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TODAY'S Woman

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The

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Issue

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Mint Julep Body Glow

You'll surely be tempted to drink this body scrub. Mindy Terry of Creative Spa Concepts, a consulting group for spa owners and managers around the world, shares her recipe for a Derby-themed sugar scrub.

Wash and dry 12 mint leaves. Put 8 in a small bowl and pour just under an ounce of bourbon over top, then let sit for 20 minutes. Dice the remaining leaves and set aside.

In a separate bowl, mix 1/4 cup granulated sugar, 1/2 teaspoon powdered sugar, 3 tablespoons honey, and 2 teaspoons sweet almond oil.

Collect the leaves soaking with the bourbon. Wrap them in a paper towel and thoroughly wring the leaves over the bourbon. Dip them back into the liquid and wring again. Do this several times.

Add 1 tablespoon of minted bourbon and the diced leaves to the sugar mixture. Mix well. To use, apply to damp skin in a warm shower. Scrub gently in circular motions. Rinse. Follow with your favorite body lotion.

Feathers and Finery

These ladies have put in the beauty prep time before hitting the track.



A Heart Wake-Up Call

When I sat down this morning to write this column, my phone rang. It was Lisa Whyte — a local woman who makes the magnetic ponytail jewelry featured in my March column. She had been out of communication for about two weeks and was calling to explain why. She'd had two heart attacks. Yes, two.

Lisa is 43 and lives in Prospect with her husband and two children, ages 8 and 11. She had known for a while that her cholesterol was high — around 270 — but her doctor wasn't concerned since her good cholesterol numbers were also high. She eats a heart-healthy organic diet, takes fish oil daily, and was going to a fitness boot camp three days a week.

The day of her first heart attack, Lisa had a suspicion that something wasn't right but had no symptoms to speak of. Later in the day after arriving at a party to watch UofL basketball, Lisa started feeling nauseous and a little dizzy. Then she started sweating profusely from head to toe. A nurse at the party suggested she go to the hospital, but Lisa didn't feel that anything was serious. Then the crushing chest pains and difficulty breathing began and Lisa immediately blurted out "Call 911."

"When the chest pains begin, you just know," she said over the phone. At the ER, it took several hours for doctors to confirm she'd had a heart attack. Given her age and overall health, Lisa, her doctors, and family figured it couldn't be her heart. Until tests showed that it was indeed her heart. Later tests showed her main artery was 90 percent blocked, so a stent was put in. The next day, while still in the hospital, she had a second heart attack. More tests showed another blockage. She received a second stent.

I asked if I could share her story, and she said she wanted it told.

"This was a miracle. I got a second chance. Everyone should get their cholesterol checked and get a physical. And don't ignore symptoms; listen to your body. Women have different symptoms than men, and if something feels off, talk to your doctor."

According to the Centers for Disease Control and Prevention website, heart disease is the second leading cause of death for American women aged 45-64 and the third leading cause of death for women 25-44. For more information on heart disease, visit the American Heart Association at www.heart.org.

Whatever your plans for Derby season, remember we all look more beautiful when we're having fun.

Barbara welcomes all feedback, content ideas, and questions. Email her at Barbara@todayspublications.com