

LIVE IT!

**FOOD
FASHION
FITNESS
TRENDS**

HARDIP JOHAL (EDITOR) • 604-605-2782 • hjohal@theprovince.com



Farideh Talaifar wears a pink-ribbon stole from her online store, which specializes in pashmina shawls. Talaifar is donating half the profits from sales to the Canadian Breast Cancer Foundation. ARLEN REDEKOP — THE PROVINCE

It list: Things I'm loving

IN HER WORLD: Farideh Talaifar, president of leilysophie.com

Shawl trends for spring and summer: We're going to see a trend towards very finely woven shawls and stoles in bold colours such as orange, blue, yellow and hot pink. Sage will be a bit of a departure from the strong colour palette that will mark this spring and summer's fashion trends.

Best fabric for a warm-weather shawl: The ideal fabric would be very lightweight, almost featherweight, cashmere, to give the perfect level of warmth.

Your favourite outfit for day: A classic black cashmere turtleneck sweater with pants of the same colour, such as a pair of black jeans. (I am a huge fan of the monochromatic look). This is casual but elegant. I'd accessorize with a large handbag and flat shoes. And to top it off, I'd wear a fine cashmere

shawl or stole in any colour. I might even double up two featherweight shawls to pull the outfit together.

Twists on wearing a shawl: Combine two heavy shawls in contrasting colours to act as a kind of overcoat to give you a unique, elegant look. Or try mixing a 100 per cent cashmere "ring shawl" (so thin you can slip it through a wedding ring) or a ring stole with your favourite silk scarf and wrap it stylishly around your neck to stand out from the crowd. You can also wrap two feather-weight stoles, also in contrasting colours, around your neck to brighten up any outfit.

Cause close to your heart: Since a number of family members have had breast cancer, I'm embracing that cause by donating half of the profits of sales from my new online store, www.leilysophie.com, to the Canadian Breast Cancer Foundation, BC/Yukon Region, to help make this disease a thing of the past.



Forever Yours Lingerie

Only 4 Days left for our yearly anniversary sale!

Storewide savings from 10% - 70% off
Last day of the Sale Sunday April 19th

Now carrying sizes Small - 3X

Specializing in personal bra fittings (B-K) & lingerie for the curvaceous woman.

20460 Fraser Hwy. Langley
604-532-1933



Surprising benefit of vinegar

You use it to make windows and mirrors sparkle, to restore shine to your hair, to add extra zing to your endive and watercress salad and whatever else you can think of. But apple cider vinegar — the Swiss Army Knife of household products — has another important use: keeping blood sugar stable.

Having two tablespoons of vinegar at or near the start of a meal may clamp down on blood-sugar spikes from eating starchy carbs like potatoes and pasta. Just two tablespoons of the stuff can do the trick. The vinegar slows absorption of the sugar from these foods by delaying stomach emptying, and it also makes insulin more effective. Essentially, insulin is like a mailman taking the glucose mail from your bloodstream and putting into your cellular mail-



You Docs

HEALTH TIPS
FROM MEHMET OZ, M.D.
AND MICHAEL ROIZEN, M.D.

box. Both effects — slower absorption into your bloodstream, and faster removal of sugar from your blood into cells — keep blood sugar levels lower and more stable in diabetics. Keeping blood sugar from surging can even cut your diabetes risk in the long run. There

are quick-return benefits, too, including stymieing hunger pangs. That keeps pounds off, which makes your insulin mailman even more effective at getting sugar out of blood and into cells.

That, in turn, keeps your energy level up, making it more likely you'll stay physically active (which cuts diabetes risk, too).

So try splashing new potatoes and vegetables with red wine vinegar instead of mayo. Or start a meal with a mix of fresh greens and vegetables dressed in oil and vinegar. It may even help you feel satisfied all the way through an errand marathon.

The YOU Docs are authors of "YOU: Being Beautiful — The Owner's Manual to Inner and Outer Beauty."

To submit questions, go to www.RealAge.com

More on the web For more on health, go to www.theprovince.com/life

Keep your noses out of friend's affair

? A friend at work has been having a seven-year affair with a married co-worker. We all know this, although he says it's strictly friendship. He and his wife are separated, and in couples' therapy. But he continues to deny that sex took place. Do you agree that in order for therapy to work, all the people involved should be totally honest? Should someone tell his wife the truth? None of us have anything to lose, we're not friends of hers.

— Onlooker

A The people who are NOT involved in the therapy should mind their own business. Your urge to tell "the truth" to his wife is misguided, unkind,



Ellie Teshler

ASK ELLIE

and an obvious attempt to bolster your friend's side of the affair. Note to all of you at this gossip-infested workplace: Back off.

? For 18 years, my mother, siblings and I have tried to include my brother and his chubby little wife in family gath-

erings. They've adopted a girl, whom they teach that she's "above" us. It's caused me to lash out at them, and then beg him to stop hurting us, especially my widowed mom. He just laughs, then ignores me. They routinely ridicule and humiliate us publicly.

What To Do?

A Describing your sister-in-law as his "chubby little wife" shows not only your anger, but your judgment, something she undoubtedly feels and throws back at you. If your mother wants more contact, suggest she try seeing her son on his own, or with his family alone. But for the rest of you, "family gatherings" are too painful, toxic and unnecessary to endure.