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NIGHTLIFE

# BEVERLY HILLS

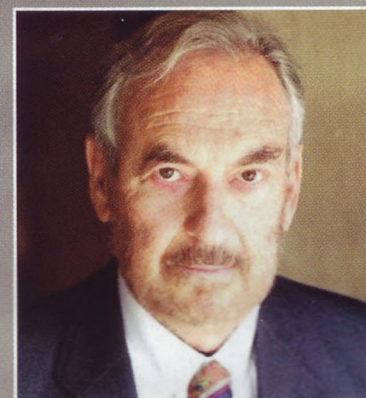
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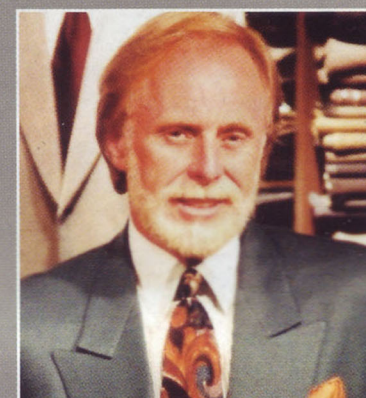
STEVEN SAWALICH



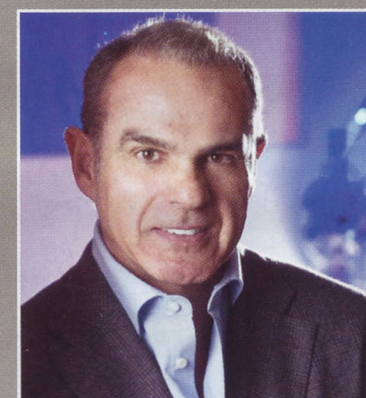
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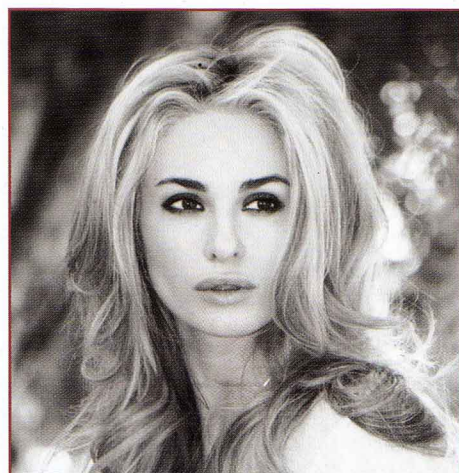
GREG CHAPMAN



DR. RENATO CALABRIA

# Natural Beauty

with Elizabeth TenHouten



## Aging Gracefully in the New Decade...

Time gives us many gifts, one of which is aging, or the evolution of our soul; who we essentially are. Wrinkles represent a full life and smile lines represent laughter. We should embrace these changes, because the changes are in fact a process of becoming more of who we are, not less. You are beautiful and only become more-so with age. Aging gracefully is done by exploring inner beauty and wisdom. Growing older ought to be celebrated as an opportunity to fulfill one's dreams. Life is ready and waiting for you. The future is yours: grow into it gracefully.

*"As we grow old, the beauty steals inward."*  
—Ralph Waldo Emerson

The process of aging equates to growth, and it is a futural process. Let us look toward our future! Nurture yourself and welcome wisdom and opportunity to expand the scope of possibility as we grow older. The road ahead is not narrowed by age, but broadened with dreams waiting to be actualized. This inspirational poem, by Henry Wadsworth Longfellow, illustrates the inner beauty that blooms with age:

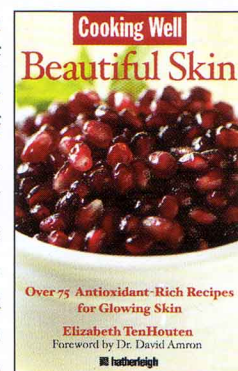
*For age is opportunity no less  
Than youth itself  
Though in another dress,  
And as the evening twilight fades away  
The sky is filled with stars  
invisible by day.*

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Former model, animal rights activist and Editor-in-Chief of Celeb Life magazine, Elizabeth TenHouten is a beauty and skin-care expert and author of; *Cooking Well: Beautiful Skin with Antioxidant-Rich Recipes for Glowing Skin*. With creative recipes for healthy skin she offers "Beauty Bytes" and meditative exercises to achieve glowing skin from the inside out.

It is never too late to chase and fulfill your dreams. Creating a "Dream Journal" is a wonderful way to stay present to your ambitions. Before you lay your weary head down to sleep, write in your Dream Journal. Record what your dreams are, what your hopes are, and write down 10 beautiful thoughts about yourself. Now, you may close your eyes and fall into a dreamy slumber.

Tomorrow is a day of full of promise. Take care of yourself...your health, and your beauty which I believe are synonymous. Cooking with anti-oxidant-rich recipes are the best way to ensure both! My book, *Cooking Well: Beautiful Skin* explores the beauty of inner & outer health to help you age gracefully.



**"Luscious Lips Beauty Byte"**  
Pucker-up with soft, supple lips. Peel ½ cucumber and puree it in the blender to extract the juice. Add just 1 tablespoon of honey and 1 tablespoon of plain yogurt. Stir until your homemade lip balm is blended. Apply like lip-gloss and allow to absorb.

*Cooking Well: Beautiful Skin*  
available on Amazon  
[www.elizabethtenhouten.com](http://www.elizabethtenhouten.com)



## Sex Is Good For Your Health

By Dr. Ava Cadell

Sex with someone you love is the best prescription for good health. It keeps you young, keeps your sexual organs in good working order and boosts your self-confidence. Nothing else stimulates all of the senses quite like sex. It puts a glow on you that no other activity does.

Regularly occurring sex produces certain emotional and physical health benefits. It's long been established that there are myriad of health benefits related to sex. This awareness has been recorded in our culture for centuries in old wives tales such as "Use it, or lose it." Just as if you don't use your household appliances regularly, they also become rusty and break down.

A consistently active sex life is beneficial for the cardiovascular system. An increase in heart rate benefits circulation, and can reduce the likelihood of a heart attack. The British Medical Journal published an article reporting that men who had the highest number of orgasms had a better quality of life and lived the longest. Sexual activity regulates and exercises the respiratory organs. That heavy breathing with someone you love—is healthy!

Sex benefits neck and back muscles which increase blood flow to the brain and can alleviate certain types of headaches...so, the next time your partner says, "I've got a headache." You can say, "Good, let's make love and get rid of it." In the post-coital phase of sex, relaxation of muscles even alleviates insomnia. The release of tension leads to a deeper, quicker sleep. Believe it or not, sex works as a laxative, toning and controlling lower abdominal muscles. Sex as pain medication may sound farfetched, but consider this; Just before climax, high levels of Oxytocin flood the body and release endorphins that relieve pain. And, sexual activity

helps relieve monthly menstrual cramps by providing a natural decongestion. No more flu or pesky colds is a great reason to have sex at least twice a week. Researchers at Wilkes University, in Pennsylvania discovered that people who have regular sex also have 30% higher levels of immunoglobulin A, an antibody which boosts the immune system. And if you think you're overweight...there's no better way to lose it than with sexual activity. Sex burns about 200 calories—turning fat into muscle more quickly than any other exercise. It's equal to

*Sex with someone you love is the best prescription for good health. Nothing else stimulates all of the senses quite like sex. It puts a glow on you that no other activity does.*

running on a treadmill for half an hour. An important psychological benefit of an active sex life is that it reduces anxiety. A sedative effect of sex is conducive to fighting the effects of daily tension. The emotional fulfillment that comes from an intimate sexual encounter results in the relaxation of your muscles in your brain. Sex can be an effective anti-depressant. It releases feel-good neurotransmitters—Dopamine from the brain. Physical and emotional aspects of sex improve self-esteem, adding to a sense of confidence. Sex gets your creative juices flowing. Because sexual fulfillment involves your brain, it improves a variety of mental functions, including your concentration. Sex improve your sense of smell because after lovemaking, Prolactin, a hormone flows to the brain developing new neurons in the olfactory bulb—the smell center of the brain. And if you don't have a partner, then make love to yourself because you will still get the same health benefits.

For information on sexual health, listen to Dr. Ava Cadell's radio show: Sex Drive at [www.WeTalkSex.com](http://www.WeTalkSex.com) visit: [www.AvaCadell.com](http://www.AvaCadell.com) and [www.LoveologyUniversity.com](http://www.LoveologyUniversity.com)