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Ready to Rumble
Fall's tough new clothes

What a Faker
The scoop on faux designer bags

Dreamgirl
Sharon Leal
sets her sights
on the future



Heart of the Matter

Join real women across the country as they follow the American Heart Association's 12-week program dedicated to physical activity. As heart disease is the number one killer of women in America, the "Choose to Move" campaign promises simple steps and exercises that won't dent your schedule or your bank account. Here's an easy and delectable, good-for-your-heart recipe to get you started! Visit choosetomove.org for more info.

Berry Explosion Salad

- Mint leaves
- Mangos (cubed)
- Fresh berries (sliced strawberries, blueberries, raspberries, etc.)
- Kiwi (sliced or cubed)
- Yogurt (fat-free or light vanilla)
- Lemon zest
- Almonds (sliced, dry-roasted)
- Brown sugar (light, about a tablespoon)

1. The recipe calls for grinding brown sugar and mint in a mortar and pestle, but for us busy folk who don't own a handy dandy mortar and pestle, try chopping the mint into fine pieces, mix it with the brown sugar, and use the back of the spoon to mash it in a bowl.
2. Toss the berries into the mint-brown sugar mixture.
3. Layer the berry mixture along the bottom, then the yogurt/kiwi dressing (mashed together), and top with almonds.



Did You Know?

- According to the Asian Liver Center, hepatitis B is the cause of more than 80 percent of liver cancer worldwide.
- Without proper care, one in four AAs living with chronic hepatitis B will die of cancer or liver failure.
- AAs have the highest rate of liver cancer of any race/ethnic group.
- Liver cancer is the second most common cause of cancer death among Asian American men.

The Tao of Dentistry



Forget the orange next time you're due to see the dentist. Instead, unwind and let the pampering begin ... even when you've got construction work going on in your teeth. Sutra Dental Spa in La Mesa, Calif., has redefined dentistry by fusing zen and relaxation into what would be just a smelly ol' dentist's office. With complimentary amenities like a resident masseuse/masseur, an oxygen bar, aromatherapy pillows, virtual reality movies and even a recovery room, the concept of Sutra Dental Spa spawned from treating the 15 percent of Americans with dental anxiety. "It really drove me to want to create an atmosphere that could alleviate stresses, fears and concerns, and change the thinking of dentistry," says founder Dr. Jimmy Wu.

Dr. Wu reminds us that with more than 80 percent of people having some form of gum disease, a yearly check-up at the dentist is a must. "We look at the mouth as a gateway for all diseases," says Dr. Wu. Because bacteria in the mouth can travel through blood vessels, health experts correlate gum disease with a smorgasbord of problems such as hypertension, heart disease and diabetes.

Even if you don't have a Taoist or Buddhist inspired dentist nearby, don't let fear get the best of you. Don't run away from the dentist!

— Kelly Chen