

LIVE IT!

**FOOD
FASHION
FITNESS
TRENDS**

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



Troy Oppen of Enjoy Tour and Travel recommends Mayne Island for a summer 'staycation.' NICK PROCAYLO — THE PROVINCE

It list: Things I'm loving

IN HIS WORLD: Troy Oppen, founder of Enjoy Tour and Travel

Favourite local destination? The Gulf Islands — in particular Mayne Island with its beautiful parks, beaches and local galleries. It feels like a true getaway from the hustle and bustle of the big city, even though it's only a short trip away.

Where will you be "staycationing" this summer? I'm going to be so busy with tours that I won't have time to go too far, but I am going on a local vacation to Osoyoos. This desert town is the ideal place to soak up the Okanagan sun, play a few rounds of golf and visit some of my favourite wineries.

Must-haves for the perfect day trip: The perfect day trip has to stimulate the senses while providing an element of down time. It must include an exciting attraction, sightseeing, a fun environment, great food and a tank full of gas!

Favourite place to chill in Vancouver: I love hanging out at Third Beach in Stanley Park. The scenery is gorgeous and the beach is beautiful. It's the perfect setting to relax with friends, enjoy a picnic and an ice cold beverage.

B.C. location that's a must-see: Anyone who lives in B.C. or is a visitor to the area should definitely travel between the Gulf Islands. The scenery is breathtaking, there's usually incredible wildlife to see, like orca whales and dolphins, and the ferry voyage is totally soothing.

Reading right now: *Fraud* by David Rakoff, a witty autobiographical collection of essays about his antics as a New York journalist. It's absolutely hilarious!

How many times have you visited the Whistler Olympic venues? I've already been more than 50 times and plan on many more visits to take in the excitement leading up to the games. Our tours from Vancouver to the Whistler venues will run until early next year and then will resume again after the Olympics in April.

Wrinkles Don't Stand A Chance!



Wrinkle and Frown Line Cream

- For woman and men of all ages and skin types
- Reduces wrinkle depth up to 68%
- Five Creams in one: a wrinkle cream, day cream, night cream, moisturizer, and make-up base

Ask for it by name - 'Wrinkle and Frown Line Cream', part of the 'Complete' naturally-derived skin care line by Urist Cosmetics.



Nobody does it better™

Urist cosmetics
incorporated

Save \$10.00 Now only \$39.99
Manager's Special

wrinkleproducts.ca

Foods that take the pressure off

Want three easy things you can do today to dramatically change your health? Eat, eat and eat.

By adding the right grains to your meals, you can lower your blood pressure and make your body younger.

And while your hair stylist might not say "Wow! Nice blood pressure!" the next time you walk in, bringing your pressure down may be the most important change you can make.

If blood pressure is high (greater than 115/76), the force of the blood on the walls of your arteries is literally gouging holes in them. That causes nicks that then attract lousy LDL cholesterol as plaster — which, in turn, causes a whole mountain of trouble for your heart, brain, sex life and skin over time.

So, what are the right grains?



You Docs

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

One study found that whole wheat, barley and brown rice lowered blood pressure in middle-aged people who had prehypertension and mildly high LDL cholesterol (a combo that's doubly dangerous for your blood vessels and heart).

How? Chalk up another one for

fibre. Both the soluble and insoluble fibre in these grains reduce blood pressure. Even better, the soluble fibre takes a bite out of LDL cholesterol, too.

It's easy to fit these into a day's meals: Have 100 per cent whole-wheat toast for breakfast, put some barley on your salad with some black beans or include it in soups, and use wonderfully toothsome brown rice wherever you'd use white. Of course, grains aren't the only foods that help take the pressure off: Fruits and vegetables do your arteries (not to mention your mind, waist and RealAge) huge favours, too.

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

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

Hubby must be firm with attention-seeking mom

My insane mother-in-law is out to get me. On my wedding day, she said she'd walk down the aisle very slowly since it's all about her. Her usher had to practically drag her down the aisle. She calls my husband, saying I'm too pretty to know how to keep up a house or cook. (I know both). When my husband stands up to her, she says he's using my words and that I'm controlling him. There've been plenty more incidents. How can I live with my husband and have a family if this woman thinks I'm so horrible?

—Maligned Newlywed

A Just do it. Hubby may eventually have to block her calls, and tell her he can't allow her to ruin his marriage by demeaning you. But first, he must talk to this attention-seeker. She



Ellie Teshler

ASK ELLIE

needs reassurance that she can be a part of your lives as family, ONLY if she stops her verbal attacks and drama-seeking stunts. You also need to adjust your attitude. She's neither "insane," nor the unstoppable marriage-killer. You and hubby need to stay connected, try to have some compassion and, if it doesn't work, take control by putting up strong boundaries on

her access to you both.

My ex in-laws have been in my life for 20 years. Isn't it possible that, when people write you of problems, the new wife is just jealous of the relationship? I share two children with my ex. Both of us attend his family events with our new spouses. A new spouse has to get over insecurities and accept longtime relationships.

—Happy Ex

A Lucky for you and your kids that there's so much good sense shown, including among new and ex-spouses. However, when there is insecurity and jealousy preventing harmony, there's a reason. Often, in-laws wrongly blamed the new-comer for breaking up the former marriage. Be happy, not smug.