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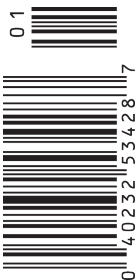
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Publisher's Note



Kanwaljeet Singh (Lucky) Randhawa
Aarzu Founder

Blue skies and sunny days, I always look forward to the summer. It gives me a chance to get outside and be more active, breathing in the fresh air and exhaling out the negativity that I never realize I carry. For some, being active is a daily routine where for others it can be a struggle, be it a physical, emotional, or mental barrier. Whatever your health and wellness goals may be, I hope this issue inspires and reminds you to have some fun in the sun.

As always, thank you to our readers and supporters for your comments, feedback and continued patronage.

Sincerely,

ON THE COVER

Top: **Guess**
Bottoms: **Zara**
Tribal Choker: **Adore By Kanika**
Scarf: **Hookum Design Studio**
Producer & Stylist: **Junita Thakorlal**
Photography: **A Master Media**
Makeup & Hair: **BeautyCall**
Model: **Seep**
See page 24 for details



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A NOTE FROM THE EDITOR

Summer is a season that everyone looks forward to. There's just something about being in the sun that makes people happy, but for those of you like me that struggle with being body positive, saying hello to shorts and tank tops isn't exactly easy.

In this issue, we talk about being curvy, finding mental and spiritual balance, healthy eating, and having fun while being physically (and sexually) active. We also talk to body building title holders

Bindi Bains Mackoruk, Jagjit Athwal, and Priyaanka Khatri who give us a glimpse behind the curtain of what it takes to be fit, as well as challenges they faced on their individual road to success.

May you find balance of body, mind and spirit as you journey to better health!

♥ Junita



Junita Thakorlal

THE TEAM



BEBA EBERT – GRAPHIC DESIGN/LAYOUT

Beba is a baker, chocolatier, graphic design and layout artist extraordinaire. When she isn't behind her computer, she can be found baking up delicious goodies.



KANWALPREET TREHAN

Kim is the Founder and Lead Planner at The Soiree Company, a Vancouver-based wedding and event services company. She also manages the Aaarzu Magazine digital platform.



JUNITA THAKORLAL

Junita has been in marketing, publishing and media for 14 years, and fuses creativity with strategy on all her projects through her own company, Thakorine Consulting.



ASAD JAMIL

Asad is the lead photographer for the fast-emerging AJB Photography. He specializes in Western, Middle Eastern and South Asian weddings, and has a keen sense of natural lighting.



INDERJIT SINGH MANN

Inderjit runs the videography and photography powerhouse company, A Master Media, with his brother Ramanjit. Together, they capture powerful memories.



LUCKY RANDHAWA

Owner and Founder of SW Media Group, Lucky is hands-on with the running of 7 newspapers that publish in 4 languages, including being the exclusive print partner with the Surrey Board of Trade.

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THE FIT FAM

by Junita Thakorlal

Toned arms, firm butts, big chests, wide backs, ripped abs... let's face it, anyone who goes to the gym and puts themselves through constant grueling work out sessions, wants to look and feel better. To those that gym, I say, "bravo!" Because I know exactly how hard it is to keep the routine despite the lure of a lean and sexy body.

Obesity is on a steady incline. According to Statistics Canada, 12% of all Canadian children are affected, and so it seems that being active is almost mandatory. For many adults, getting into the gym seems like a stretch, literally. Some simply have difficulty getting active and staying that way.

I tried to get in touch with a few different personal trainers and gym owners to share their 'secret sauce' for having buns of steel. The big reveal is that there is no secret sauce, and it was all chalked up to plain old fashioned hard work.

"The secret is, there is no secret," says Taren Grewall, Kinesiologist, Personal Trainer, and owner of Tonicity Fitness. "It's all about having a plan and staying consistent. Next, find a balance that works for you between a balanced meal plan and exercise. Allow yourself a treat once in a while. My rule is 90:10, stay on track 90% of the time and allow yourself to indulge in a guilty pleasure 10% of the time."

Sounds pretty reasonable, doesn't it? Especially where guilty pleasures are involved. Taren may be tiny to look at, but she packs a

powerful punch as she coaches women to achieve stronger bodies and healthier lifestyles through her Vancouver-based gym. "I have my clients on a 21-day habit checklist when they first get started, to keep accountable."

When it comes to lifting weights, Taren advises, "hire a professional, it is an investment but it's worth it. Having the proper form and technique will accelerate your results, give you the confidence you are looking for and prevent you from injury. Not to mention if you hire the right trainer, they will make the process enjoyable and something you're more likely to stick with. Even as a personal trainer, I have a trainer - it keeps me on track and keeps my health a priority when I get too busy. Oh, and one more thing, don't ever feel judged, everyone starts somewhere!"

Her website claims that she is a professional ass-kicker, to which there is no doubt. She created the Tonicity Training System – a specialized combination of strength and circuit style resistance training that helps women get toned. "The most common question I come across is 'will I get bigger if I lift weights?' The answer is no! Diet and meal planning is the biggest culprit when it comes to gaining size. To lift weights and see a huge change in size would take very specific training and lots of volume."

The main objective here is to get into shape. There is worldwide growing trend in a dance-cardio called Pound, taught by over 11,000 instructors in over 50 countries. These workout classes fuse rhythm and cardio by combining pilates, cardio, plyometrics, and isometrics movement. Pound's 45-minute class will burn 600-900 calories (yes, we're



Left: Erica Virk. Right: Karima Essa. Photography: A Master Media



Taren Grewall.

engaged while they were waiting for a wire for the mics to begin the show. I've been performing ever since."

She has worked with Bollywood casting directors Mukesh Chhabra and Homi Adajania, and Canadian film director Richie Mehta. Today, she teaches at iDance Vancouver, Oxygen Yoga and Fitness West Vancouver, North Vancouver, and conducts private and online tutorials from Victoria BC, where she currently resides. She is touring British Columbia throughout the

year through the ArtStarts program, teaching kids from Kindergarten to Grade 12 to get their booties shaking to Bollywood music. "Kids now look at dancing as a religious indicator, saying things like 'you can't do Punjabi dancing because you're not Punjabi.' This is the type of cultural barrier that I hope to crush alongside getting these kids to be more active."

A true star, she now has an agent through which she is booked to teach at various elementary and secondary schools throughout the province. She asks me earnestly, "we are only given one body with 206 bones and over 600 muscles, and if I can create a space where you can be free of medications, obesity, anxiety, depression, or any other internal obstacle stopping you from dancing the way the body was meant to dance, wouldn't you want that?"

Meanwhile, Ericka Virk has been dancing since the age of two and teaching since the age of 16. Alongside being a model and working on her acting career, she is the founder of Dance with FilmE Academy which

has four locations across the lower mainland and rapidly expanding. "Dance is a form of expression and performing allows me to be free and release that expression in multiple ways," she claims. "To be free in a world that is constantly trying to mold and change you is a feeling that cannot be put into words."

Teaching and performing all-girls Bollywood, Bhangra, and Gidha dance forms, she feels that teaching exercise through dance is her calling. Her signature tribal anklets ring as she spins, showing off her fun dance moves. "Dancing is a form of fitness that isn't very strict. Unlike other sports, dancing gives you leeway to move your body as you please and at a level that you feel comfortable with," says Ericka

serious) all while using weighted drumsticks called Ripstix. We call this form of exercise *Dandiya Raas* which is a traditional folk-dance from the states of Gujarat and Rajasthan, India but hey, what's in a name?

Indian and Bollywood dance is gaining popularity with the increase of cardio dancing such as Pound and Zumba. Two life-long dancers, Ericka Virk and Karima Essa, have taken their craft to the international stage and now teach dance to help women and children get into shape and stay active.

Dancing since the age of four, Karima is now a full-time Bollywood dance choreographer and Zumba, Bhangra, and Belly dance fitness instructor whose passion for dance took her on-screen for CTV's Bollywood Star where she finished as a finalist for two years running. "Dance allows the divinity of my spirit to take the stage," she shares with emotion as she recounts her first stage performance at the age of five. "Anil Sharma was performing at the Richmond Jamaat Khane (mosque) and needed me to keep the crowd



Karima Essa.

as she demonstrates. "Dance can be recreational or competitive and I think that is what I enjoy most about dance, as do my students."

Having an Instagram following of 32,000 and growing, Ericka claims that keeping a positive attitude is

everything when exercising, especially for women and children who are easily impressionable. “I’ve been given the gift



Ericka Virk.

of being a role model for young girls who follow my work and learn from me. They inspire me as much as I inspire them, and dance is the conduit,” she says. “And sweating together helps too!”

Both Karima and Ericka agree with Taren about healthy eating and opting for meal planning. When it comes to nutrition, we have been conditioned to think about counting calories rather than consider the nutritional benefits of the foods we consume. Consuming more calories than we burn off will lead to those extra calories being stored as fat in our bodies, but the tricky thing about counting calories is to actually understand them: consuming 100 calories of broccoli is different than consuming 100 calories of French fries.

“If you are trying to lose weight, you will need to create a calorie deficit by eating less than your body burns off,” claims Jas Rai, owner of four locations for the growing quick food restaurant chain The Chopped Leaf. “And the issue with calorie counting is that often

people just eat less, thinking it’s the solution to weight loss. But then they find that lack of energy hits them, and they immediately binge-eat carbs which the body is craving.”

She was kind enough to go easy on me and my 668 calorie Bangkok Wrap, not having realized that I ordered the most calorie-rich item on the menu. “We make subconscious decisions about what we eat, not really thinking about the extras in our sauces or cutting out carbs like noodles,” she says referring to my wrap, which was so tasty that I could not even pause biting into while she spoke. “Take for example my salad, I cut out the extras and used balsamic dressing so it’s only 370 calories. But it has a balance of everything that my body needs for my work out tonight.”

To better understand what we are consuming, Jas teaches us, “it’s about portions and nutritional content. For example, if you’re trying to lose weight, you may think a salad is the way to go. It is, but what are you putting in



Jas Rai.

the salad? Does it have feta cheese or croutons that you can cut out and instead opt for extra veggies? Does your salad include a source of protein like chicken or tofu? And can you opt for green tea instead of the sugary pop or

Frappuccino? Do you watch how much sodium and carbohydrate is in your daily intake? It’s these small things that really add to your waistline.”

The Chopped Leaf in Morgan Crossing, Surrey was rammed at 1:30pm with people from all walks of life, not just the uber-fit. Serving up bowls, wraps, salads, and soups, Jas is now offering catering options for businesses and meal preparation programs for people on the go through her four locations at Morgan Crossing, Willowbrook Drive, King George Station, and Brickyard Station. “Eating healthy doesn’t have to be about having a boring salad. There are so many options if you watch the nutritional content and have portion control,” she says.

Be it getting fit by doing cardio exercise and lifting weights to activate our muscles, or by watching the foods that we consume, here is what I’ve learned by talking to these four amazing women:

1. be consistent with my exercise
2. give my body the proper fuel and avoid processed foods
3. remove temptations that are full of unnecessary sugar or salt
4. keep a positive attitude

Just like anything else in life, if you put in the time, you will yield the results. And always keep it body positive, no matter how difficult your fitness goals may seem. Here’s to better health!

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Wear your CONFIDENCE

by Parry KhunKhun

"Confidence is something you create within yourself by believing in who you are."

We often get carried away with what's on the outside - curvy women are self-conscious of their weight while slim women wish they could fill out their AA bras. But what we all should realize is that women are beautiful at any size. It's not about what's on the outside, it's all about being who you want to be, and having the confidence to rock your look!

Take control of how you feel about yourself from the inside. Life gets easier when you genuinely feel an inner confidence and are truly comfortable in your own skin, radiate openness with others, and have an understanding of what makes you unique. Well-made, well-designed clothes that create definition and enhance your appearance can also empower you to feel good about who you are. When a woman is confident and radiant she is always beautiful.

Here are 5 steps women can follow to slay their inner confidence and personal style:

#1 Practice Positivity Positivity is not naive - it's a sign of strength. Watch your self-talk and the way you talk about yourself with others. Are you calling yourself too fat or too skinny? Are you putting your appearance down to others? A tip is to graciously accept compliments, it will give you an instant boost of confidence.

#2 Step into Your Personal Power

Personal power is not about using force or manipulation to overcome someone, but rather, it's about realizing your natural state of goodness. It's about trusting your worth. It's about using your energy and confidence to make

a positive difference by simply being yourself and loving it.

#3 Tailoring Well tailored clothes can make a huge difference in the way your outfit flatters your specific body shape. Avoid wearing anything that is not fitting right; take the time to shop around or get items tailored to fit properly. And remember that we are all different and can't possibly fit into generic small, medium, large sizes - it's perfectly acceptable to get clothes altered to fit your body.

#4 Choose the Right Undergarments and Shapewear To have a nice outfit isn't enough sometimes, it's also important to tuck the lumps and bulges or give shape to your breasts in order to feel confident. Don't be afraid to try Shapewear, it is designed to smooth out any bumps and can give you a gorgeous base for the garments to drape. And get fitted for the right size bra, it will make all the difference when your lines are clean.

#5 Avoid Oversize Clothing Stop trying to camouflage your body with clothes that actually make you look bigger than you are. Instead, show off your sexy figure by choosing well-fitted clothes that flatter your shape and enhance your femininity.

Use these tips to help guide you but ultimately, your self confidence is the best outfit. So, whatever you are wearing, own it and rock it!



ABOUT THE AUTHOR: Parry is best known as a Style Coach and Makeup Artist that is motivated to assist others in creating a style which reflects their own expression of themselves.



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Priyaanka Khatri

SHAPE SHIFTER

by Junita Thakorlal



Priyaanka Khatri with her mother Veena Farah Deobhakta.

Her giggle caught me at first. I smiled thoughtfully at the energetic 24-year old as I watched her draw everyone in around her like a magnet. I also couldn't help but consider that although she was tiny, she could probably lift me quite easily in the air without breaking a sweat. So, THIS was Miss New Zealand Shape, I thought.

Priyaanka Khatri's passion for bodybuilding began when she was just 11 years of age as a cheerleader for her mother Veena Farah Deobhakta, a noted competition participant and winner in the National Amateur Body Building Association's Figure category. She was involved in her mother's training, poses, show day makeup, and more. "It wasn't until I was in University that I realized that I wanted to give it a go for myself. With mum's encouragement, I found that I was still able to study and compete at the same time, finding that balance."

Now working as a newly admitted Solicitor for the largest general practice law firm in Taranaki, New Zealand, she still credits her mother as her inspiration. "The sport has definitely brought us closer together, her discipline inspires me. She is now 56 and still competing!"

Khatri landed the Miss NABBA New Zealand Shape title in her second year of competing after she had won regional titles throughout New Zealand. She has since switched to the International Federation of Body Building Pro League which is recognized globally as the largest bodybuilding federation in the world and has awarded athletes such as Arnold Schwarzenegger the coveted title of Mr. Olympia.

"My first show was a win, and so I caught the bug," she confided. "There's a positive effect here, not only is it a huge accomplishment but there are improvements to the physique and psyche that continue to motivate me. I'm tired and hungry most of the time, but its seeing the result of physical and mental conditioning that keeps me going. Plus, I'm always striving to improve, to be better."

Khatri wasn't always lean, recalling a time when she was 20kgs overweight. "I kept telling myself that I was travelling, that I'll burn it off. I was struggling to bend over and put my own shoes on without having my tummy get in the way. That was when I decided to get back into a healthier way of life. Those struggling to simply start, just dust yourself off, re-discover who you are and push towards your goals just like I did."

Now known for her buns of steel, which entices onlookers to glare openly with envy, Khatri shared that her body

comes with major conditioning of the mind, body, and spirit. "There are three different areas that I recommend everyone work on, even if they aren't planning on competing: training, nutrition, and rest and recovery time."

"When I first started, I knew nothing about lifting weights. I leaned on my mother who is a qualified Personal Trainer. She taught me everything I needed to know about exercise and competing. No one has the same body shape or capability so for newbies, I do suggest consulting an expert to learn the proper technique rather than do 50 squats daily for a month and not make a significant difference in your body shape," she said. "Walking into a gym can be pretty intimidating, but trust me, everyone is focusing on their own bodies so don't feel self-conscious."

When asked about nutrition, she claimed, "most people know about basic nutrition and that fad diets don't work. Indian food tends to be high carb with roti and dal, but you have to see how you can make these foods work within your diet. I suggest sticking with a plan where your plate is split into three parts: $\frac{1}{4}$ high protein meat, $\frac{1}{2}$ greens and $\frac{1}{4}$ carbs such as brown rice or sweet potato. Try to stay away from breads, pasta, and sugar-based foods or they will store as fat if you don't burn it off."

When asked about recovery, she talked about the importance of decompressing the mind which is just as important as giving the muscles a break.

She also shared that often women are not satisfied with their own body shape. "There's a huge movement out there right now to bring awareness to body-shaming and self-acceptance. But the questions really start from within where



we should ask ourselves ‘am I happy with who I am? Or am I ready to make a change in my life to be healthier and happier? Are there habits I can change?’ I work hard every day to look the way that I do. Others may look at me and think it’s simply not achievable. I get judged for being muscular just as others do for being thin or overweight. But

it’s not about the comparison of who’s journey is easier or more difficult, it’s about being healthy and happy in the skin you are in.”

Before parting, she shared, “the great thing about this sport is that nothing is ever 100% perfect, there is always room for improvement. If you shift to this

mindset, and surround yourself with positive people, you will achieve your fitness and health goals no matter what your body shape is.”

Beachside Beauty

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Top \$89 Guess

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Tribal Choker \$220 Adore By Kanika

Tribal Anklets \$120 Adore By Kanika

Scarf \$60 Hookum Design Studio

A woman with long dark hair is sitting on a sandy beach. She is wearing a black two-piece dress with a deep V-neckline and a black skirt with a colorful floral pattern. She is also wearing a gold choker and a ring. The background shows large rocks and the ocean under a blue sky.

2 Piece Dress \$325 Giovanna Ricci Design

Gold Azure Choker \$12 Trendz Co

A woman with long dark hair is sitting on large, dark, wet rocks. She is wearing a bright yellow, short-sleeved, cold-shoulder dress with a thin gold chain detail around the neckline and armholes. Over the dress, she wears a light blue denim jacket. She is also wearing silver high-heeled sandals with thin straps. In her left hand, she holds a small, light green, rectangular purse with a gold chain strap and a colorful floral pattern. The background shows a body of water and a hazy, distant shoreline under a clear sky.

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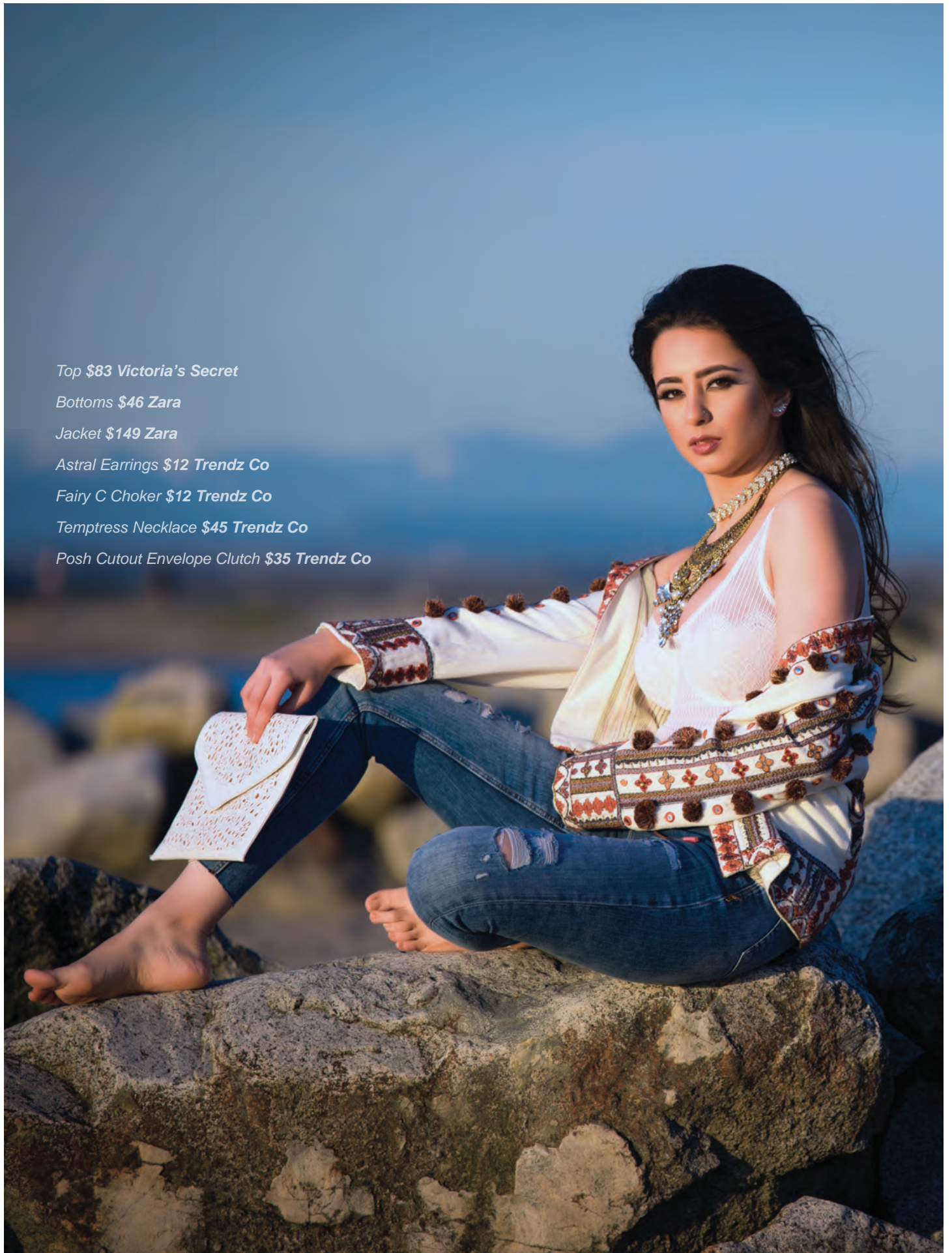
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Astral Earrings \$12 Trendz Co

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Ralph Lauren Lennox Tote \$228 Hudson's Bay

Nine West Hat \$30 Hudson's Bay

Grace Sandal \$60 Steve Madden



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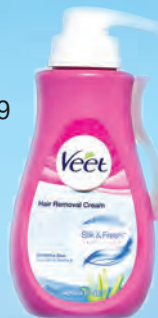
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LOVE, digitally

by Junita Thakorlal

'Click, tap, swipe, repeat. It's all so...impersonal.'

This is what the ad read for dating company It's Just Lunch in the SouthWest Magazine which I was reading while aboard a flight from LA. I remember thinking, "if people in the City of Angels were having a hard time getting a date, then people back home are somewhat screwed!"

There is a distinct appeal to experiencing the thrill of a new relationship; the chance at a fresh start is an intoxicating hope, especially when you're at an age when new opportunities might seem few and far between. Although I've never tried online dating, many of my friends have. Some have found success after a few attempts, and others not so much. But either way, we as a society seem to be placing our trust in

cyberspace to help us find our ideal mate. Those flying solo can wear sweatpants while lounging on the sofa, hair in a messy bun, fingernails yellow with *haldi* from eating *subzi* and *roti*, watching *Dilwale Dulhania Le Jayenge*, and swiping right on discerning hunks and future baby-daddy's. Cliché, but sound familiar? When was the last time you held a conversation with a random on the skytrain? At the grocery store? In an elevator? Isn't it somewhat ironic that through our own inability to socially engage, is what makes us

yearn to find that personal connection? Perhaps the computer isn't wrong with matching 0's and 1's, helping singles around the globe find the ultimate "one".

We catch up with three women to find how they fared

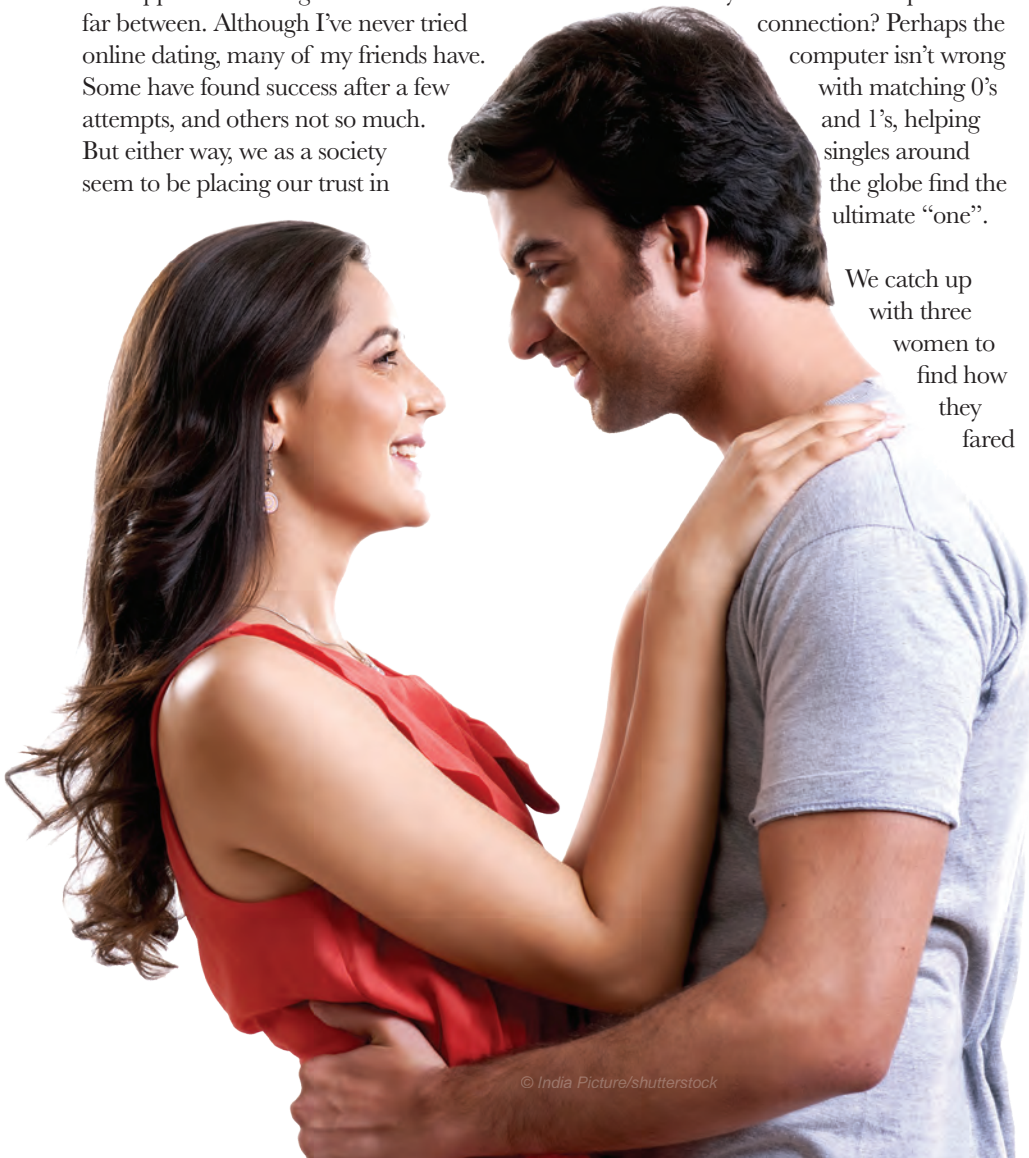
with online dating on their route to exit Singlesville:

Rina: My site of choice is Bumble. I have met so many quality men through there, but I'm having a hard time finding a real connection. I mean, how do you gauge someone's personality through a few words and pictures? This is why my profile is real and authentically me, including photos that don't have filters. Or else the first date will be more of a hook-up, which just doesn't interest me. I'm a mother of two, I want commitment and a man that is responsible and caring.

Rupi: Online dating is so cold. I hate it. It's a great way to meet new people and have some fun but I want more than that, which is why I get so sick of it sometimes. I put in effort to get ready for a first date because I'm excited to meet someone new, but the shitty part is coming home from the date after knowing it's not "it". It's deflating. I just have to remember to put my cynicism aside after downing a tub of chocolate ice cream and doubting myself, then be open to new opportunities as they arise.

Melina: It's a process but stay true to what you want from a partner. Deviation means you are settling. I went on at least 30 first dates, some of them super awkward. But now I've found someone that I met through Tinder and am deeply in love.

Strangely, it was when Melina let her guard down and stopped putting so much pressure on herself to find Mr. Right that he happened to come along. Finding someone that understands you while you are, in fact, sitting on the sofa in your sweats watching your fave show as the waft of *tadka* emanates from the bowl on the coffee table, is the ultimate goal regardless of whether you meet your mate on or offline.





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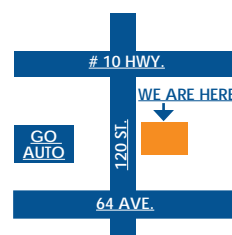
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CURVY

by Junita Thakorlal

Girl

Model: Dominique, HMUA: Blue Ruby Artistry, Photo by A Master Media

When I read rude body-shaming comments online for celebrities like Selena Gomez, Rihanna, Emma Stone and so many more, I immediately thought, "That's it, I'm a goner!" The pressure of being thin and perfect-bodied is so overwhelming that it comes from all angles; even my dad has pointed to my double chin on occasion.

As I shop to find clothes that are appropriate for my body shape, it's slim pickings if one isn't gifted in the art of styling clothes. Either my cleavage is too apparent, or my back-fat shows through my dress, or my muffin top spills over the waistband. I'm grateful to whomever invented contour and highlight to at least make my face appear thinner. Ugh!! The struggle is real.

Three in five Canadians are overweight or obese. Research done by the

University College London suggests that people who were patronized or hassled because of their spare tires were more likely to gain weight, which seems to defeat the purpose of weight loss. They ate more to comfort themselves and as they continued to gain weight, they became too ashamed to go to the gym and risk even more ridicule from the well-toned. Those treated kindly, however, tended to actually shed pounds.

But let's be real...although we may revise our sugar and carb intake, are we (and I say we because I know that three out of five of you reading this can relate) really going to hit the gym hard to shed our rolls to get back our perfectly lean teenage bodies? Are we really going to give up patio sipping during the summer to fit perfectly into a teeny bikini that was made for our 21-year-old selves? Are we going to

sacrifice the occasional donut or *jalebi* and opt instead for a sprig of broccoli to have that flat stomach we crave so we can FEEL that we look fabulous?

It's the age of women, where we empower one another to stand in our own power, where we lead with confidence, where we embrace our bodies and simply 'own it'. I'm not planning to burn my bra or anything, but I will confess that I'm a curvy girl. Fitness and wellness is something that everyone should follow for better health but rather than focus our efforts on fat-shaming those that don't fit the mold of 'size perfect', we should look towards self-acceptance and self-love. And to that troll in my own head that seeds self-doubt every time I look in the mirror, "shut the f*ck up."

CELEBRITY ADVICE



"If you can't handle me at my 2007 Gucci Mane you don't deserve me at my 2017 Gucci Mane."
Rihanna



"I don't have a six-pack. Maybe I don't even want a six-pack. It doesn't sound very appealing."
Demi Lovato



"If anybody even tries to whisper the word 'diet,' I'm like, 'You can go f*ck yourself.'"
Jennifer Lawrence



"I love being happy with me y'all #theresmoretolove."
Selena Gomez



"We shame each other online. We're always too skinny or too fat or too tall or too short. They're just confirming this feeling I have about myself. I'm trying to figure my body out. It bothers me because I care so much about young girls. We're shaming each other and we're shaming ourselves, and it sucks."
Emma Stone



"I'm not perfect but I will never conform to your skinny standards sorry!"
Kim Kardashian West



"I am not a woman whose self-worth comes from her dress size... Comparison is one long, agonizing death and does not interest me at all."
Kristen Bell



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"My family (especially my sister) swears by a mix of almond oil and yogurt applied to the face for a good 30 minutes. We usually do this on a lazy Sunday at home."

It is impossible to miss the radiance and forever glowing complexion of the gorgeous Bollywood princess Kareena Kapoor Khan. She exploded on the scene in 2000 to snag a Filmfare Award for her role in *Refugee* opposite Abhishek Bachchan, and has since become one of the most sought after

actresses in India with back to back super hit films to her credit. We are in love with her style, grace, and gorgeous glow. Constantly hitting headlines, Bebo spilled the beans about her beauty regime and the secret to her famous glow. Can't wait to see her in the much anticipated film *Veere Di Wedding!*

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INGREDIENTS

1 cup yogurt

2 tbsp almond oil

Apply the mixture to your face for 30 minutes.

GET THE LOOK

Makeup & Hair

BeautyCall
@beautycall

Eyes:
Mac shadows in
Woodwinked,
Cork, Swiss
Chocolate, Nylon

Mac Pro Longwear
Fluidline gel liner in
Blacktrack, smudged

BeautyCall mink
lashes "Mayva"

Brows:
Anastasia
Beverly Hills
Dipbrow
Pomade in
medium brown

Anastasia
Beverly Hills
Amrezy
Highlighter

Face:
NYX Photo Loving
Primer

Mac Studio Fix Fluid
LA Girl concealer in
Beautiful Bronze for
contour

Tarte Maracuja
Creaseless
Concealer (medium)
for highlight

Morphe blush
palette

Mac Studio Fix
Powder

Lips:
Gerard Cosmetics
lip pencil in Cher

Gerard Cosmetics
Hydra Matte Liquid
Lipstick in skinny

Mac clear gloss

Expert Tip

Apply a hydrating thermal water to your bare face before beginning your makeup application. Thermal waters are for all skin types, especially sensitive skin!

My personal favourite is Uriage Thermal Water, it hydrates, soothes and protects!

Makeup & Hair

Empress Studios

📷 @empresstudios

Brows:

Anastasia Beverly Hills Brow Wiz in Soft Brown

Eyes:

Too Faced Shadow Insurance Primer

Anastasia Beverly Hills single shadows

Bobbi Brown Long Wear Gel Liner

Ardell Double Up Lashes in #204

Lips:

Fenty Beauty gloss bomb universal lip luminizer

Face:

Too Faced Hangover Primer

Make Up For Ever Ultra HD Foundation

RCMA No Color Powder

Make Up For Ever Pro Bronze Fusion Bronzer

NARS Orgasm Blush

Fenty Beauty highlighter in Trophy Wife

MAC Cosmetics Fix+

Expert Tip

For anyone on the go, apply a clear or tinted brow gel and brush the brow hair upwards for a polished look.

Makeup & Hair

Lash Out Studio
📷 @lashoutstudio

Brows:
Anastasia
brow gel

Eyes:
Anastasia Beverly Hills Soft Glam Eye
Pallet using Tempera, Fairy, Bronze, Rustic
and Noir

Mac Smoulder Eyeliner

Lash Out Studio Monroe lashes

Face:
Estee Lauder Double Wear Foundation
Nars Concealer in Custard
Laura Mercier setting powder
MAC blush in Peachy Keen

Lips:
Mac lipstick in Runway Hit

Expert Tip

Using a ton of cover
up looks really
unnatural and can
make you look older.
Instead, use a thin
layer of a sheer
concealer that evens
out your skin tone.

Makeup & Hair

BeautyCall
@beautycall

Brows:
Benefit
Kabrow in #5

Eyes:
Anastasia Soft
Glam palette
Lashes BeautyCall
"Joshua"

Lips:
Mac Ruby Woo

Face:
Huda Beauty Primer
Mac Studio Fix foundation
Tarte Concealer in Medium
Fenty Cream Contour in
Mocha
Anastasia Beverly Hills
Amrezy Highlighter
Laura Mercier setting
powder

Expert Tip

To prevent your makeup from cracking, use a beauty oil or moisturizer 20 mins before face makeup, and invest in a good primer under your foundation.



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Catch 22

by Amrita Sandhu

When this writing assignment fell into my lap, I have to say it's the most relevant piece I've ever been asked to write about - health and motherhood. You'd think these things would go hand in hand, but Instagram models aside, I swear it's nearly impossible to be able to excel in both of these areas of your life.

How those "fit moms" with their killer bodies and kids with shining, bright faces do it - is beyond me. Nonetheless, the desire to be healthy is constantly a hot topic on my mind. Whether I'm changing diapers or chasing my toddler, I yearn for skinnier, healthier days.

Every morning, I poke at my extra mom fat and shame myself in the mirror, contemplating which pair of maternity tights to throw on for that day, even though I'm seven months postpartum. How many of you can relate to this?

“

We're raising our babies without a village behind us like our ancestors did. Yet the demands of motherhood have only become more strenuous.”

“Tomorrow,” I tell myself. I'll hop on that treadmill I forced my husband to buy six weeks ago, tomorrow. But tomorrow ends up being

another 5:00AM day with my teething baby and I say, “oh to heck with it,” my extra fat keeps me warm anyway.

With my firstborn, I began a hard-core routine of going to hot yoga 5-6 times a week. I lost upwards of fifty pounds within a six-month period. Not only did I look great, I felt great. In fact, I was in the best shape of my life. But then I burnt myself out, and I had to quit, and then shortly after that I became pregnant with my daughter.

My children are just as angelic as in this photo, and I love being their mom, but sometimes everything just piles up. It seems the mothers of today have much too much pressure on us to strive for perfection in every aspect of our lives. Not only do we have these new impossible standards of child rearing to live up to, in today's age of never ending information and guidelines it seems we just can't stay afloat when it comes to doing our best.

So, some areas of our lives tend to take a hit. Usually, this area is self-care. We're raising our babies without a village behind us like our ancestors did. Yet the demands of motherhood have only become more strenuous. Now, we must adhere to all these newfound rules of raising perfect children and also maintain a healthy wellbeing.

I'm not saying it can't be done. Surely, if you have all your ducks in a row and a great support system - you can be that mom that does it all. But, if you're falling by the wayside in some areas more so than others - just know that you're not alone, and not at fault in any way.



Yes, exercise is necessary, and yes, you will get to it. And it'll only improve your skills as a mother and your overall wellbeing in the end. But it's all just a matter of getting started. It's all just about overcoming that initial hurdle of simply beginning. You must first do what needs to be done in order to dedicate some time to your health and wellness so that you can better care for your little ones thereafter.

It's a catch-22, in order to have the energy to exercise, you must exercise to have more energy, but once you get through those first difficult days of a massive lifestyle change - there will be no stopping you.



ABOUT THE AUTHOR: Amrita is a published author with an interest in raising awareness about socially and culturally relevant issues. She is also a mother of three, and Manager at Prabhu Foods Incorporation.

Photographer Aida Miri has captured over 1,000 newborns. Pictured here is baby Aarza, with her parents. Above: baby Celine. www.aidamiri.com.



SUMMER FUN, OR SUMMER BROKE?

7 ways to spend wisely this summer

by Aimee Sehwoerer

Between a few exciting weekend excursions, family reunions, vacations and snacks here and there, these months of the year can have a huge impact on your budget. With a little planning, you don't have to sacrifice all of your summer fun, and you could even have some extra money left over to contribute to your financial goals. The reality is that you can save without sacrificing a lot. Here's how:

1. Avoid eating in restaurants.

Prepare the food at home, as your mother would. It may seem like a lot of work, but it doesn't require as much effort as you may think. Consider making simple, healthy meals at least five days a week; you'll save more money than you realize. Instead of store-bought sugary and sodium-rich snacks, put your DIY hat on and try your hand at homemade ice cream, popsicles, banana chips, granola and popcorn in flavours that the family will love.

2. Buy wholesale.

Buying wholesale can save you hundreds of dollars over the course of a few months, especially when it comes to meat and vegetables, disposable products, and cleaning products.

3. Grow a garden.

Just as cooking at home is going to save you money, growing your own food

will also help. You'll be surprised in the savings compared to buying at the grocery store. Grow a green thumb and try planting tomatoes, lettuce, cucumbers, carrots, jalapeños and

cilantro, which are quite easy to grow and maintain.

4. Reconsider Summer Camp.

Summer Camp registration can be extremely expensive. If your children are determined to go, see if you can find a community program or one run by a non-profit organization in your area. If not, try to simulate a neighborhood camp with scheduled daily activities

and excursions that children and their friends can enjoy together while parents take their turns with supervision.

5. Don't go far.

Instead of planning a vacation that involves paying airfare or driving for hours to get to your destination, find a fun place to go that is one or two hours away from home. Your family can spend the night in a hotel or pitch a tent in the woods. Look for free, fun activities in that area as many towns and cities offer concerts, plays, festivals and other events for a nominal entry fee.

6. Turn off the kitchen.

Instead of cooking on the stove or oven every day, use the barbeque several days per week to save significantly on gas and electricity.

7. Go outside.

Televisions, video games and computers consume a lot of electricity. Take your children out of the house to minimize their use of electronic devices. Go for a bike ride with them, take them to the park, plan a treasure hunt, make a bonfire, set up a tent in the yard and camp at home. Anything goes, just make it fun.

Happy summer! Now, what shall we do with all that cash we just saved?



ABOUT THE AUTHOR: Aimee loves to help people with her extensive knowledge in financial planning, investment, debt, and estate planning. She is also passionate about volunteerism.

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EMPOWERED WOMEN

Finding a Perfect Balance

by Deepak Jayakar

Globalization, new technology, and a 24/7 economy have blurred today's woman and how she asserts her personal identity. Feng Shui can help.

Not only do women need to be smart, think fast, make money and stay beautiful, but the pressures of society, family, media, religion, and work require women to be superhuman. The perfect woman is a wife, a mother, a boss, an employee, takes on the majority of the household chores and decisions, and is a man's best friend.

In this day and age, expectations for the average woman have become so high that anything less than perfect can sometimes be damaging. Feng Shui can provide the kind of support that will help women create thriving and rewarding lives that are full of recognition, glamour and respect. Here are few simple, yet powerful and exciting Feng Shui tips to help empower women to balance it all:

Sleep.

Your willpower is strongest when you have good quality sleep. It will increase your mind's concentration and make your focus laser sharp. Ensure your bed headboard is placed against a solid wall and away from the door and disruptive elements. It is recommended to display the picture of a mountain scene over your headboard for emotional stability and to boost your confidence. Having cool, calming and balanced décor promotes healthy energy flow while you are asleep, which supports healthy rejuvenation of your brain and body cells. Lavender, purple and pink are ideally a woman's success colors (Oprah's success colour is purple, just saying!).

Sanctuary.

You need to have a retreat room where you can recharge your batteries and reflect. This can be your hobby room, yoga room or den, or find any spot



in your garden. If you have no room, try to find a spot in the park or public library. It is vital to reclaim yourself to find out who you are, what your purpose is in life, what makes you happy, and where you want to see yourself in future. This mental exercise is very important to get your internal energy pumping.

Positive Affirmations.

Surround yourself with happy auspicious affirmations, symbols and décor. By creating positive and meaningful interactions with your environment, you will generate good vibes which promote peace, prosperity and success. Display photos of your

friends, happy events and celebrations in the east sector; display awards, trophies, medals and achievement certificates on the south wall; display travel or vacation photos in the northwest sector.

Remember, a space that radiates love, happiness and abundance present those same feelings and opportunities to you in life.

Southwest Sector.

In any house, apartment or room, the southwest sector is considered the Woman's Sector. Make this sector strong by displaying crystals. In 2018, heavenly luck star #6 can make women higher achievers. It is great year for every woman to start new career, business or venture. To experience your dreams coming true, place your vision board or wish list in this area, and keep it brightly lit, and free of clutter. You can also burn aromas or scented candles to activate the lucky energies in this sector.

Times have changed, women are an important part of today's modern society where her opinion matters, and her individual identity is recognized. Auspicious Feng Shui can empower you further by bringing about the energy you may need to enhance your talents and abilities so that you can live the life of your choice.



ABOUT THE AUTHOR: Deepak is Canada's most popular and sought-after designer and Feng Shui Master. With over 25 years of experience, his passion for design has allowed him transform projects into outstanding spaces.



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HOW MUCH CAN YOU LIFT BRUH?

An interview with actor, bodybuilder and pro fitness model Jagjit Athwal.

by Junita Thakorlal

Building muscles is a slow and steady pace to the finish line, where endorphins are released that make bodybuilding addicting to those that are on the inside track. Endurance, strength, and speed are all put to the test just as it once was by one Hindu Mythology's most revered figures, Lord Hanuman.

We had the pleasure of chatting with the actor that played Hanuman on Sony Entertainment's Bharat Ka Veer Putra – Maharana Pratap, Jagjit Athwal. Turns out, he ranked top spot in over 35 of India's most prestigious body building competitions and snagged the titles of Mr. India, Mr. Asia, Mr. Punjab, and Mr. North India. Bajrangbali to be sure!

Jagjit's career began in the Indian Police Force in Punjab



Outfits: Club Monaco
Shoes: Steve Madden
Accessories: Trendz Co.
Styled by: Junita Thakorlal
Photography: A Master Media
Makeup Artist: Harjinder Bhogal

and today, he is a pro fitness model and bodybuilder who travels between Vancouver and Mumbai to fulfill his passion as an actor. He has appeared as a

Finalist in Bachelorette India with Mallika Sherawat, portrayed the character Sub-Inspector Vansh on the hit crime drama CID, and has several films in the pipeline.

Q. You came to Vancouver in 2009 to compete in Bodybuilding at the World Police and Fire Games. Bollywood seems so much more exciting, what made you want to stay here?

I've been to many countries for competitions, but I was just embraced by the beauty of Vancouver. I fell in love with the calm, serene and quiet environment, the mountains, trees and chilled weather. I just felt so connected to the nature and beauty of this place that I decided to stay.

Q. How do you live in Canada and act in India? Doesn't it become difficult to balance your career and personal life?

My family is settled here, so I mostly travel back and forth depending on the project I sign. Scheduling in advance allows me to make the most of my time in both countries. I also take personal training clients in both countries so that I can continue to explore my strength and help others achieve theirs. Everything gets balanced once we know our goals.

Q. Let's be blunt, your body is god-like. Tell us about your mindset while working out.

My dad is my inspiration, I've been mimicking him since my childhood. He was a body builder with abs of steel, he served the country for several years. I just became his little replica and worked hard with focus, determination and dedication just like he did. The mindset while working out was and still is only one thing: do or die.

Q. We all recognize those that go to the gym to work out, and those that come to just flex. What is your number one pet peeve while working out at the gym?

I get annoyed when people come to gym thinking it's a park or a garden. They are on their phones constantly or will hog the equipment for much longer than necessary. And the absolute worst is when someone asks me how much I can bench, as if it's a competition. There is no place for ego at the gym.

Q. My mother became an instant fan when she realized that you played the role of Hanuman. How did this role impact your psyche?
Hanuman is a blessed character and

the impact of this celestial role changes the mindset of a person. I would read the *Hanuman Chalisa* to give me more knowledge and understanding of my internal strength, and the love and affection I got from fans was unbelievable! They actually believed that my blessings were what they needed which humbled me immensely. My fans are what makes my life simple.

Q. CID is one of the most well-known crime dramas on Indian television in India and abroad. What has been the most exciting thing about playing Inspector Vansh for the past four years?

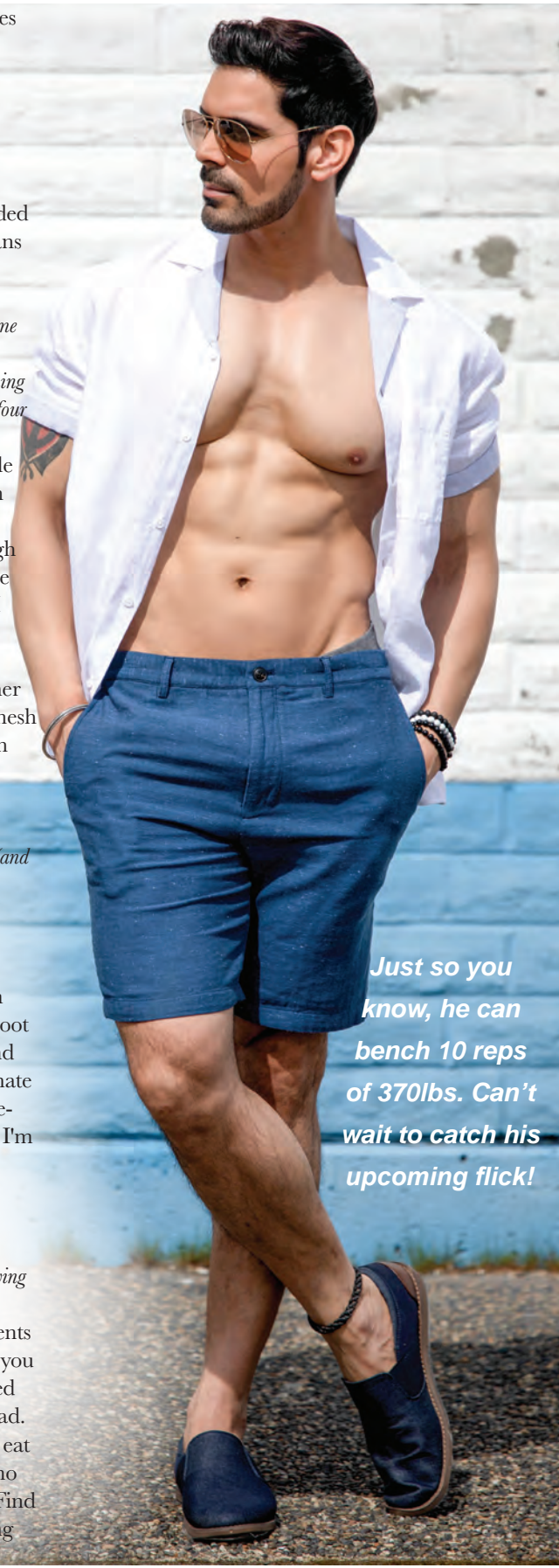
The most exciting thing about this role was that I could actually play my own profession as Police Inspector before entering the Bollywood realm. Though it was a very different experience to be a real inspector and a reel inspector, I enjoyed being both and gained lot of experience working with Sir Shivaji Satam (ACP Pradyuman) and my other buddies Dayanand Shetty (Daya), Dinesh Phadnis (Fredricks), and Ajay Nagrath (Pankaj).

Q. What are your future career plans? Any projects where we can watch you in action (and drool)?

I'm more focused now on my acting and modelling so I'm remaining lean to be able to match the requirements for the industry; I restrict myself from getting too built. I'm continuing to shoot commercials and act in Bollywood and South films, which I am really passionate about. My upcoming film is called *He-Man*, directed by Puneet Isser, where I'm playing the villain.

Q. There are so many people that you can inspire through your fame and work. What advice can you give our readers about following their dreams?

First of all, love and respect your parents as they are the ones who will support you till the end. Everything I have achieved thus far is because of my mom and dad. Second most important message is to eat healthy, stay fit, exercise and just say no to drugs – your body is your temple. Find a better you in yourself and everything else will follow.



Just so you know, he can bench 10 reps of 370lbs. Can't wait to catch his upcoming flick!



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THE Cognition Catalyst

by Junita Thakorlal

"Mom!" Ayden continued watching his mom as she lifted the glass yet again, wiped the counter, and placed the glass down for probably the 100th time in a row. "MOM!" He got her attention; she looked up at the 13-year-old who met her with a warm smile which was wise beyond his years. Reminded that she was caught in another one of her endless cycles that was triggered by her OCD, she put down the cloth and exhaled.

At some point in our lives, most people will have temporary fascinations, fixations or 'obsessions' with people, places or things. But for one in 50 Canadians, their lives are transformed into a constant series of repetitive unwanted thoughts, worries and behaviours that they cannot control. It is a more serious mental illness called Obsessive-Compulsive Disorder, and it's something that bodybuilder and fitness coach Bindi Bains Mackoruk is all too familiar with.

"Sometimes, people don't understand what it's like to be in my shoes," she says. She delved into a story of her high school days when she would come home and re-write her class notes again and again until they were flawless. Little did she know at that time that it was the onset of what would later become OCD. "I was ashamed of it for years. I would hide it because I knew it wasn't 'normal'." The condition is a set of learned behaviours which become habitual when associated with relief from anxiety. It is genetic and can be triggered by trauma and stress.

The condition is usually coupled with another disorder such as depression

but in Bindi's case it comes with an involuntary tick that is out of her control. Bindi began noticing it in her late 20's more and more, recalling a time when she was late to a function due to removing a stain on her shirt, or being awake at night because of the compulsive thinking, repeating like a broken record in her mind. After her mother passed away, she caught herself in a vortex of towel folding for 20-30 minutes just to get the corners to align perfectly, which was when she decided to finally seek professional help.

"My mom also suffered from OCD," she shares openly, "but it wasn't until she died that I became more aware of my own symptoms. I feel guilty that I didn't talk to her about her illness and struggles. But that's the thing, it's just not in our culture to openly discuss things like this." She shared another story from her teenage years of ongoing episodes her mother had and how she and her siblings watched in silence. "We knew that we were enabling her by not stepping in, but we don't regret it because it was easier on her and the family to just let her finish her compulsions," she said.

"Mental illness is just another illness, just as cancer is an illness, and it's more common than people think," she explains, claiming that one in five Canadians suffer from a mental illness. "My kids grew up seeing me exhibit this unexplainable and 'abnormal' behaviour. They would ask me why I repeated things and so I made it a point to communicate with them about the illness, and what they can do to help me if I get stuck in another cycle. They should understand because genetically, they may be prone to developing it later in life just as I did."

*Lift glass, wipe counter, place glass down. "No."
Lift glass, wipe counter, place glass down. "Still not right."*


20 minutes later...

Lift glass, wipe counter, place glass down. "No, something is still not right."

Strong of mind and spirit, Bindi is a force to be reckoned with and has not let her OCD be an excuse for achieving success. Her fitness journey began after her first child, when she decided to kick the baby-weight and get into shape. Today, she holds five national bodybuilding titles in the Figure category and runs an eponymous fitness and nutrition company.

"My message to women, especially South Asian women, is that it's possible to get into shape after kids. Raising kids is hard, and women often lose themselves in their kids and family, becoming overwhelmed and unmotivated which can often lead to depression. All of this makes getting physically fit a far reach," she says, adding that her clients who are largely South Asian women often come to her looking for change. "Weight-loss supplements are helpful, but they should be coupled with a fitness routine and healthy diet. You need to get into the gym or have some form of activity to shed the weight and feel better about yourself."

Along with being a mother of two teenage boys, running her own company and helping her sister Davi Bains-Gill with promoting her fashion label Armaan, Bindi follows a regimented cognitive behavioural therapy schedule that involves medication, support groups, and counselling. "It took opening up about me having this affliction that helped me deal with it," she shares. "My clients understand that if I twitch or organize the weights on the rack, that it's part of my condition, and that it's ok. And I explain it to my new clients so that they aren't surprised halfway through a workout."



Bindi's passion didn't end there, she forged ahead to be a co-founder of the Sahaara Canada Wellness Society along with client-turned-friend, Deljit Bains. The third annual Sahaara Gala took place May 11 where 100% of the proceeds will be donated to help mental health initiatives and programs in the community. "Two-thirds of those affected avoid seeking help due to the negative societal attitudes and lack of understanding by the general population. This invisible barrier preventing individuals from asking for support can often, in turn, prevent the support from being readily available. We just wanted to bring awareness to this and help those in need."

A trailblazer and beacon of hope for many, Bindi's courage to come forward is commendable. Today, she stands as an esteemed member of the community despite the challenges that she has faced, a heavy-weight by her own right. Her advice to those blazing their own path to success is, "try to be comfortable with being uncomfortable. And try not to be afraid, just trust yourself and it will all fall into place."

For those that may struggle with self-esteem issues, feel down and out due to being misunderstood, or even those who think that they can't make a difference in the world can all take a lesson from Bindi who despite the challenges, continued on course with focused determination to inspire us all.



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SETTING THE QUALITY STANDARD

As the philosophy of multiculturalism grows, so too does cultural diversity. There is an ever-increasing demand for ethnic foods to feed hungry consumers across North America, ready to try new flavours in the wake of globalism. One such company that has caught the upward trend is Surrey-based Nana's Kitchen who produce 25,000 samosas per day in their 22,000 square foot facility.

Distributing to all major Canadian and American grocery store chains, Nana's Kitchen now has set its sights to expand to elementary schools, universities, and government public buildings using BC as the test market. "We also are available in coffee shops such as Blenz and Waves. The next step is schools and hospitals," shares Shelina Mawani, Co-Founder of Nana's Kitchen. "Most school cafeterias already sell pre-prepared sandwiches, wraps, pitas, and pizza, so why not samosas?"

BC Ministries of Education and Health has hefty safety guidelines for companies to follow. "Many of our products are already approved by the BC Brand Name Food Guide, which is the body that ensures ready-to-eat foods and beverages meet the nutritional standard established by the BC Ministries of



Employees follow strict food safety control measures, churning out 25,000 stuffed samosas per day.

Education and Health," she says.

All 50 of Nana's Kitchen staff are required to be Food Safe and WHIMS certified, and they all go through a rigorous training process before they even step on the floor. "This is to ensure that they fully understand the safety which we follow," Mawani points out. "We have yearly training for all staff to ensure they are refreshed on old procedures as well as understand new procedures as they arise."

Mawani also points out that the Canada Food Inspection Agency has an office inside of their facility. "We truly focus on safety and quality of our product. We meet all of the up to date labeling requirements as set by Canada's Food Inspection Agency and by the US Department of Agriculture," she claims.

They are also BRC and HACCP certified. BRC is the British Retail Consortium, a trade association based in the UK that guarantees standardization of quality, safety and operational criteria used by over 26,000 certified suppliers in over 130 countries. HACCP is the Hazard Analysis Critical Control Point which is an international standards organization for food safety recommended by the United Nations and used by most countries around the world. This allows

Nana's Kitchen to implement a recall program which gives them control over their product should there be any contamination detected in a batch of samosas and chimichangas.

"Having BRC and HACCP allows us to be in all the big chain grocery stores because of the extreme safety measures we take," says Mawani. "Our high regard for safety has been key to our success so far. Our clients like that they can get their samosas from a trusted source."

Nana's Kitchen makes samosas in seven different flavours and recently expanded to include chicken chimichangas in their product line, all of which are available in the deli section of your favourite grocery store.



Shelina Mawani, Co-Founder of Nana's Kitchen.

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PATIO PARTY

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There are so many reasons why we love summer, with its long sunny days, balmy nights, and subtle peer pressure to have another chilled tequila drink. We happily welcome the opportunity to sip on our refreshing faves while entertaining in style. From low-maintenance outdoor decor to cocktails served with a twist, we're certain patio parties are really the best kinds of parties there are. If you think otherwise, here are some products to help make life easier for you, not to mention much more colourful and fun! All of these items have been sourced locally so happy shopping!



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Metallic accents are in style this season, not to mention that they bring class and glam to your outdoor space. We love these Marrakech Nesting Tables because they add dimension to your space, plus there's more space for your peeps to place their drinks on.

\$149.99, Canadiantire.ca



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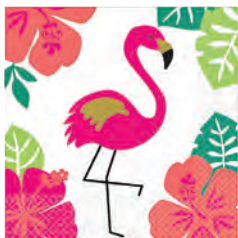
\$89 and up, Pillowfightfactory.com



SERVING TRAYS

Add dimension to your table top (and conserve space while you're at it) with tiered serving trays for your delectable sweets and savouries.

\$49.95, Pier1.ca



NAPKINS

We absolutely adore these napkins! And while you're at it, you can get matching paper plates and cutlery so you don't have dishes to do at the end of your night.

\$2.07 various prices, Partycity.com

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Recipe by Bev Bly

MARGARITA POPSICLES

INGREDIENTS

- 1/4 cup monk fruit sugar
- 2 cans natural coconut water
- 1/4 cup lime juice
- 1/2 cup tequila



DIRECTIONS

1. Combine ingredients in shaker and shake vigorously.
2. Fill dixie cups evenly. Add popsicle holders. Freeze for 3-4 hours or until frozen.
3. Enjoy with friends!



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The magical relationship between **FOOD & SEX**

by **Hari Narang**

Summer nights, sizzling barbeques, moonlight, wine, romantic conversations, sweet laughter, a gentle touch of the hand, plump lips, and increased heart rate. Your erogenous zones are set ablaze as you anticipate a magical encounter with your partner.



©George Rudy/shutterstock

of certain foods activate sexual drive and can have aphrodisiac effects which increase sensuality and enhance stamina and strength. Suddenly, pleasures of the flesh seem a tad more scientific and controllable.

Research is still being done on how certain foods can affect our sexual functions. We do not need to trek to the Himalayan mountains or travel to the Andes to find these superfoods; most of these lust-boosting foods are readily available in your local grocery store, or even in your kitchen cupboard!

Along with boosting your energy and immune system, your sex life might just take a giant leap. So, prep your next power-packed fruit or veggie

smoothie with the following ingredients:

Avocado:



The Aztecs referred to avocados as, ahem, testicles, because of their physical shape. But the scientific

reason why avocados make sense as an aphrodisiac is that they are rich in unsaturated fats and low in saturated fat, making them good for your heart and your arteries.

Arugula:

Known as an arousal aid, this leafy green is packed with vitamins and minerals which block environmental contaminants that ill-affect our sex-drive.

Ashwagandha:

Known as the Indian ginseng, this fruit was used in the ancient Indian medical system to help strengthen the immune system with proven effects to combat anxiety and stress, and a variety of other ailments. It is known to ignite fire and heighten drive in women due to the “stallion-like” strength and vigor it imparts on the patient.

Banana:

Rich in bromelain, bananas are a great source of potassium which is a critical nutrient for muscle contraction. The enzyme also increases production of testosterone in men.

Basil:

This herb has often been described as the herb of love and fertility. The smell of basil has an aphrodisiac effect that was thought to drive men crazy with lust; in Italy it is called “bacia-nicola” which translates to “kiss me Nicholas”.

Beetroot:

Beets help you beat sexual inactivity.

The relationship between food and sex has been known for millennia, where man has pursued sensual pleasure-boosters which include herbs, potions, pills and other specific foods. Aztecs, Egyptians, Greeks, Chinese and Indians have known for centuries that consumption

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It contains significant levels of dietary nitrate which is then converted to nitric oxide in the blood, amplifying blood flow and giving men peak performance capabilities.

Blueberries:

Rich in flavonoids and phytochemicals, this anthocyanin-containing fruit boosts sexual endurance.

Broccoli:

This cruciferous vegetable is rich in vitamin C and known to improve female libido. The chemical diindolylmethane in broccoli prevents the conversion of testosterone to estrogen.

Cardamom:



This spice contains high levels of cineole, which increases blood flow to the male and female sexual regions, increasing

desire. Suddenly, elaiichi chai takes on a whole new meaning...

Cayenne:



It only makes sense that hot peppers will cause a little sizzle in the bedroom. Cayenne and similar hot peppers not only heat up the body,

but they also speed up metabolism and increase blood flow to your sensitive parts.

Celery:

Great source of androstenone and androstenol, which are type of pheromones, helps to stimulate arousal in women by making men more desirable. It is also a source of arginine which improves the blood flow and helps with erection – a sexual tonic for men.

Chocolate:

A heavenly pleasure-boosting treat. Dark chocolate has been known to

contain the chemical phenylethylamine which releases dopamine serotonin and dopamine, which gives the same feelings triggered during love making. It helps to set the mood for a romantic interaction.

Cinnamon:

The invigorating smell of cinnamon is perfect to overcome fatigue, so you can give your sex life a burst of energy. Cinnamaldehyde in cinnamon can balance sex hormones in women, bumping up the levels of progesterone which helps tackle painful periods and helps women to get pregnant.

Cloves:

This exotic aromatic spice is known as a sexual rejuvenator for both men and women. Not only is it known as one of the very few true female aphrodisiacs, but it also increases body temperature and testosterone levels in men and makes the erection stronger to spice up love making.

Eggs:

High protein content provides stamina and is a good source of L-arginine, helping to boost blood flow to combat erectile dysfunction.

Fenugreek:



This herb has saponin that is known to stimulate production of testosterone in men and estradiol in women, which is responsible for stimulation of breasts and widening of the hips. The result is increased arousal and orgasm for women.

Garlic:

Ancient Egyptians used garlic to boost their stamina and make their erections last longer. Allicin, which is an active compound, helps to increase blood flow which in-turn helps with a stronger erection and greater endurance in the bedroom.

Ginger:

This root of passion is a libido enhancer. It promotes blood circulation in the lower parts for stimulation and arousal.

Green Tea:

Rich in compound catechins, it boosts desire by promoting blood circulation to your organs. The compound L-Theanine may enhance the level of dopamine, which can intensify feelings of desire.

Kale:

Kale is rich in nutrients and full of chlorophyll, which is highly alkaline-forming. It has been shown to reduce inflammation and therefore, enhance flexibility and range of motion – not to mention endurance.

Lettuce:

Iceberg lettuce contains an opiate that helps activate sex hormones.

Maca:

Maca root has traditionally been used to enhance fertility and sex drive. It's also claimed to improve energy and stamina.

Mushrooms:



Exotic Shiitake mushrooms are known as a potent aphrodisiac and a sexual stimulant in Asian countries.

Cordyceps mushroom, known as the Himalayan Viagra, improves stamina and performance during love making. Used in traditional Chinese medicine for thousands of years, it is known to increase synthesis of nitric oxide, which increases blood flow to the male extremities. Polysaccharides and glycoproteins in cordyceps boost the production of testosterone and sperm count.

Nutmeg:

Nutmeg has long been used in Indian culture as a very popular libido booster.

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Three most popular menu items:

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Showshaa is a trendy new taproom located in South Surrey which aspires to boost Vancouver's food-scene with a much-needed dose of freshness and creativity. Known for their Bollywood-inspired décor and deliciously prepared food by award-winning Chef Bikram, Showshaa offers upscale Indian street food that is designed for sharing, plus a full delectable menu that will surely tantalize the tastebuds.

Coined “Viagra for women,” it is known to increase sexual behaviors for women.

Oats:

Contains L-arginine, a precursor in the synthesis of nitric oxide, which dilates blood vessels and improves blood flow, resulting in a stronger erection.

Pomegranate:



This nectar is full of antioxidants, which is known to increase genital sensitivity. It also is packed with testosterone, and we know what that

does for your sexual urges!

Pumpkin seeds:

These seeds are loaded with zinc, magnesium and are a great source of amino acid tryptophan, which helps with the production of serotonin (a mood-enhancer). Zinc blocks the enzyme that converts testosterone to estrogens. So, women with a higher level of testosterone are known to have a greater sex drive.

Spinach:

Rich in magnesium, spinach increases blood flow to the extremities for increased arousal.

Watermelon:



Be ready to have a Viagra-like effect and a sweet finale with this fruit. It contains the phytonutrient Citrulline, which gets

converted into arginine, and lycopene which creates a sensuous cocktail that relaxes the blood vessels and improves circulation to sex organs.

While the above foods will help you achieve a great and happy sex life, some other foods may have the opposite effects. Salty foods can negatively affect the blood flow which could make it difficult to reach an orgasm. Licorice, soya and mint can suppress the production of testosterone and can affect sexual performance. Also, alcohol may initially seem to stimulate the parts for a lusty romp, but it can affect your gold medal performance in bed.

Try these recipes for two to elevate your voracity and make those magical moments even more magical.

HORNY FRUITY SMOOTHIE

- 2 bananas**
- 1 ripe avocado**
- 1/2 cup pre-soaked almonds**
- 1 tsp of cinnamon**
- 1/2 cup blueberries /strawberries**
- 2 tbsp. dark raw chocolate (cocoa nibs preferred)**
- 4 tsp raw pumpkin seeds**
- 1/2 cup of watermelon**
- 1/2 cup of almond milk**
- 1/8 tsp ginger**
- ¼ tsp cardamom seeds (optional. You may substitute with vanilla or rose flavour)**
- 1 clove pod**
- 1 scoop frozen vanilla yogurt**
- 1/2 tsp of honey**
- 1 tbsp. of maca powder**
- 1 pinch of fenugreek seeds powder (use sparingly)**

SENSUAL VEGGIE SMOOTHIE

- 3 stalks celery**
- 1 medium size beetroot**
- 3 mediums size broccoli florets**
- ½ cup fresh spinach leaves**
- 1 clove peeled garlic (optional)**
- 1 cup kale**
- 2 medium size carrots**
- 1 inch cube ginger**
- 1/8 cup basil**
- 4 tbsp. pumpkin seeds**
- 1 scoop frozen vanilla yogurt**

Disclaimer: The contents in this article are for general interest only and are not for any diagnostic or treatment purpose. If there is any medical condition which may be affected by using the foods mentioned in this article, please contact your physician. The writer acknowledges researching various literature in preparation of this article.



ABOUT THE AUTHOR: Hari is an Occupational Therapist and a qualified Traditional Chinese Medicine practitioner.

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beyond the YOGA MAT

by **Junita Thakorlal**

We sit down with revered medical biochemist and professor of Pathology at UBC, Dr. Arun Garg, to find out more about the ancient practice of yoga and how it impacts our overall wellness.

Q What does Yoga mean?

It is the fusion of mind, body and soul. To me, it is inspirational, experiential and spiritual. It is the basis of health, harmony and happiness. I left India at the age of 19 so I find that yoga connects me to my heritage through self-realization and insight into one's self. To me, it's a foundation of values and principles which guide my day to day interactions and living.

Q How many years have you been practicing yoga?

My life partner has been a yoga practitioner for the past 50 years, but in the last few years I incorporated the Raj Yog practice of Patanjali coded Hath Yog of asana, which is the poses, and pranayama, which is the breathing. Being in academia for most of my life, a deep sense of commitment is required and so I hadn't realized that for many, many years I actually was following Bhakti Yog, a spiritual practice focused on loving devotion of God, and Karm Yog, which follows the path of unselfish actions.

Q Are 90-minute yoga sessions effective?

Doing phenomenal poses and the ability to twist and bend physically is a very small part of yoga. It's actually about balancing a physical work out, mental stillness, getting proper sleep, maintaining your diet and behaviour.

Our ancestors founded yoga eons ago, which has now gained widespread popularity with yoga studios popping up like local coffee shops in every city worldwide. Activewear corporations earn billions on yoga clothing, making our sages who practice the artform in the Himalayas seem super cool and urban. The must-have non-tech accessory of the 21st century seems to be the yoga mat, which now comes in all sorts of fancy colours and finishes and retails up to \$88.

My interpretation come from books and conversations held with Swami Ram Dev Ji, Devadutt Patnaik, Swami Vivekananda Ji. I believe there are eight limbs of yoga, and it's when you balance all that you can attain true success in yoga and in life:

Yama is about moral discipline; Niyama is conducting positive duties and observances; Asana is holding the posture; Pranayama is breathing techniques; Pratyahara is gaining mastery over external influences; Dharana is focused concentration; Dhyana is contemplation and meditation; Samadhi is obtaining bliss or enlightenment when the mind becomes still.

As you can see, it's much, much greater than simply holding a pose for 60 seconds.

Yoga is not just physical exercise, it is a value system to live by, giving insight and reflection. Yoga is a beautiful journey of self-discovery that everyone should embark upon and practice.

EDITOR'S
PICK:

Canada India Networking Initiative, June 8-10, 2018.

www.thecins.org

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My Eyes Are Up Here, **BUDDY!**

Ok, so here's the thing – your mother, sister, and daughter also have breasts. How much longer are you going to stare at mine?

by **Junita Thakorlal**

I must admit, my breasts are amazing. Sounds facetious but they really are pretty gorgeous. I know this because I've been told umpteen times, not to mention caught lewd gawkers by the dozen as well as those a bit subtler who steal silent glances, all rather enjoying themselves. Boob-grazing is not a mistake either, we are definitely onto you.

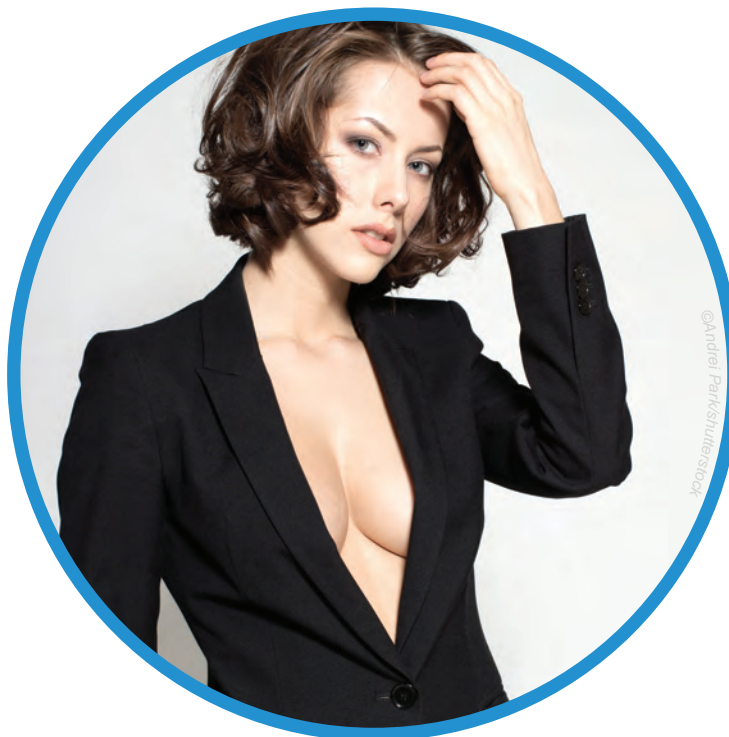
Being heavy-chested isn't all peaches and cream - even when my tatas aren't on parade, it's as if they are anyways. Button up shirts require safety pins to get rid of the boob-gap, crop tops reveal underboob, and just about everything else challenges the societal rule of what constitutes modesty by all South Asian standards. I can't hide these babies even if I tried. No matter what I wear, my cleavage pops out to serve.

Can you relate?

I'm not sure what the show is about though, all women have the same body parts. And by women, this includes mothers, daughters, sisters, friends, grandmothers, neighbours, co-workers, etc. I am kind of tired of feeling self-conscious and trying unsuccessfully to hide them behind an oversized bed sheet in an effort to divert attention from them. You know that I have them, and I know that you know that I have them, so what is there to hide?

"Oh, I'm sorry, are my spectacular

melons distracting you from talking to my face?" This is what I feel like saying every time I enter a conversation with someone who forgets where my eyes are. Basic social etiquette when meeting someone is to shake hands and make eye contact while chatting, this is what I learned in Career Prep in the 10th



grade; I must have missed the class where women grant permission to be sexualized just because we were born with breasts. I've become an expert in hair flipping, placing my locks just so, hiding the full-frontal view from prying eyes.

There are plenty of well-endowed women out there who are perfectly fine with a man liking their assets, me being one of them in the correct circumstance

such as going on a date, going to the beach, or when I CHOOSE to expose my bosom. Choice gives me a moment to mentally prepare myself for a visual feast rather than hide from a visual assault. It is your prerogative to flaunt them if you choose to want the extra attention or, if you're like me, unable to hide them without a scarf. But please, is it not possible for men to be a bit more tactful about ogling bustlines, especially when in a business setting, being a family member, or at the temple in the house of God? All three of these scenarios are just wrong, and yet I'm POSITIVE each of you reading this has felt shame in at least one of these situations, almost as if you were wearing sexy lingerie on the outside.

Some women go for breast augmentation while others go for reductions, usually because of how they feel, or made to feel, about their bodies rather than for medical reasons. Mother Nature's floating devices are a gift to mankind, don't change this for anyone

other than yourself. There is absolutely nothing wrong with your lady lumps, they are beautiful at any size.

I see you. I acknowledge your gorgeous rack. My advice to you is to always to keep your shoulders back and chin up, and never let anyone make you feel less than amazing because they can't figure out where your eyes are.



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ARIES

Get ready to some serious hard work Aries, this season will teach you a lot of lessons but give you many opportunities too. Career ride will be eventful, improve your appearance, self-image, or self-projection which can lead to income gains. Avoid any new business or venture during April to September.



LIBRA

You will be as serious in your career as you'll be carefree and fun-loving in your social life. But this is the year to keep your emotions controlled. Think twice before you make a commitment or give something of value to someone. Domestic peace may be missing during May to November but during this period, your finances seem to improve. From March to July, do not make rash career moves.



TAURUS

You will feel at ease by putting your anger issues aside, improving your relationships. Career seems promising but work responsibly. After May, there is higher chances of financial gain. Your goals and aspirations will not be denied. Make them big and noble.



SCORPIO

Your 2018 horoscope shows excessive aggression and energy as the year starts so make sure you utilize this energy constructively, pushing yourself into career success. You will not tolerate low-minded conversations and people. From May to November, a new courage may enter your spirit. The period during March to July is good for spiritual travel and trips abroad.



GEMINI

There will be new business and growth opportunities but keep caution from May to November when Mars transits. Sudden accidents are expected during this time so be careful. Rahu suggests it's best to keep control on your language and exercise caution in lending and borrowing. Overall, keep working hard, results will follow, but at a slower pace.



SAGITTARIUS

Saturn over natal Moon will make you a helping and disciplined soul. But from mid-April to September, you may feel a bit unstable; it is not a good time to make important decisions. A careful approach in career and income is necessary during March to July, you may face some competition. 2018 is a favorable year for real estate transactions for you until October.



CANCER

Don't over-expect or you may face unnecessary confusion and tension this year. This is the time to be positive and confident. Some unexpected opportunities may become an income source for the long term, be it a new business proposal or income from ancestral property. You may not get to spend enough time with loved ones so aim to find balance.



CAPRICORN

This is the year to take the limelight. Your hidden talents will become known and you will get many opportunities to grow further. As long as you remain focused on your core objectives and maintain a calm attitude, success is not far. From March to July, be sure to check your paperwork transactions. Due to misunderstandings, problems may persist in married life too. Keep a positive attitude.



LEO

The mental pressure and stress you were feeling will ease off but hold your anger and ego to avoid conflict. You may travel during March to July, foreign settlement is in the stars for you. This year also seems promising if you are looking to buy your dream home, but a new ailment might disturb your routine.



AQUARIUS

You will look for more income sources this year. Name and fame will increase but you need to have some patience and make compromises. Career will be more progressive in second half of the year, but you need to be mindful to be more diplomatic. Watch for mood swings as they will affect your personal relationships. Expenses could increase from March to July.



VIRGO

Your energy level, communication skills and intelligence will improve and will help you make a mark, especially in counseling and debate. However, the energy could be too much during May to November when excessive anger could ruin your prospects. This is not the best year to purchase a house nor should you trust strangers when it comes to business. Remain respectful in your relationships.



PISCES

Pisces, you will feel inclined towards spirituality and occult sciences this year. Career issues could cause worry time and again as things might not go as planned. Saturn in 2018 wants you take it slow and work without expectations. When the planet retrogrades from April to September, let things take their sweet time and do not rush.

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CARS I DRIVE

Aston Martin DB9

by Junita Thakorlal



Aston Martin cars have appeared in Bond films for over 50 years now, making the swoon-worthy actors look oh so suave and debonair. The same rule applies to socialites who work hard by day and paint the town by night. We spotted Sonny Walia, who handles operations at Walia Insurance, cruising the Vancouver streets in this esoteric British sports car.

“My parents founded Walia Insurance back in 1981. There were some tough, tough years in my childhood, I’m sure many immigrant families can relate,” reflects Walia. “But my parents became pioneers for South Asians here in the insurance industry. Today, it’s not uncommon to write \$20 million deals.”

The Langara college grad was one of the youngest brokers in BC when he joined the business in 2001. When he’s not closing insurance deals, he can be found in White Rock developing waterfront property under his eponymous company SWI Homes, where his sleek \$350,000 Aston Martin DB9 V12 fits right in with the beautiful scenery.

Reasons why I drive a DB9:



1. **Power**

- The V12 twin-turbo engine produces 600bhp, giving the driver enough power to get from 0-62 in 3.5 seconds, with a CO2 emissions

reduction saving 12g/km. Exceptional performance, astounding shift speed, intelligent cylinder bank activation makes the DB9 clean and fairly fuel efficient for a supercar.

2. **Luxury Interior** - Wide cabin with legroom, spacious trunk space, and exquisite interior finishes including carbon-fiber, unique hour-glass stitching on plush leather seats, and every gadget you would need make for the ultimate luxury ride.

3. **Function Perfection** - This car is engineered to function perfection. Every external panel is made from aerospace standard carbon-fiber, making for a lightweight yet structurally strong vehicle. The core technology combines components specifically selected to deliver superior strength and increased stiffness.

4. **Bold Form** - The iconic grille and clamshell top, beautiful proportion, and surface lines emanate class from nose to tail, oozing sophistication and sexiness as an expression of the driver just as it does for 007.

Favourite past-time: I’m a workaholic, but I also like to spend time with my sons. They love getting all the attention when they roll out of the backseat, gets me every time.

My first car: Infinity G20

My dream car: The Aston Martin DB11, and a Ferrari of course!

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BIG CAT, BIG DESIRES

Jaguar F-Type

by Mandeep Bahia

Growing up in Coventry, England, and being a huge ‘car guy,’ I was blessed with having a range of auto manufacturers close to home. Among them were the French Peugeot and the smaller but exciting TVR production plants, but only one had the prestige and pure heritage to be really adored...Jaguar.

We would often drive past the leaping cat symbol adorning the main gates of the Browns Lane Jaguar plant, built as a Second World War shadow factory run by The Daimler Company Ltd until 2005. Holding exclusive warrants for both the British Prime Minister and the royal family, Jaguar’s list of elite clientele is impressive, ranging from David and Victoria Beckham to Indiana Jones himself as Harrison Ford’s vintage 1955 XK 140 is one of just a few in existence. Even its own tagline signifies its core values: The Art of Performance. A fitting moniker for the brand that has produced a multitude of astounding

cars, be it sedans, sports coupes or now with its latter iterations of SUV’s.

However, all has not been smooth sailing for the Big Cat and its litter. Through the tough economic trails of the early 2000’s, its financial backing was wavering until an unexpected homegrown hero stepped in to change the company’s future. Tata Motors, the Indian giant, would turn the company around and raise it back to its formal glory, surpassing previous sales figures and desirability. Like a phoenix rising from the ashes, the Jaguar fought back to release some spectacular vehicles.

As per many manufacturers, Jaguar is also marching into the hybrid era with models available in both the SUV market and Sedan options. In particular, the new 2018 F-Type Coupe is making waves as the first four-cylinder production Jaguar sports car ever. New standard LED headlights add a premium-level, high-tech appearance

and better nighttime visibility, while the front bumper and lower fascia design features new air intakes with horizontal strakes that make the front of the car look wider. The V8 engine roars, taking you from 0 to 100km/h in 5.7 seconds with a city/highway combined Transport Canada rating of 9.2 L/100km for gasoline consumption.

The new 2018 F-Type is one of the most multi-dimensional sports cars available. With prices starting from \$68,500, driving a piece of British heritage has never been more affordable.

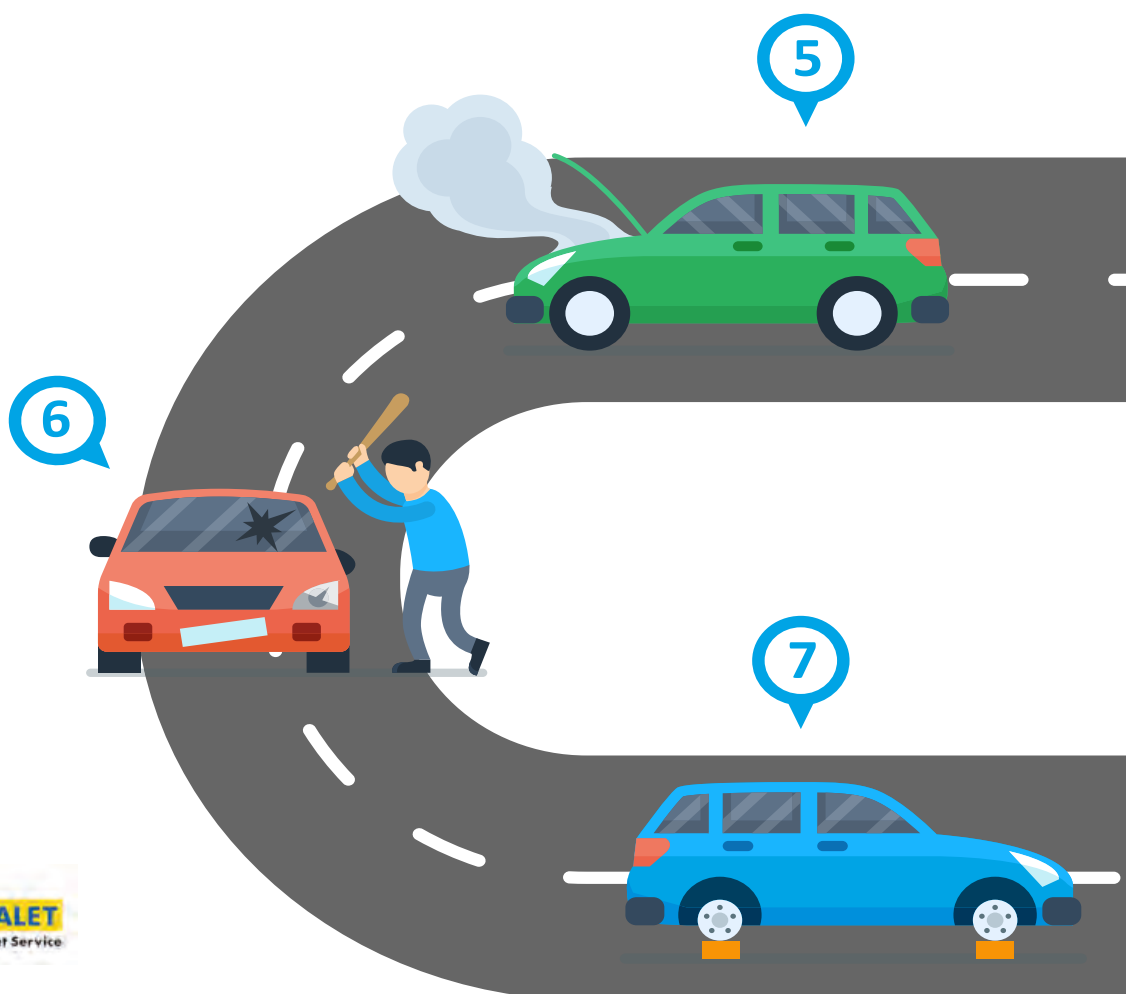
Find yours at www.jaguarlangley.ca.



ABOUT THE AUTHOR: Mandeep has been involved in the auto industry both in Europe and North America for over seven years, and brings an in-depth knowledge of domestic and luxury import brands.



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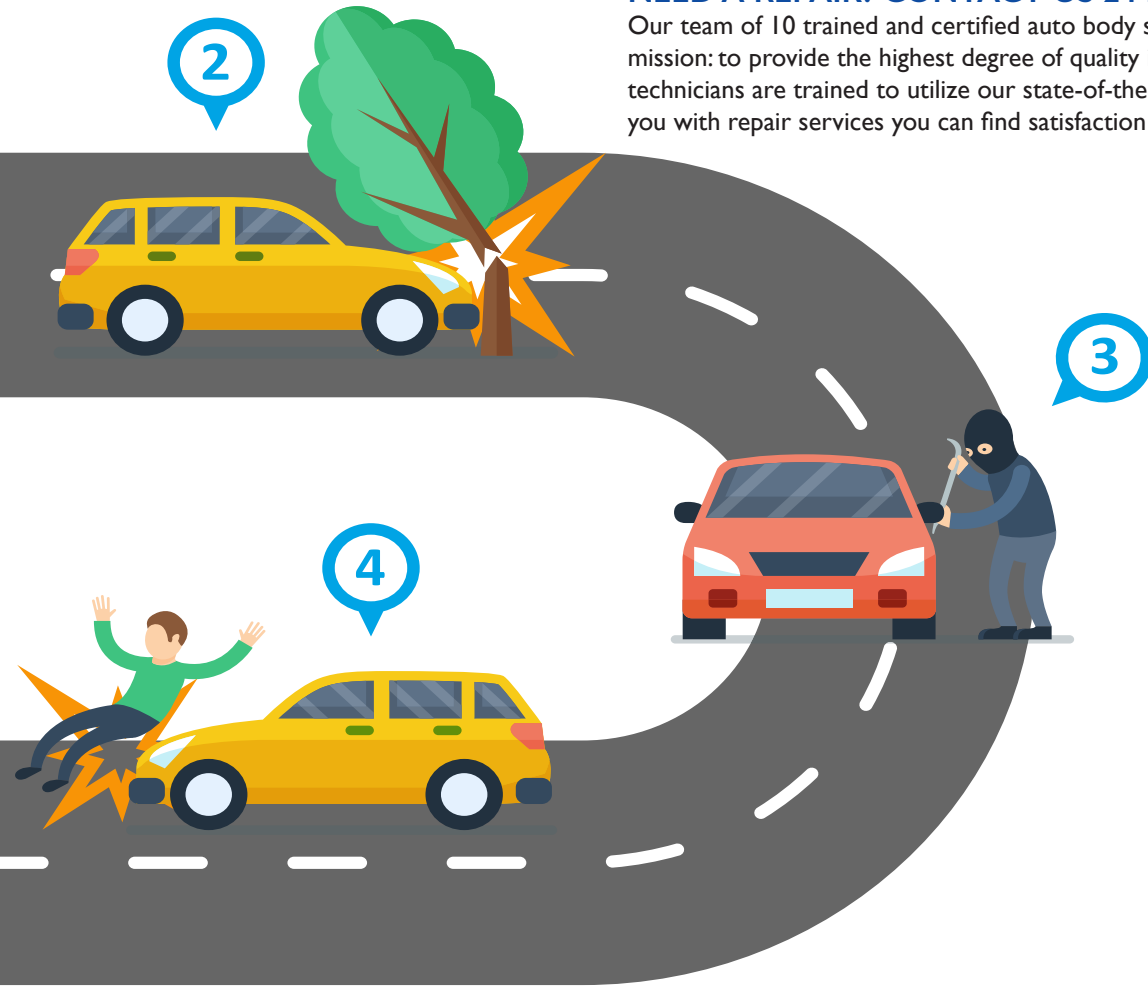


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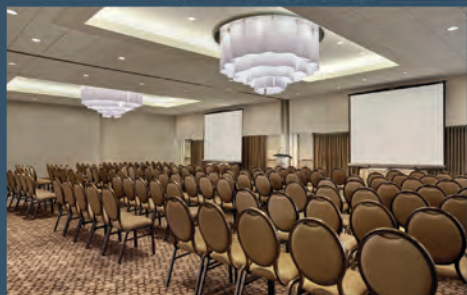
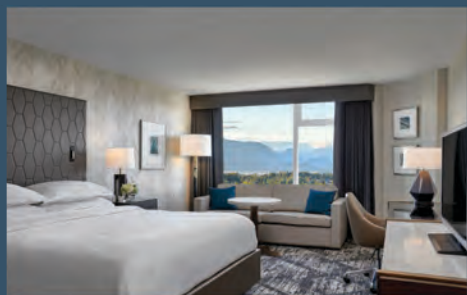
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