



GO LONG!

Leave the no-show socks in the drawer. Instead, reach for a pair that makes a statement and brings some benefits to your workout: compression socks. They're not just for hospital stays or post-surgery rehab anymore. Wear them for increased blood circulation during a lifting session or while on your favorite hiking trail. They can also help mitigate muscle fatigue and soreness after a workout, both immediately and even hours later, according to a 2020 review published in the *Open Access Journal of Sports Medicine*.

Plus, this colorful accessory will make every run a fun one.

Snag a pair for yourself and a friend. (From \$68 for a pack of 3; comradsocks.com)

FOOD CRAVINGS 411

Whether you're team salty or sweet, when it comes to cravings you're not alone—90 percent of the population experiences food cravings. “The intensity and specificity for a particular food or type of food are what differentiates cravings from hunger,” says Ariana Chao, PhD, CRNP, an assistant professor at the University of Pennsylvania School of Nursing. Reasons for cravings include cues in our environment (like the bakery you pass on the way to work) and within us (like our body's response to stress, which may include eating sweets to cope). Feeling low in energy and fluctuating hormones may also play a role. But those cookies or chips aren't always the healthiest choices, so here's how experts suggest dealing with cravings:

WAIT IT OUT

“Cravings are like a wave and will hit a peak and then come down,” says Chao. So give yourself 10 minutes and see if it goes away. If your

craving is stress-induced, try taking a walk or a quick meditation.

DRINK A GLASS OF WATER

Sometimes those energy slumps are caused by dehydration, says Amy Shapiro, MS, CDN, founder and director of Real Nutrition in New York City.

TRY A HEALTHIER SWAP

Keep better-for-you foods that are similar to the ones you crave (sweet, crunchy, salty) on hand. For example, when a craving for potato chips pops up, try air-popped popcorn instead.

INDULGE THE CRAVING & MOVE ON

If your healthy swap just isn't cutting it and your craving isn't going away, eat a moderate portion of the food, being mindful as you do so. Notice the flavor and texture of the food as you eat it, so you feel truly satisfied, suggests Chao.



Q+A

3 Questions for Halle Berry

The actress and *Finishing Touch Flawless* partner opens up about her skin-care secrets and hard-won wisdom.

You have beautiful skin. How do you take care of it?
The key for me is consistency. No matter what, I do not waver from my skin-care routine each morning and evening. Even in my younger days when I would come home late from a party, I would still make sure to wash my face. I've also been using vitamin C forever, because my skin responds so well to it. So, consistency and vitamin C. Those two things don't change. Ever.

Any other secrets to keeping your skin looking healthy?
I think working out has kept

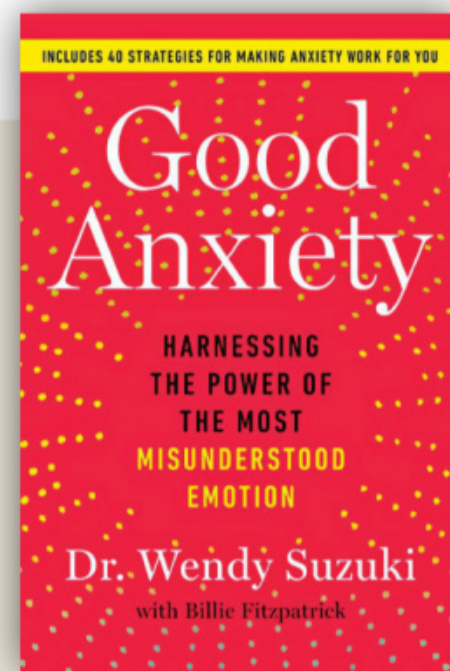
my skin as youthful as it can be. For me, healthy on the inside means healthy on the outside. Being active and sweating makes you look and feel good—not just on your face, but your whole body.

Do you have a piece of advice that you would give to your younger self?
“Girl, do the same thing, because you are doing OK.” I achieved the goals I set for myself. I have had great highs and lows. I have learned from every single one of those experiences. They made me me, and I wouldn't trade that for the world.

IS IT TRUE THAT...

...Lettuce Water Can Help You Sleep?

There may be *some* science behind the latest viral trend. “Lettuce contains the compounds lactucin and lactucopicrin. These help make up the phytonutrient lactucarium, which has actually been nicknamed ‘lettuce opium’ because it’s thought to have a sedative effect,” says Alexis Supan, RD, a dietitian in Lyndhurst, Ohio, at Cleveland Clinic. But experts aren’t quite sold on it. While the compound in concentrated doses may have a sedative effect, as demonstrated by a 2017 study of mice from researchers at universities in Korea and Illinois, eating a few pieces of lettuce will not do the trick. The verdict? Skip the lettuce water and stick with traditional methods like regular exercise, avoiding caffeine late in the day, and keeping a consistent bedtime to help you get your zzz’s.



ON THE SHELF

SUPER-POWERS OF ANXIOUS MINDS

Your nerves can be real strengths if you know how to channel them. Check out these tips from neuroscientist Wendy Suzuki, PhD, author of the new book *Good Anxiety: Harnessing the Power of the Most Misunderstood Emotion*.

1

You're more resilient than you realize.

After you experience a bout of unease, it's tempting to get self-critical. Instead, try appreciating the fact that you got past your anxiety—because every time you do, you grow mentally tougher. Neuroscientists call this phenomenon “stress inoculation,” says Suzuki. “The more you make it through [anxiety-triggering experiences], the more coins you put in your resilience piggy bank.”

2

You can get clear about your priorities. Suzuki herself has always wrestled with money anxiety. But she's come to realize her fear is revealing: “It tells me that I value stability,” she explains. Now she channels her

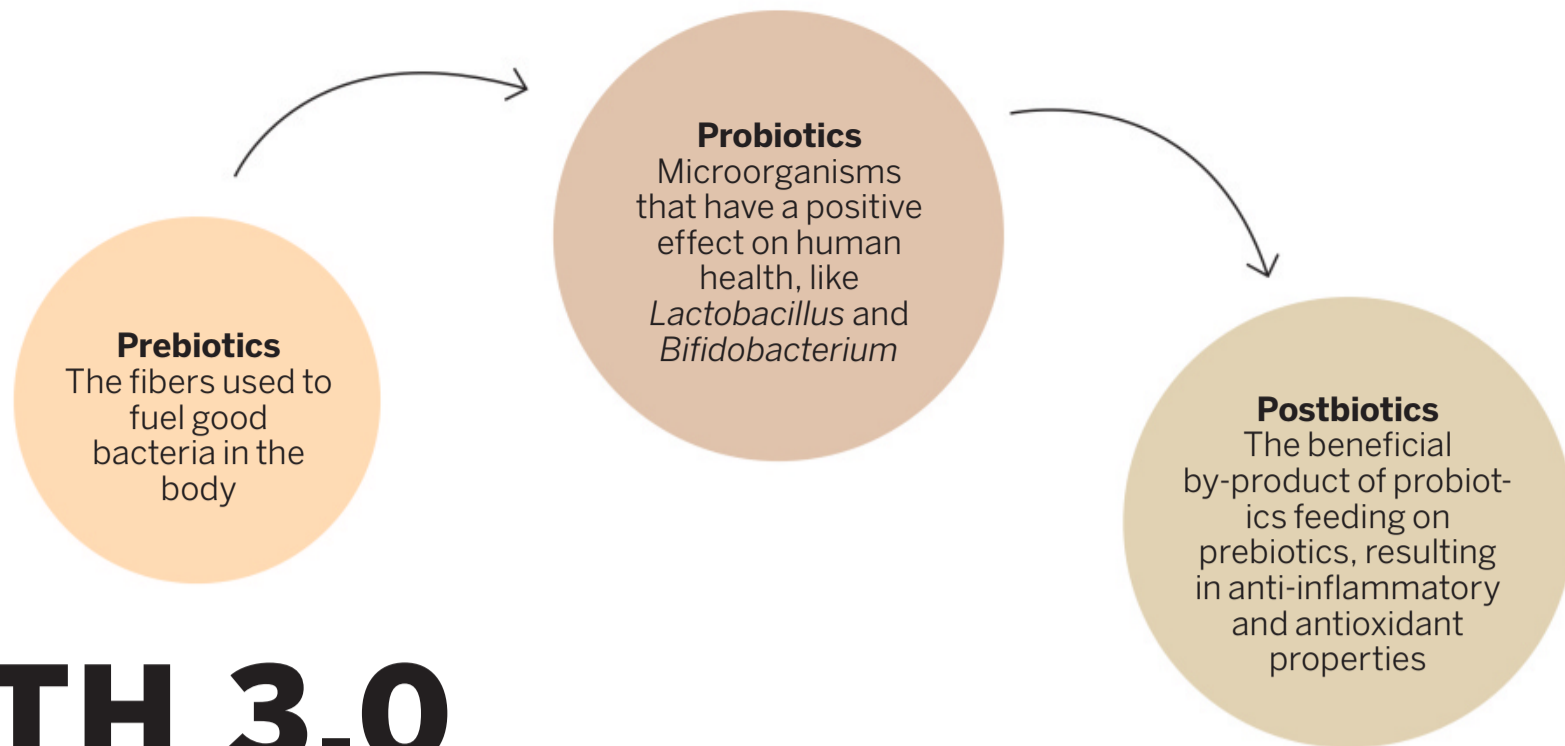
anxious feelings into actions that improve her finances. “Mindset is so key in flipping bad anxiety to good anxiety,” Suzuki says. Think about your own triggers, what they indicate about your values, and what changes you can make to live more in alignment with those values (and simultaneously minimize your worry).

3

You're able to give back in a unique way.

Whatever type of anxiety you struggle with, you're an expert in it. That allows you to help others who may have the same problem, says Suzuki. “It's empowering because you go from ‘I feel poor and deprived’ to ‘I can make someone feel good,’” Suzuki explains.

THIS JUST IN



GUT HEALTH 3.0

We've all heard of pre- and probiotics. But the latest gut health term to add to your vocabulary is postbiotics. If you're not sure how that differs from the other "biotics," here's a helpful breakdown.

Your body makes postbiotics naturally after you consume a combination of prebiotics and probiotics, says Cynthia Sass, MPH, registered dietitian and *Health* contributing nutrition editor. And research shows that postbiotics can offer major health benefits, including anti-inflammatory and antioxidant activity, and a positive effect on one's immune health, she adds. Top prebiotic foods include garlic, onions, bananas, oats, apples, and asparagus. And top probiotic foods include kefir, kimchi, sauerkraut, and yogurt. If these foods aren't your favorite, adding a postbiotic supplement to your routine is an option. But keep in mind, postbiotics are still a new area of research, Sass says. So like with any supplement, be sure to talk to your doc about the kind you should take based on your medical history and goals.

CHECK IT OUT

Pink Power

When grabbing a sports drink before a run, go for the pink one. A small 2021 study by the Centre of Nutraceu-ticals at the University of West-minster in London found that rinsing your mouth with a pink drink rather than a clear one—both of which were artificially sweetened and low-cal—during exercise improved perfor-mance and elicited a "feel-good" effect, making exercise seem easier. Pink drinkers also had an enhanced perception of drink sweetness. Even so, while the beverage may up your endurance, be sure to pack a hydrating drink for after the workout.



BETTER BASICS

Which Wax?

If you want to be sure that your fall candles last a good long time, choose carefully. These waxes tend to burn more slowly than the traditional paraffin wax (which comes from petroleum, and some experts believe it can also leave behind harmful chemicals and soot when burned). Here's a quick intro to some top alts, along with a few of our favorite candles to cozy up with.

Soy Wax

Made from soybeans, this wax is natural, renewable, and eco-responsible. Plus, soy emits less black soot, resulting in a cleaner burn.

OUR PICK:
Ellis Brooklyn Pseudonym Terrific Scented Candle (\$60; ellisbrooklyn.com)

Beeswax

Produced by honeybee wax glands, this wax is renewable but scarce. However, with longer burn times and less drip, these candles are built to last. Our favorite is mixed with coconut, which can help candles burn more consistently.

OUR PICK:
Boy Smells Coconut and Beeswax Blend Ash Candle (\$32; boysmells.com)

Palm Wax

It burns longer than paraffin and soy. Just be sure to look for "Sustainably sourced" labels or RSPO-certification on the candle to ensure it was not a product of deforestation to harvest palm oil.

OUR PICK:
L'or de Seraphine Aurora Candle (\$44; lordeseraphine.com)

Woman: PhotoAlto/Ale Ventura/Getty Images; candles courtesy of manufacturers



AMY BLACK

This tattoo artist from Richmond, Virginia, is empowering breast cancer patients through mastectomy tattooing (including decorative designs on the breasts and 3-D nipple or areola work, to create a realistic image of those body parts). After a session with Black, clients have told her they can move forward.



How did you get started as a tattoo artist, and what led to your work in mastectomy tattooing?

I got my first tattoo when I was a freshman in art school and fell in love with them. I started formally practicing in 2000, here in Richmond, Virginia. But the mastectomy tattooing actually didn't come about until 2010, when I was cold-called by a local breast cancer survivor. She had a single-side mastectomy—and reconstruction with a breast implant but no nipple reconstruction. By the time she contacted me, I had been tattooing for a decade. I had a focus on anatomy and fine art oil painting in art college. And I just thought it was going to be a one-time opportunity to combine both of the two skills.

And now, it's one of your specialties. What do you enjoy most about these tattoos?

Being able to help others with art has always been something I'm super grateful for. And then to be able to help someone who's recovering from dealing with cancer—really, in my mind, there are not a lot of things that could top that. It's been educational in a way I couldn't imagine—seeing all the different levels of strength that people can have.

So yes, it's definitely fulfilling. But I'm really there to do it for the ladies.

Why did you start the Pink Ink Fund?

I assumed there were women who would probably have financial hurdles if they wanted to go outside of their doctor's office to get this kind of work done. So after the first nipple tattoo, I started this small private fund, and it quickly gained speed. Now it's a nonprofit where people can apply for a grant through their social worker for nipple repigmentation or decorative tattooing. The main focus is to really get out there to the communities that are most socioeconomically challenged, those who are at the poverty line or below it.

What have your clients said after getting tattooed?

Some have come back and let me know that they feel whole again, feeling like they can move forward and get their lives back. And a lot of women feel like they're reclaiming their body and their femininity. So I really enjoy that step—giving power back to the person after cancer has taken it away.

**DEFINITION,
PLEASE**

MICED Test

What if you could screen for more than 50 types of cancer at once using only a simple blood draw?

You can, with a multiple-cancer early detection test, or MCED, which detects tumor DNA fragments shed into the bloodstream. One such test, Galleri, from a California-based health care company called Grail, is prescription only and currently geared toward patients with a higher cancer risk, such as those with a strong family history or who are over the age of 50. In a clinical trial, Galleri had a nearly 41 percent detection rate in stages 1 through 3 across more than 50 cancers. "Earlier-stage diseases are almost uniformly more curable, and often less treatments are needed," says Nicholas C. Rohs, MD, assistant professor of medicine, hematology and medical oncology, at the Tisch Cancer Institute at the Icahn School of Medicine at Mount Sinai in New York City. That said, these tests aren't ready to replace our current routine screenings. "But this is an exciting move in the right direction," says Dr. Rohs.