

# Health, Beauty and Fitness

## Tips



### HEALTH

## Tell Doc About Herbal Use

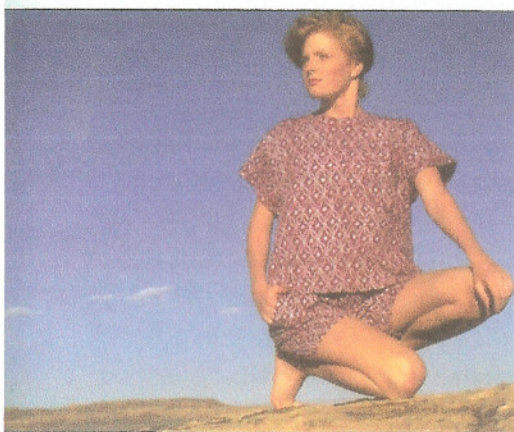
**W**hen disclosing your medications to your doctor(s), keep in mind that not sharing herbal intake could be dangerous. Some people don't consider herbs as medicine, therefore they don't share that they are consuming them. Since herbal medications aren't regulated, we can easily consume those that may be harmful to specific conditions or that interact harmfully with other medications.

Tasha Lynette Clopton

### BEAUTY

## GEL WELL

**D**o you apply gel on the edges of your hair to make it smooth? Although it looks nice, gel can cause breakage. Tip: After you gel the edges, put a little moisturizing cream (or whatever type of hair oil you have) on top of the gel. That will prevent your hair from drying out and becoming hard. Brush your edges well at the end of the day to get rid of the gel.



### FITNESS

## Tension-relieving stretches

Do you carry tension in your back and shoulder area? Here's a great stretch: Holding your arms at 90 degree angles, cross your right arm over the left. With your left hand, grab your right wrist. You will feel the muscles in your shoulders and upper back stretch. Hold as long as you can, then reverse the process.

Ever wake up feeling tight? Kneel in the center of your bed and extend your arms to the edge of the bed and pull. This stretches your arms and back.

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