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## CHIC REPORT

### Oz Garcia's Tips on Surviving Four More Days!



*It's Day 4 and we're looking for all the tips we can get to keep our immune systems in order. We asked Oz Garcia, PhD to give us a few tips.*

It takes a lot to keep up with the fast pace, glamor and high demand of the fashion world, especially when all that high energy is condensed in one week. Here are my top 10 tips to pull it all together

1) In the morning, drink a bio-active yogurt first thing, such as DanActive, Activia or BioK. Having active pro-biotic yogurt will boost your immune system. It also packed with protein, calcium, riboflavin, and vitamin B12, which is great for stress.

2) Don't skip breakfast. Eating breakfast stabilizes blood sugar. Oatmeal is a great and simple choice because it's loaded with soluble fiber, which is key in steadying blood sugar levels and slowing down carbohydrate absorption. It's really great for long-lasting energy. By skipping meals in general your metabolism slows down - your brain tells your body to store fat because it thinks you're starving and wants to conserve it.

3) Since fashion shows often run overtime, bring snacks that are great pick-me-ups and will help stabilize blood sugar. Power bars, bio-active yogurt and nuts such as almonds are great ways to keep your energy levels up. Almonds contain riboflavin, a component in the production of energy and power bars are made to pack it all in a simple snack so you can keep going.

4) I know its easy to reach for a cup of coffee for a quick boost of energy but caffeine and sugar create energy highs and lows that can exacerbate stress. Instead, get a rise from a cup of green tea which contains a different kind of caffeine that won't produce a crash as coffee does.

5) The best beauty secret is — rest. Getting between seven to nine hours of sleep per night will help you look refreshed and remain vital and energetic throughout the day. Studies have shown that lack of sleep increases the production of stress hormones and causes weight gain.

6) Take the time to get a massage and bodywork at least once during fashion week. Acupuncture is also a terrific way to quickly distress the body, while also yielding benefits of meditation.

7) Exercise in the morning. Having a quick stretch and doing aerobics preferably in the morning will help you reduce stress, elevate your mood and jump start your metabolism. You will be more clear-headed throughout the day.

🧐 To keep energy levels up - take the supplement ENADA NADH, a form of B-3, which can be found at GNC or any vitamin shop. NADH will help you focus with clarity all day without causing edginess. These can be taken in the morning or throughout the day, as needed.

9) Eat lean proteins and seafood and vegetables. Skip all wheat based products to keep your energy stable. Eating seafood will fuel your brain with the omega 3 fatty acid and is great for your skin and hair. Add black beans and you're set because the carbohydrates found in black beans help provide a steady and slow-burning source of energy. They are also rich in iron, which is essential in energy production and metabolism.

10) Fashion week is synonymous with socializing and after-parties galore! Pace yourself throughout the week by getting plenty of rest, staying hydrated and moderating your alcohol intake. Always stay hydrated by drinking plenty of water— 6 to 8 glasses of water a day. When

selecting alcohol opt for a glass of red wine, which contains resveratrol, a powerful anti aging anti-oxidant.

Follow the above tips and you'll put your best foot forward for fashion week.