

# MORE

FOR  
WOMEN OF  
STYLE  
AND  
SUBSTANCE

JUL/AUG  
2015  
VOL. 18  
NO. 6

**37 WAYS  
TO LIVE  
A MORE  
MEANINGFUL  
LIFE**

**THE  
CHICEST  
NEW  
ACCESSORY  
AND HOW  
TO WEAR IT**

**THE NEW  
WHITE SHIRT  
3 FRESH TAKES  
ON AN  
AMERICAN  
CLASSIC**

**CHANGE  
ONE SMALL  
HABIT  
CHANGE  
YOUR HEALTH**

**BEAUTY  
PROS COME  
TO YOU  
WE RATE NEW  
AT-HOME  
SERVICES**

**MICHELLE  
OBAMA  
GUEST-EDITS MORE!**

**+ OPENS HER PHOTO  
ALBUM AND GOES  
HEART TO HEART WITH  
MERYL STREEP**

DISPLAY UNTIL AUGUST 25



\$4.99 MORE.COM

WHAT'S UP, WHAT'S DOWN

BUTTER

▲ 8.1%

AT THE CHECKOUT

MARGARINE

▼ 2.1%

**SALES OF BUTTER**, which many people say tastes better than margarine, are at a 40-year high. The long-standing fear that saturated fats like butter are unhealthy is apparently fading. "New studies show that there's no connection between eating saturated fat and developing heart disease," says Mark Hyman, MD, director of the Cleveland Clinic Center for Functional Medicine. At the same time, margarine is at its lowest popularity in 70 years. Why the plunge? It's partly because Americans tend to view margarine, made with hydrogenated vegetable oils and emulsifiers, as an artificial product, according to the research firm Euromonitor. The above sales figures, from Nielsen, cover the years 2010 to 2014.

15.3%

**THE PERCENTAGE** of adult American women who smoked in 2013, according to the Centers for Disease Control and Prevention. It's the lowest rate since the government began keeping records in 1965.

## MRS. OBAMA'S CHILL-OUT PLAYLIST

HERE'S WHAT Michelle Obama tunes in to.

1. "Bravo" by Ledisi
2. "Thinkin Bout You" by Frank Ocean
3. "I Was Here" by Beyoncé
4. "So Fly" by Elle Varner
5. "Beautiful" by Me'Shell Ndegeocello
6. "Overjoyed" by Stevie Wonder
7. "Safe with Me" by Sam Smith
8. "Up and Away" by Tomás Pagán Motta
9. "Gravity" by Sara Bareilles
10. "Love Is the Answer" by Aloe Blacc
11. "A Love Supreme, Part 1" by John Coltrane
12. "Blue in Green" by Miles Davis
13. "When I Was Your Man" by Bruno Mars
14. "He Won't Go" by Adele
15. "Say Something" by A Great Big World and Christina Aguilera
16. "Cheek to Cheek" by Tony Bennett and Lady Gaga

## THE DIRT ON YOUR DRUGS

**WHAT DO** you get when a former Google engineer and a past executive editor of *Wired* team up to dish on the pharma industry? Iodine.com, a free site that provides important info about your medicine, such as how most users rate it, the likelihood of experiencing various side effects and the way the medicine affects your condition, all in simple language. If some of the *other* medical sites you visit are overly jargony, try a Google Chrome extension that acts as a translator. Just hover over the words in question, and you will receive a definition or synonym in plain English (for example, *epistaxis* becomes *nosebleed*).

GOOD MOVE

## Stand up straighter

**IF YOU** spend hours a day hunched over a computer, you may end up with a rounded upper back—a condition associated with weak and painfully tight muscles in the neck, shoulders and spine area. Locust pose, a basic yoga position, can combat aches and poor posture by stretching and strengthening those muscles.



>>> Lie on stomach, forehead on floor, arms reaching behind your back. Keep legs close to each other. On an inhale, lift head, chest and legs off floor; think of broadening your chest through your collarbones. Stay lifted for 3 to 5 breaths, resting on lower ribs, stomach and front pelvis. Gaze forward, making sure you don't scrunch your neck. Lower and repeat 3 to 5 times.

Source: Tiffany Cruikshank, founder of Yoga Medicine

BOOK OF THE MONTH



**THE GRATITUDE DIARIES** by Janice Kaplan. You've heard that keeping a gratitude journal—writing down three things a day that you're thankful for—boosts your sense of well-being. But does it work? In an inspiring, yearlong test, veteran journalist Kaplan proves it actually does. She starts by expressing gratitude to her startled spouse. By the end of the experiment, she concludes, "I'd had the happiest twelve months I could remember."

WRITTEN  
BY  
SARA  
REISTAD-LONG