!

So many writers have someone who inspired them to reach deeply and try harder. Do you have someone who inspired you? Who and why?

Glitter: My older sister absolutely inspires me. She is a single mother and I do not know how she does it. I am glad I am not in her shoes. I would have to work one hundred times harder than I already do and I would have to know how to raise a child, an amazing, intellectual toddler on my own. Her daughter, a little four-year old, loves Lady Gaga and knows every word to all of her songs. She knows even more than I do. One day she asked, "Shell, you like Lady Gaga?" I said I love Lady Gaga. My niece's dimples appeared on both of her pink cheeks as she beamed with excitement. Anybody who raised that little girl would be a hero of mine.



Glitter and her niece [Courtesy: Glitter](#)

Christine: Have you ever had writer's block?

Glitter: I had writer's block for three years up until only a few months ago. Rather I was trying to collect ideas for song lyrics or my articles, nothing was coming to me.

It is not that I was not inspired. Many things inspire me. In fact, the world inspires me. Yet, I just could not find, or put the right words together. I understand that words have to have a sort of meaning, but your heart also has to be in it. There must be a feeling expressed by the writing. If you do not feel, you can not write.

My heart is in my family. My family's heart is in me. My desire is set on making others happy. My mind is set on being a good role model or influence for those who make me happy. As a celebrity reporter and journalist, I was beginning to see my clients' stories typically becoming more and more empty compared to those I spend most of my time with.

Today, I am more attentive to watching my niece grow, learning new things from my younger cousins, or looking up to my sister. I can not define how powerful such minor details of a life fill me with the feeling of a great fortune. Watching and reporting breakups on a daily basis about people I have either never met, or not been close to, such as a singer or actress, gets daunting sometimes.

Is there any use in writing a story I know nothing about? All I can write is what I believe or what I have read. There is no story if I do not have the truth. If I want the truth, I would have to ask someone who was there to tell it to me, and then write about it. I was there with my family. I am here with my family. I see their lives. I saw the truth. I see the truth.

Christine: How did you get out of your writer's block?

Glitter: I started reading *Imaginary Girls* by Nova Ren Suma. The flow of the words it is written in is so mesmerizing. You are taken in, even when you do not want to be, and you keep reading on and react with the characters along the ride of visuals and experiences. It is really intense. The story is very eerie and uncomfortable, even creepy, but captivating and fascinating.

The main character and also narrator, Chloe, is living in a fog of an unsettling, delusional world, and furthermore, a nightmare. Thus, she is struggling with differentiation of self. The process of a child learning that they are a different person from their parents is called differentiation. When someone is suffering from this, the person has to find a unique way of coping with their environment. Chloe is in awe of her older sister, Ruby, an almost entity-like character, whom is very selfish and vain, and clueless, or maybe even fully aware of Chloe's

involvement, adding to Chloe's obsession with her. Chloe spends all of her time consumed with what Ruby is doing, what she looks like, and the powerful hold she has on other people. Therefore, even when Chloe is away from her sister and making decisions by herself, she thinks only of what Ruby would or would not like her doing, and feels guilty that somehow Ruby knows what she is doing and will appear to stop her. Ruby literally controls and transforms the town and neighbors around her to her own selfish satisfaction, intensifying the creepiness of the plot.

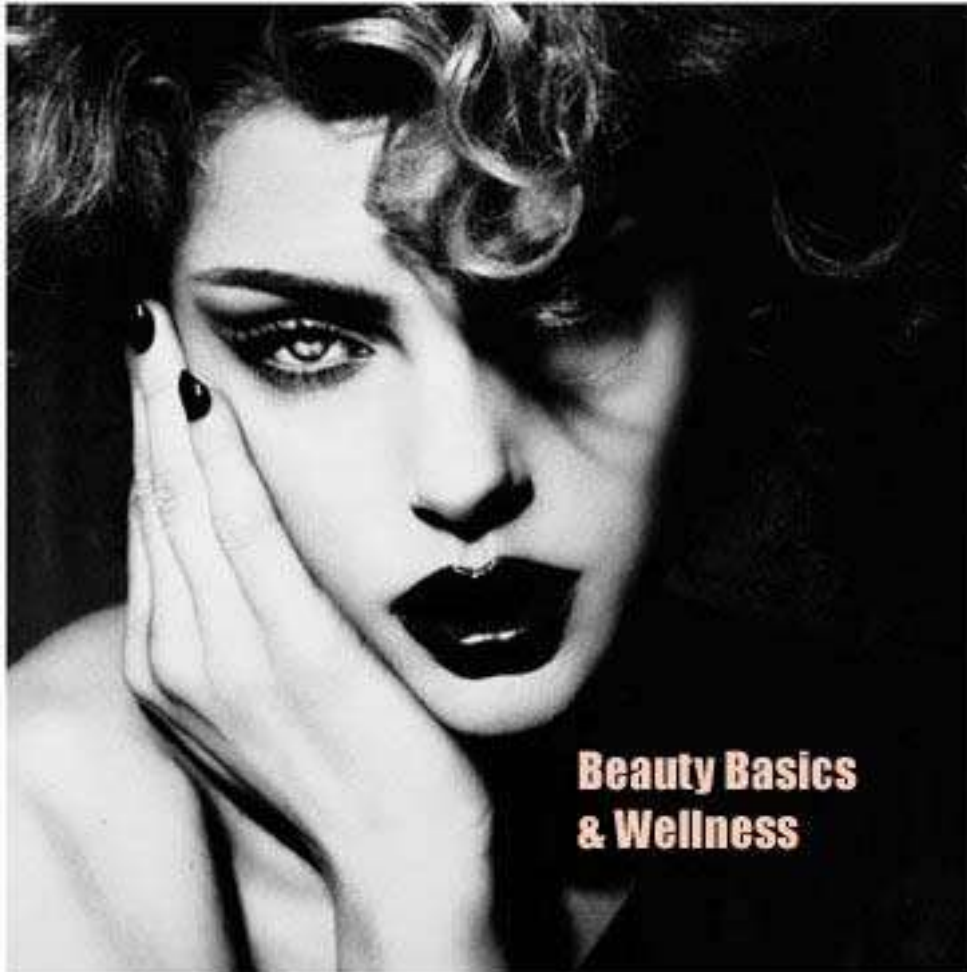
The real impact comes with watching to see if Chloe can fight through and pull away from the distinctive characteristics and differentiation, and gain independence from Ruby. You do not know Chloe is having difficulty, after all, she *is* the narrator. What you read and imagine, is her world, and that is what she sees as her day. You even feel sorry for her, although you become very frustrated. It is a very top-notch, emotional read, and taking you along for a heavy rollercoaster ride gives you the ability to express yourself so much more deeply. By the end of the first chapter, I had already considered writing again.



Christine: And lucky for us that you burst free and found what you needed! I will be looking for the book,

Madonna jumps off of Glitter's lap as the office door burst open and one of the writers throws out a flurry of questions for Glitter. Evidently the interview is over as Glitter resumes her role as Editor-in-Chief. The fast pace suits Glitter perfectly! Perhaps we can pin her down again for another issue. If you have any questions, she says she would be happy to hear from you!

Come back often to this issue! Be inspired! Tell someone she is pretty!



Jessica Stam

Courtesy: Jessica Stam

**Fifteen Brand New Makeup Ideas! Do
Them Yourself!
Metabolic Syndrome
Your Mattress Matters
Stop! Don't Wear that Beauty to Bed**

15 Brand New Makeup Ideas from Glitter



beautytips.fashionfash.com



Beautytipsforum.com



beautytips.fashionfash.com



dailymail.co.uk



yousonice.wordpress.com



[Natalia-vodianova-guerlain-fall-makeup-collection 2011](http://Natalia-vodianova-guerlain-fall-makeup-collection-2011)



Coutureandthecity.onsugar.com



Beautyismy duty.com

Try These Yourself!

1 - I have unruly eyebrows. After I get them waxed, they still do not look good, because they will not stay in place. Any ideas? - Kay, 26

Glitter International, Answer:

A little clear mascara goes a long way. Brush some in your eyebrows using upward strokes.

Try Covergirl Professional Natural Lash Mascara in #800, Clear \$4.24, Walmart.



2 - I want long eyelashes, but fake eyelashes do not look natural on me. What can I do? - Janie, 23

Answer:

Apply any color of mascara. Get creative with black, brown, blue, pink, or even gray, and let it dry. Once it dries, put on another layer towards the ends of your lashes. Let that dry and apply again. Your mascara will dry and hook on to the edge of your lash. Keep applying until you have gotten the length that you want. Layer up!



Try Hard Candy Lash Call Lengthening Mascara

\$6.00, Walmart.

3 - I never wear makeup that often. When I do, it is hard for me to think of chic ideas. Can you help me out? - Elizabeth, 29

Answer:

- Try to Google makeup ideas or tips or search YouTube. Create a look book of bits and pieces that you find and that you like. Open the book and pick out something new each time that you would like to try, or better yet, you can always get ideas here! None of your friends will know where you got the idea from for your makeup, unless you tell them. They will be incredibly jealous of your creativity!

4 - I do something different with my makeup every day, but I am running out of looks and techniques. Isn't there at least one thing out there I could do to make a dramatic difference?

Answer:

- Colored contacts!
www.1800color.com
Only \$29.95!

5 - Lavender Eyeliner



6 - Hot Pink Lipgloss



7 - Clear Lipgloss



8 - Teal Eyeliner



9 - Matte Pink Lipstick



10 - Orange Blush



11 - Gray Eyeshadow



12 - Blue Eyeshadow



13 - Cotton Candy Pink Lips



Model: Glitter from The Sims 3.

14 - Amethyst Eyeshadow
Below and Above the Eye



Model: Emily, from Glitter International Modeling Agency.

15 - Teal Eyeshadow
Below and Above the Eye



Model: Peyton, from Glitter International Modeling Agency.



© Dolce & Gabbana

Courtesy: Dolce & Gabbana

Metabolic Syndrome: The Unknown Stalker That Can Kill

By Lynn Van Jaarsveldt

The young woman pumps her companion in the ribs: "Just look at that girl! She's enormous! She can't be more than seventeen at the most!" Her friend glanced over to where a young lady was sitting at the table opposite them, clearly embarrassed after hearing the rude comments. She throws back her head and stated: "If I looked like that I would start dieting immediately...it's disgusting!" A chair scraped back, the portly, young women fled the restaurant...

"I am not disgusting. I watch my diet; I exercise daily.... What is wrong with me?" Jenna walks off, tears streaming down her face...



Source: doctorsofpopculture.blogspot.com

Unknown to Jenna and hundreds of thousands of people around the world, she is affected by Metabolic Syndrome...an illness that is often misdiagnosed...an illness that can kill you if left untreated....

What is Metabolic Syndrome?

Metabolic Syndrome describes a condition in which **obesity, high blood pressure, high blood glucose (blood sugar),** and abnormal **cholesterol profile (dyslipidemia)** cluster together in one person. When these risk factors occur together, the chance of developing **coronary heart disease, stroke and diabetes** is much greater than when just one of these risk factors occur. According to the American Heart Association, almost 25% of Americans are affected by Metabolic Syndrome.

What causes Metabolic Syndrome?

Studies suggested that Metabolic Syndrome is closely tied to an individual's metabolism, or how the body processes food. Normally, food is absorbed into the bloodstream in the form of sugar (glucose) and other basic substances. When glucose levels in the bloodstream rise, the pancreas releases a hormone called insulin. Insulin attaches to the body's cells allowing glucose to enter and be used for energy. Unfortunately, in some cases, the body's cells are not able to respond to insulin (Insulin Resistance). It is the condition of insulin resistance that is behind the development of Metabolic Syndrome. The body is not using this "fuel" for energy, but storing it, resulting in overweight and ultimately obesity. In most cases, the excess fat is stored mostly around the abdomen (Apple-shaped figure).

If untreated you can expect the following to occur in your body:

- **High Blood Glucose:** Sugar builds up in your bloodstream.
- **High Blood Pressure**
- **Fibrous plague (atherosclerosis)** Fat and cholesterol build up in arteries.
- **Diseases:** Heart attack, stroke, blindness, kidney failure, pancreas failure, diabetes (type 2)
- **Organs affected :** Brain, heart, kidneys, pancreas, eyes

How is Metabolic Syndrome treated?

Metabolic Syndrome is a disease that requires long-term management of each of the risk factors:

- Obesity
- Apple-Shaped,
- Waist measurement of more than 87.5cm in women
- High Blood Pressure
- High Glucose
- Abnormal Cholesterol Profile

Symptoms:

- Excessive thirst
- Frequent urination
- Fatigue
- Very dry skin
- Sudden vision change

- Unexplained weight changes
- Extreme hunger
- Tingling or numbness in the hands
- More infections than usual

Lifestyle changes and treatment, including medications to rectify the imbalance can prevent the development of serious complications. Regular exercise and a heart-healthy diet are the keys. Regular monitoring of blood pressure, cholesterol and glucose are important to detect the syndrome. Even though you may feel fine, you may still have risk factors of Metabolic Syndrome. If you are obese, a weight loss of 5% to 10% of your body weight can help your body to regain its ability to recognize insulin. Increased activity reverses insulin resistance, while lowering the blood pressure and decreasing the “bad” cholesterol that prevent the development of Type 2 Diabetes. Reducing saturated fat, limiting salt intake and increasing your intake of high fibre foods like, fruit and vegetables, also reduces the risk.



Do not fool yourself into thinking that you can overcome Metabolic Syndrome without medical intervention. In order to triumph over this disease, it takes team work and you will have to work closely with your medical practitioner in order to succeed. Medical assistance in conjunction with the physical execution on your part will result in victory.

Source: Kila-dolu.cz

Next time you observe that overweight girl opposite you, think twice before judging her...she just might have Metabolic Syndrome and is bravely fighting to take control of her life ...

Research/ Citations:

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Lippincot Williams & Wilkins Anatomical

YOUR MATTRESS MATTERS

By Lyn Miller



We spend approximately one-third of our life in bed, therefore it is important to choose a mattress to suit our own individual needs and preferences. A good mattress should last at least 10-12 years, which means you will be living with your chosen mattress for a considerable length of time. It will be well worth investing time looking into mattress options prior to making your choice. The right mattress choice can make a real difference to one's general health, well-being and overall attitude. There are several mattress types to choose from – inner-spring, foam, air, water-bed and latex, to name a few. Test many mattresses before purchasing.

Get Physical and Have Fun!

Wear comfortable clothing when going to test mattresses. You'll be getting in and out of a handful of beds. The more comfortable you are when doing so, the better. Shoes that are easy to take off and put on, clothes that are close to what you would sleep in, etc. Don't be embarrassed! This is serious stuff! Bring a pillow and use it!

Imagine yourself asleep! Relax and let your body tell you what's comfortable for you today. Your comfort preferences may have changed since your last mattress purchase, so don't think that just because you have a firm mattress now, that you still need a firm mattress. Lie on the mattresses you are considering for at least ten minutes, trying different positions — especially the ones you sleep in. It will take a few minutes to really find out if a mattress supports you the way it should. Some people have suggested this rule of thumb: when lying on your back — slide your hand under the small of your back. If it is very easy to do and your shoulders and hips are uncomfortable, the mattress is probably too hard. If there is no space between your back and the bed, it is probably too soft. Roll over — if it is very hard to roll over the bed is probably too soft.

Remember to test the mattress on the foundation that it is designed to be on. If you are sharing the bed with someone, both of you should try it at the same time. Roll around. Get in and out. See how much movement you feel because that is what you will feel when your partner is tossing and turning. Shop at specialist mattress stores; not only are they more likely to have excellent warranty and exchange policies, but also they will have a vast selection and assist you to find the best mattress for your needs.

Spring Mattresses

Bonnell Spring: The Bonnell spring is the classic Spring Unit, and has, through the years, proven its worth. It is made from round hourglass shaped springs which are tied together to form a mat. A round helical crosswire connects each single spring to a spring unit. Different thickness (gauge) of wire in the springs makes a harder or softer mattress. The lower the gauge, the firmer the mattress, the number of springs per mattress type is one of the key quality characteristics of a Bonnell spring mattress.



Pocket Spring: Pocket spring mattresses contain pre-stressed springs inserted into individual fleece or cotton pockets and then clipped to one another or glued on top, middle or bottom. It is the point-by-point elasticity that distinguishes itself from others. The greater number of springs allows more flexibility so that the mattress can better mould to the body shape. This type of mattress is generally considered the best that spring units can offer and is normally the most expensive type of product. It is higher priced because manufacturing is more complex.



Latex Mattress

A latex mattress dynamically conforms to your body, providing superior support and pressure relief. It is one of the most ergonomically sound of all mattress materials. You will ask yourself how you ever had a good night's sleep without one. On a latex

body is reduced thus preventing circulation disruption and less tossing and turning. Therapeutic and naturally corrective, a latex mattress ensures optimal orthopaedic support in any sleeping position. The latex automatically conforms to your body and offers a natural alignment of the spine while supporting the hip and shoulder areas and not pushing against pressure points. No more aching backs caused by insufficient support and inadequate pressure relief.

Latex is a perfect mattress material and is recommended for anyone with allergies, asthma, eczema or respiratory problems. Due to its hypoallergenic nature the latex mattress does not contain materials with chemical compositions like spring mattresses and foam beds. The latex mattress does not contain a spring system. It is similar to foam beds but it is natural. The mattress has a 100% latex core and can be covered with organic cotton and wool quilted to a beautiful natural unbleached, undyed damask cotton mattress fabric. The natural electromagnetic flows within the body are not interrupted due to the absence of metal parts.

A latex mattress retains its shape and form, lasting 20+ years without sagging or taking on body impressions so there is no need to turn it over throughout its lifetime. When you move on a latex mattress you do not feel lumps as it quickly comes back to its original shape. The resilience of the latex recovers quickly and diminishes the movement of a sleeping partner. Its inherent resilience cannot be matched by a synthetic version.

The latex mattress has a superior cell structure which gives maximum ventilation and breath-ability, keeping you cool in summer and warm in winter. It is an excellent conductor of heat ensuring body perspiration is quickly dissipated and passed out of the mattress, thus maintaining comfort.

Mattress Composition

The following physical components are the important features of most high-quality mattresses:

Springs and Coils

These give firmness for back support. The wire in the coils can be varying thicknesses. Lower gauge wire is thicker and stiffer, meaning the mattress is firmer. A greater quantity of coils indicates a higher-quality mattress.

Mattress Padding

This is the part that provides comfort. Padding is usually made of polyurethane foam, puffed-up polyester, or cotton batting. Some mattresses have a foam layer just below the quilted top layer. Softer foams feel almost moist to the touch, and firmer foams do not spring back as quickly. Below this layer, there is a layer of cotton batting that causes the mattress to feel firmer in areas such as the middle of the mattress. Finally, there is an insulation layer that lies on top of the coil springs so they cannot be felt from the top of the mattress. It also protects the coils from damaging the top layers.

Mattress Ticking and Quilting

The outer layer of a mattress is the ticking, a polyester or cotton-polyester blend. The mattress quilting attaches the ticking to the top layers of padding. A good quality mattress has consistent, unbroken stitching.

Box Spring

The box spring adds another level of support to the mattress. They usually consist of a wooden or metal frame with springs. Plain wood frames make mattresses feel harder than one with springs. Purchasing a mattress and box spring as a set maximizes the life of the mattress.

Foam Mattresses

Some other types of mattresses are made of latex foam or "memory" foam. These can be purchased in different densities--the higher the density, the firmer the mattress.

Mattresses for Specific Back Conditions

In general, the two best sleeping positions are either on your back with a pillow under your knees (to keep stress off the lower back), or on your side with a pillow between your knees (to keep your hips and lower spine aligned). Sleeping on your stomach is not recommended. It places a lot of stress on your lower back and torque on your neck, since you have to keep your head turned to breathe. Also, you should not sleep with your arms above your head, as this can irritate the brachial plexus, a sensitive nerve bundle between your neck and shoulder.

People with degenerative spondylolisthesis or osteoarthritis may prefer an adjustable bed (one that is at a slight incline) as it minimizes joint compression. This type of bed may also be helpful for those who suffer from gastroesophageal reflux (GERD). Patients who have hip bursitis (inflammation of the bursa over the hips) are especially susceptible to pain from a mattress that is too firm. Thick pillow tops or egg crate mattress pads may provide some relief.

Some pointers

The right mattress can significantly contribute to decreased back and neck pain, and increase the ability to feel rested after a good night's sleep. Using the wrong mattress can cause general aches and pains, aggravate any pre-existing pain, and lead to sleeplessness.

What is the best mattress to buy? Unfortunately, there has not been extensive medical research or controlled clinical trials on the topic of mattresses and back pain. (Claims that a mattress is "orthopaedic" or "medically-approved" should therefore be viewed sceptically.) Mattresses are largely a matter of personal preference - this is due to several factors:

- There are many different types and causes of back problems. What works for one person might not be the best option for another.
- Our bodies are all different. Different weights, heights, and builds may help dictate what one should look for in a mattress.
- The causes of back pain are quite complex, and it's difficult to isolate whether or not a mattress has played a significant role in causing pain.

- In addition to mattresses, there are other factors that affect sleep comfort. Medication side effects, irregular sleep patterns, use of caffeine/alcohol/tobacco, sleep apnoea, obesity, and anxiety/stress are all common causes of disrupted sleep.

Most people prefer a firmer mattress that provides more support. A good mattress should provide support while allowing for the natural curves of the spine. A mattress is too soft if it sags, or if a second person in the bed causes the mattress to dip toward the center. Studies have found that a medium-firm mattress provides the best back support and alleviates the most back pain. A mattress that is too hard, though, causes aches and pains at pressure points, such as the shoulders and hips. A mattress is too firm if there are gaps between any part of your body and the mattress. Any mattress that helps a person sleep well, so they awake feeling rested and refreshed, without pain or stiffness, is the best mattress for that individual.

- When you lie on your back, your back should be supported in a slight curve, without a gap between the mattress and your back. When you lie on your side, the mattress should hold your spine straight, without a gap between you and the mattress.



Good



Too Hard



Too Soft

A few things to consider

- Personal preference is the ultimate determination. Choose a mattress that meets your own standards for comfort and support.
- Inquire about the physical components of the mattress, including number and arrangement of coils, padding thickness, and mattress depth.
- Find a balance between back support and comfort. If a mattress is supportive, but not comfortable, it will not help your sleep.
- Know when it is time to buy a new mattress. Most mattresses have a life span of about 7 years. If a mattress sags in the middle or if it is no longer comfortable, it is time for a new mattress. Putting a board under a sagging mattress is only a short-term fix.
- Shop for value and quality, not price. High quality mattresses are worth the investment if you consider the savings on health-care costs and greater productivity when getting pain-free, restful sleep. Mattress stores often have sales and promotions, so comparison-shop after choosing what mattress you would like.
- Test-drive your mattress. Sleep on different mattresses in hotels or at friends' homes. When at the store, lay on the mattress with your shoes off for at least ten minutes. If two people will be sleeping on the same mattress, do this together to make sure you are both comfortable.
- Shop for the best customer service. Consider delivery options, old mattress removal policies, warranty, and return policies. Give high preference to stores

that will let you return the mattress within two to four weeks if you are not satisfied.

- Take good care of your mattress by following the manufacturer's recommendations.

Getting a good night's rest is very important. A simple change in your mattress may make the difference between waking with back pain and waking rested and refreshed.



Some hotel chains that upgrade their beds and bedding offer the products for their guests to purchase. From these listings you can see their choice of mattress.

Ritz-Carlton hotels have custom-made exclusively designed Sealy Posturepedic Plush bed sets

Westin and Starwood hotel beds are custom-designed by Simmons with 900 individual coils and a pillow top mattress

Hilton Hotels worldwide chose the Suite Dreams Mattress and Box Spring made by Serta

Sofitel Hotels have their own MyBed™

The Kimpton chain of hotels has a custom made mattress by Sealy

Fairmont and Raffles Hotels use a Serta Perfect Sleeper.

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STOP! Don't Wear that Beauty to Bed!

By Candi Kane Jordison



Courtesy: i-D Magazine

Lipstick? Check. Eyeliner perfectly drawn? Check. Hair pitched just right? Of course! Your makeup is at the tip top of perfection. Every woman feels the need for a bit of eye shadow to create an extra "pop" of beauty. The night progresses and you come home late after your night full of dancing, flirting, and a little know how. You undress, pull on your pajamas and crawl right into bed thinking you'll freshen up in the morning. I wouldn't if I were you. This concept can lead to some shocking results.

Sebum, Pores, and Acne, Oh My!

Ever woke up to your face feeling light, clean and smooth even though you did nothing to it before you fell asleep? This is because of sebum. When we sleep we secrete sebum from our pores. (Discovery Fit and Health) This oil is what refreshes and hydrates our skin at night. Sebum will also open up your pores and gets your face ready for the next day ahead. Ok great, what does makeup have to do with this? Makeup clogs your pores blocking sebum from doing what it needs to do. Blocking up your pores can (and more than likely will) cause acne, that dreaded skin irritation from teenage years. Scrub your face vigorously with some sort of makeup remover before slipping down into those sheets. (CNN). Make sure to get a remover that is best for your skin (Sensitive, Dry, or Oily). If you're sleepy and almost dead from a wild night, buy pre-moistened makeup pads and wipe down your face. (*Neutrogena \$5-\$7*)

A Fun Night Leads to Bacteria Playgrounds:

Did you know that millions of bacteria live on your face? (NSR) Yuck! The good news is that most of that bacterium is healthy for you. Leaving the grit and grime from that small dingy club on your face while you sleep is almost a Petri-dish for bad bacteria. The smoke, dirt, sweat and (hopefully not blood) will trap that bad bacteria on the skin and promote its growth. No one wants a bacteria farm growing on their cheeks. It's best to wash them off before they can cause damage.

Eyeliner and Sleep, An irritating mess:



Scarlett Johansson/Courtesy: cocamia.blogspot.com

Studies show that people who sleep with eyeliner or mascara on are more likely to have an allergic reaction. (UoI) An allergic reaction can show in many different forms, but the most common symptoms are the following:

- Eye redness
- Itchy eyes
- Dry eyes

Cleaning off your eye makeup before sleep can help prevent small particles of the makeup from getting into the small, sensitive under part of your eye. It is best to clean that off to avoid any chances of catching pink eye.

Not only does it help promote the chance of causing an allergic reaction, mascara will dry out your lashes and make them very brittle. (Examiner). Mascara will zap the moisture right from your lashes, leaving them very dry, and prone to falling out. Think of the future. Save your eyelashes now so that you may have them when you are 70.

Whatever you do, do not sleep with falsies on. False eyelashes can cause very dry eyes if left on overnight. They can also help promote allergic reactions even faster. Remove false eyelashes before bed time.

On a side note, if you wear contacts out for the night, use some eye drops to rehydrate your eyes while you sleep. (Visine \$2-\$6)

Rectifying the Mistake

So you slip up and fall asleep on the couch, makeup in full glory on your face. How can you fix this mistake? You don't want an acne break out and if your boyfriend sees you with a large zit, you just know he will freak!!

First, relax; he won't freak out from a zit. In fact, he probably has a few himself.

Second, take deep breaths it is reversible.

Third, you are going to need to get rid of the makeup. Cleanse the makeup off, then wash your face with a facial scrub. (St. Apricot Scrub \$4)

Fourth, grab the mud. Mask, I mean. Apply a moisturizing facial mask for about 30 minutes. Let your pores unclog and revive. (*Beauty without Cruelty Bwc: Skin Hydrating Mask \$7*)



Courtesy: beautyamore.net

Fifth, moisturize, moisturize, moisturize. About Beauty suggest a drug store version with a SPF of 15 or more. Moisturize your face really well. (*Aveno Active Naturals \$12*)

Finally, apply only light makeup for the day. The object is to keep your pores light, open and clog free so they can rejuvenate throughout the day.

So what did we learn?

Sleeping with your makeup on your face can lead to damaging things. It can cause eye infections, bacterial infections, and acne. Take a few, simple steps before bed and your skin will be radiant and clear for years to come.

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