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Beauty & Behavior Issue

REACHING BEAUTY
Page 8

IN STYLE... FASHION
IS TIMELESS
Page 16

BEAT THE AGING
PROCESS
Page 24

BAD BODY IMAGES:
HOW TO FIX IT
Page 32



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Editor's Note

The composer of "The Girl From Ipanema", Bossa Nova icon and Brazilian poet Vinicius de Moraes has phrases that have become controversial like "the ugly will pardon me, but beauty is fundamental". Vinicius created a revolution in the way lyrics and poetry were written in Brazil and had a tremendous influence on the generation that followed and adored him – Chico Buarque, Caetano Veloso and Gilberto Gil to mention the three greatest. He created a revolution in the life of many Brazilians and non-Brazilians, in part because he led his life according to his poems, and he lived a true poet's life. Among his most famous works are poems, sonnets and ballads that he wrote when he was in his 30's and lived in Los Angeles, like Book of Sonnets and Para Viver um Grande Amor (To Live a Great Love). His lyricism was written in a sensual style which had become his trade mark.

Well, what about the controversy phrase I mentioned in the first line? I believe that Vinicius tried to say that in one way or another "Beauty is Power" like the title of a book wrote by Dr. Luciano Sztulman, MD. The author taps both his Brazilian background and his medical knowledge to illustrate how beauty, youthfulness, and health are well within the reach of everyone regardless of age. But most important here, is to understand the same basic concept of Vinicius and Dr. Luicano: that beauty and youthfulness can help you in so many situations, and that is why it is powerful. Anyway, in this "Beauty and Behavior" issue you will find great articles that can help you reach your beauty as well as words of motivation and tips for better living with the participation of Brazilian professionals in the field of beauty, health and fitness.

Health and peace,
Lindenbergs Junior.

SOUL BRASIL magazine

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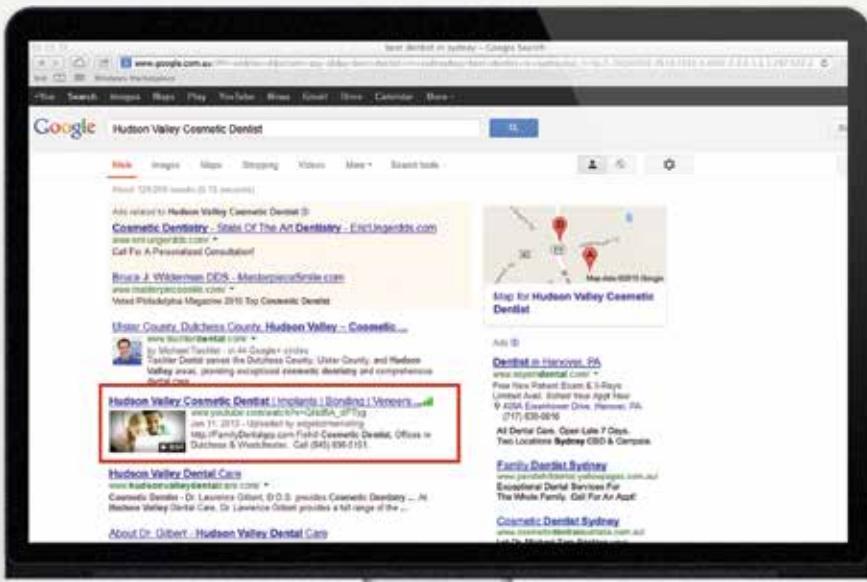


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HABLAMOS ESPANOL



Na sexta-feira dia 20 de Março no Rio, o UFC confirmou a luta entre a campeão Ronda Rousey e a brasileira **Bethe "Pit Bull" Correia** no **UFC 190**, dia 1 de agosto, no Rio. A brasileira ficou eufórica após a confirmação e será a primeira do país a disputar um cinturão do UFC. Em entrevista o site Combate no Brasil ela admitiu estar vivendo um sonho que se tornou realidade. "Eu pedi tanto e agora vou ter que dar tudo de mim para ganhar esse título para o Brasil, ainda mais aqui dentro, na minha terra". Mas Bethe viu também, na mesma sexta a idolatria que os fãs brasileiros têm por Ronda Rousey. A campeã foi aplaudida e recebeu diversos pedidos de fotos após a coletiva de imprensa realizada no Maracanãzinho.



No jogo de estreia da MLS (campeonato de futebol) americana, o Orlando City, cujo proprietário é o empresário brasileiro **Flávio Augusto da Silva**, e tem em suas linhas os Brasileiros **Kaká** e **Pedro** empatau 1X1 com o New York City. Mas o que mereceu destaque mesmo foi o público presente ao estádio. Foram mais de 62,000 pessoas ao estádio Citrus Bowl em Orlando. A verdade é que o residente nos EUA incluindo americanos e estrangeiros como brasileiros, italianos, colombianos e mexicanos, vem dando apoio e prestigiado os jogos nos últimos anos. Eles levam a família, comem cachorro quente, tomam cervejas ou refrigerantes e curtem o futebol. Estrelas internacionais como o brasileiro Kaká e o espanhol Villa entre outros são incentivos para que eles cheguem aos estádios, e a liga siga pouco a pouco somando para alcançar o nível técnico esperado. Nesse começo de torneio, a MLS americana já passou a media de público de tradicionais ligas nacionais como a Mexicana e a Brasileira, e já tem muita gente apostando que será uma das grandes ligas do futebol mundial nos próximos anos. Em Los Angeles, recomendamos os jogos do L.A Galaxy contra o Seattle (April 12, 7pm) e contra o Real Salt Lake (May 6, 9.30pm). Full schedule: www.mlssoccer.com



Em um ano, o **desmatamento na Amazônia** aumentou 215%. A área desmatada é maior que a cidade de São Paulo, revelou o Imazon, instituto de pesquisa, que monitora o desmatamento na Amazônia há mais de 20 anos. A pesquisa, divulgada na última semana de Março pela organização não-governamental concluiu que foram derrubados 1.700 quilômetros quadrados de floresta nativa, entre agosto de 2014 e fevereiro deste ano. Segundo Marcelo Justino, pesquisador do Imazon, a perspectiva é que se continue a tendência de aumento do desmatamento. Segundo o Imazon, quase a metade do desmatamento ocorreu em áreas particulares, onde a floresta veio abaixo para a expansão da pecuária, principalmente no Mato Grosso. No Pará, o desmatamento foi provocado em grande parte pela grilagem, que é a invasão de terras públicas. Já em Rondônia, segundo os ambientalistas, as árvores vêm sendo destruídas para dar lugar à agricultura. Os analistas também alertaram que o número oficial pode ser ainda maior já que os satélites do Imazon só detectam o desmatamento em áreas acima de dez hectares. O Ministério do Meio Ambiente disse que não comenta os dados de desmatamento da Amazônia divulgados pelo Imazon por não considerá-los oficiais.



Os EUA e particularmente o estado da Florida, é o destino preferido dos brasileiros que viajam para o exterior. As cidades preferidas são Miami e Orlando. Mas não são as praias e nem mesmo a Disney de Orlando que mais atraem os brasileiros. O principal objetivo são as compras. Os brasileiros gastaram bilhões de dólares em suas viagens ao exterior em 2014, sendo que a maior parte desse dinheiro foi em compras e em solo americano. Com a valorização do dólar nos últimos meses se constatou uma caída no numero de assentos nos voos que partem do Brasil com destino aos EUA. Com a cotação chegando a ultrapassar a casa dos \$3 reais por dólar no mês de Marco, o numero de turistas brasileiros deve continuar caindo.



Na metade do século, o Brasil terá 50 milhões de idosos já que os números apontam um crescimento rápido. Em 1960 a expectativa de vida do brasileiro era de 41 anos e em 2017 passou para 72. Por outro lado, nas próximas quatro décadas, o numero de crianças que nascer tende a continuar diminuindo. Mas ao contrario dos países ricos, o Brasil ainda caminha vagarosamente removendo obstáculos de um envelhecimento ativo e saudável. Ser ativo e participativo após os 60 anos não devem ser um privilegio conquistado pelo individuo, mas um direito garantido. A população idosa é menos modernizada e atualizada que as gerações mais jovens, o que limita o uso de bens de consumos modernos como computadores, o que torna um dos principais fatores da exclusão social.

O Rio de Janeiro comemorou os seus 450 anos no dia 21 de Março mas a programação de eventos especiais gratuitos para celebrar o Rio e o "carioques" se extende por todo o ano de 2015 trazendo informação e cultura em uma variedade de formatos. A Prefeitura do Rio por exemplo, lançou o concurso de fotografia 450 MANEIRAS DE AMAR O RIO sobre a região do Porto Maravilha em outubro. A seleção, aberta a fotógrafos profissionais e amadores, deu origem ao livro e à exposição itinerante de mesmo nome em comemoração ao 450º aniversário da cidade. No dia 21 de março, a prefeitura lançou o livro no espaço de exposições Meu Porto Maravilha e inaugurou a exposição itinerante. De Marco ate Novembro acontecerá na Cinemateca do Museu de Arte Moderna filmes de diferentes épocas, sempre retratando o Rio. No mês de março por exemplo foram apresentados produções

estrangeiras filmadas na cidade, em obras de cineastas como Alfred Hitchcock, Marcel Camus e Thornton Freeland. No dia 24 de Abril, as 20 horas, acontecerá "A Caminhada Entre as Luzes", um roteiro gratuito pelo centro do Rio de Janeiro. No Itinerário está o Luminoso Centro Cultural Banco do Brasil, a Igreja Nossa Senhora da Candelária, o iluminamento do Centro Cultural dos Correios, o foco de luz distante e permanente do Antigo Senado e da Catedral de São Sebastião do Rio de Janeiro, o Varadão do Centro Cultural da Justiça Eleitoral, o Cine Odeon entre outros. Entre os dias 24 e 29 de Abril se realizara a Conferencia Multi-Orquestras em parceria com o British Council-Transform e a participação de líderes de orquestras do Brasil e do Reino Unido. Outro evento em destaque é a exposição "Rio 450 Anos de Música-dos



Tupinambás ao Funk Carioca". A exposição que acontece em três diferentes locais em Abril, Junho e Novembro respectivamente, emprega tecnologia para sintetizar a riqueza da música de diversas vertentes. Com instrumentos, vídeos e instalações interativas mostra um panorama abrangente das práticas musicais cariocas. Para checar as programações diversas e mais informações visitem www.rio450anos.com.br/eventos



Reaching Beauty

By Luana Elliott

There is beauty everywhere; in people, things, buildings, art, in nature and on. According to the dictionary the definition of beauty is; "the quality present in a thing or person that gives intense pleasure or deep satisfaction to the kind..." WOW, profound right? Well, that must be the reason as to why humans are constantly pursuing the path to beauty.

Beautiful people are magnets, the attraction is undeniable. Beauty is powerful, persuasive, seductive and oozes confidence. Therefore the scenario wouldn't be different, the human race is obsessed with beauty since the beginning of time.

For the ancient Greeks, the hero was always considered beautiful. Often Greeks could spare an enemy if he impressed them with his beauty, with this quality representing a certain divinity. The roman Admantius said "They had square faces, fine lips, straight noses and powerful eyes with powerful glittering gaze", perfect description relating beauty to symmetry.

The philosopher Plato also describes beauty as consisting of proportion and symmetry. He understood that the entire human-body works with geometrical precision calculated which is calibrated in exact fractions to create a perfect harmony and design.

In today's day and age, the symmetries can be fixed with medical surgeries and esthetic procedure to achieve the related body's



symmetry which has been glorified since the ancient age. Every day a new technique or procedure is presented to society to correct "imperfections". Let's highlight the profitable cosmetic products, the magical elixir in little containers.

Body shaping and toning through physical exercises is an extremely effective way to achieve symmetry. Different modalities are two practiced in spas, gym and studios. The best way to find the right modality for you is by talking to professionals about your personal goals and needs. The practice of physical exercises like weight training, pilates, yoga, dance, martial arts, cross fit and etc., do not only help to achieve the physical (symmetrical) beauty but the energetic beauty as well.

The Ancients called this energetic beauty the human aura. This field can be compared with grace, dharma, nirvana or chakra. Those who have an intense and vibrant aura carry the spiritual beauty, however, those who don't have a good aura or good energetic field, may not be considered beautiful even if the body symmetry is close to perfect. As we already noted, "beautiful people are magnets, the attraction is undeniable" and we all know that a people with bad energy, repels others

instead.

The world-leading authority on nutrition David Wolfe, wrote in his book: "Eating for beauty that natural beauty can be achieved by following a raw food plant based diet, in which, the organic and raw fruits, green leafs and vegetables can heal body illness, improve skin glow, improve hair look and promote weight loss. Actresses, singers, and stars all over the world follow this life style and the results are stunning.

This is, without a doubt, the best practice of all to achieve beauty and the superstars know.

In synergy with good habits and changes in life style, beauty can be achieved and will remain in your life. It is important to stay discipline. This column is being developed to help you in this life improvement. ■

*Luana Elliot is a personal trainer with vast experience in the fitness and nutrition industry. She recently had the honor to accept the invitation to become the new Santa Barbara Brazilian Carnaval Queen and will be leading the team of Samba Dancers in the "Carnaval Bloco" inside the Summer Solstice Parade, June 20 – www.bodyconstruction.us



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Las Vegas



Vegas Highlights

by Lisa Neary

Via Brazil Steakhouse hosted a Brazilian Carnaval on Feb 20 and 21 that featured great dining and incredible live entertainment such as capoeira and Jiu-Jitsu performances, Ballroom Dance Show, Samba Dancers in full Carnival Outfits and inclusive a small Brazilian Parade. The event was organized by the event coordinator Anna Gomes.



The Rock in Rio version Las Vegas promise to be a remarkable event this coming May 8, 9, 15 and 16, in two full weekends of International music and Brazilian beats and in 3 stages and 3 formatted "streets". The lineup is very versatile and goes from rock stars like the bands No Doubt (May 8) and Metallica (May 9) and Pop stars like Taylor Swift (May 15) and Bruno Mars (May 16) to Latin Stars Mexican band Mana (May 8) and Deftones (May 9) and English bands like Stones the Beetles and Terra Celta. The "Rock Street Brazil" will be sensational where with a variety of Brazilian starts like the rock legend Pepeu Gomes, the soul and swinging of Simoninha music, the veteran of Bossa Nova Marcos Valle, the electronic bossa of BossaCucanova and the amazing 17 member orchestra from state of Pernambuco Spok Frevo Orquestra.

The producers of the Rock in Rio is not neglected and also planned surprises to give more emphasis to the culture of Brazil and have included in the program several charismatic figures of Brazilian culture such as the 'Typical Baiana" (character that inspired Carmem Miranda), the "Malandro da Lapa (a character from Rio played ballroom dancing legend Carlinhos de Jesus), Bumba Meu Boi (folkloric figure of the Amazon) and the "Capoeira Moves" represented by the Group Batuque that will dance and "battle" on the "street".



Spok Frevo Orquestra - From Brazil



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Pathway to Whiter, Brighter Teeth

Guest professional: Luis dos Santos, DDS

Have you looked yourself in the mirror, and contemplating for a whiter, brighter smile? Age, certain foods, drinks, and habits can stain teeth overtime. As we age, tooth enamel wears away and the layer beneath - the dentin, starts to surface giving a yellow color to the teeth. Not only age but also certain factors can contributes for the continuing yellow of teeth.

As some dentist use to say: Anything that can stain a white shirt can stain teeth as well. Some examples are coffee, tea, dark beverages like dark sodas, fruit juices, deep color fruits and vegetables. All them can contribute with teeth stain overtime.

But it doesn't mean you should give them up, if you are in a situation when brushing is not

possible, just have a glass of water to rinse your mouth after consuming of such foods and drinks. For tobacco users, stains become more difficult to be removed. Tobacco causes brown stains that penetrate into pits and grooves of the teeth making it harder to be removed by brushing alone.

To prevent teeth stain is high recommended eat healthy, give up tobacco smoking, brushing teeth at least twice daily, and floss at least once a day. A do-it-yourself teeth whitening may have some effect on a brighter smile.

Electric toothbrushes may be superior to traditional ones in removing surface stains and plaques. Take home whitening products

such as strips, kits, toothpastes, and mouth wash may help lighten tooth stains. Some of these products contain chemicals, polishing agents or mild abrasives to remove surface stains.

Chewing sugarless gum triggers the production of saliva which helps wash away food particles, and neutralizes the acid that causes tooth decay and stain. Approach tooth whitening with caution if you have dental treatment to be done or have already done bonding resin, crowns, veneers to name a few. It may compromise teeth whitening because such treatments will not change shade by whitening, on the contrary, they may stand out among your newly natural teeth whitening.

Visiting your dentist for regular checkups and having a professional cleaning twice a year is high recommended. If you are interested in a whiter, brighter smile ask for a dental consultation on options that would fit your needs. ■



BONUS TIP:

Stick out your tongue. Then scrape it. It not only helps reduce bad breath, it also protects against gum disease, colds and cavities.

*Dr. Luis is a Brazilian dentist with over 15 year of experience and established in Las Vegas.



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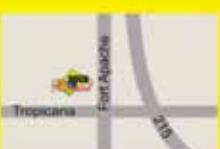
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Contribution: Model Elizandra Dutra

Gifts are named as a specific innate energy or a capability for achievement or success. From personal development, to asking your friends and kinfolk, studying books and taking career exams, there are a lot of ways to ascertain your real talent.

"Find our talent is not as easy as it sounds. In my experience, I realized that many people spend too much time in life, thinking they are on the right road or in the right career, and often they are not. Lots of people nowadays have the dream of simply become a celebrity, and they believe that this will happen from night to day... just like in the movies. And when that does not happen, they end up frustrated, losing all motivation to get what you crave", says Elizandra Dutra, former Miss Brazil-USA-L.A.

Talent isn't merely appropriated for thespians and instrumentalists, natural endowment may be discovered countless aspects of life and all vocation paths you mightiness select. Put down matters you like to do. This helps in identifying your overriding innate gifts and evaluates the extent you wish to formulate them as a forte.

There are a lot of differentiated books on the talent you may have, and books that will help you discover your real talents, like discovering what you do finest, interactive study course on discovering your talents and endowments, and discovering your life's true calling. These may all be helpful tools.

"Make sure to get yourself noticed. Link up with more chances to tap into the national market.

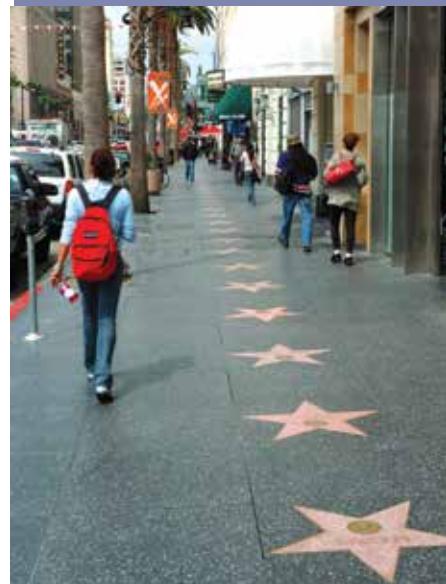
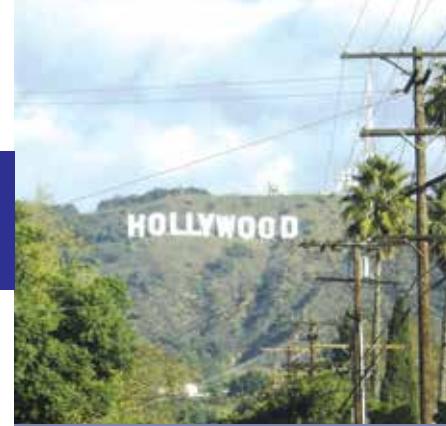
Get as much information about your industry and employ it. Dare to do something, maybe talk to TV producers and offer your services as an authority panelist for a call-in news show".

To become tops in your field, break the record of the people who have the highest record in your field of study or business. Write articles based in your expertise, participate in projects and network with influent people in your niche. Arrange a goal and defeat it.

"Networking is extremely important. You need to be sociable and make friends in the area where you intend to seek. Try to be close to where you want to be. Learn from people that have more experience than you have. These will open doors and paths to opportunities".

Work it. Wherever you go, whether it's in person, on the phone or on the internet, act like somebody who should be noticed. Even if you aren't renowned as yet, individuals notice self-confidence. Use that humble amount of notoriety to take your celebrity to the following level.

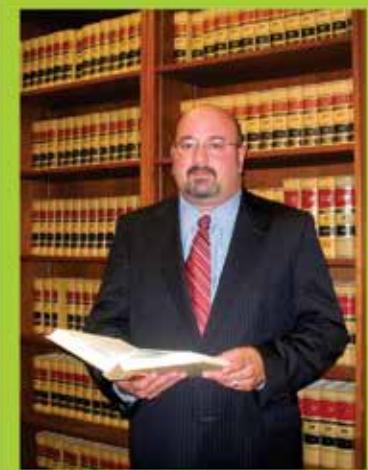
"Rarely will you find someone willing to fight, study their area of interest, work hard to achieve what they dream. Usually people want that success come easily and sometimes it even comes, but everything that comes easy, easy also go. I believe that if you have a dream, or really want to do what you love, you have to put it forth the universe and offer your best qualities, the best that you can give of yourself and believe that you are capable and mostly believe that you have the ability to achieve the best. Believe in yourself!" ■



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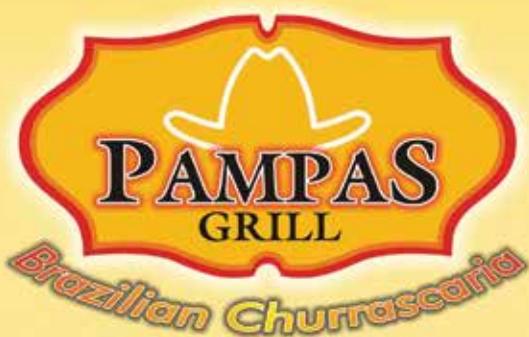


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FASHION IS TIMELESS

By Aldo Mencatto



From the glamour girl to the free-spirit bohemian the favorite 1970's style stereotypes are back for a new day. Fringing, floral and shiny beats, larger shoulders and volume. It's come around about every five years bringing along a distant sense of freedom, luxurious renderings of the unmistakable bohemian. Silhouettes and modern takes or the best of the pre-disco era: subdued prints, glorious earth tones, billowing skirts.

What did the '70s look like? Stylistically, it was a free-for-all of the tangy stuff defining the era, with a flowing volume skirts, belled sleeves, flared pants, belted suede and wildly patterned caftans. Fashion in that showily dissolute decade was silky and caressing, silhouettes fluid and bras a relic of a straitjacketed past.

Very shiny the sequins also began to be called spangle, won the socialites and also went on the serve as a garnish for dance and theater costume.

From the 70's the small bright disk entered the fashion fact. By pop music became a symbol of the decade

"It was like you were walking around naked, but you had clothes on," said Phyllis Magidson, the curator of costumes and textiles at the Museum of the City of New York, this past February to the New York Times.

The 70's fashion continues to inspire. Ever-evolving its philosophy is now focused on timeless. Sophistication luxury being the word fit to best describe the 70's revival, bring luxury sparkly cocktail dress, a fitting and large shoulder, fitting jacket with a flowing volume skirts, all this is a new makeover from this great era.

In the late eighties and early nineties the sequins shone in the new collections of designers. In the 70's bright dresses created was more than a

reflection on the festive atmosphere of the time bringing up a sexy and confident woman. For several brands turn their eyes to the excess, the high brightness and the spirit of party twenty four hours per day.

Certain elements of the period, the garish prints and weird color combinations, as example, keep repeating. Exaggeration back focus through the trend of appliqués, called embellishments, rhinestones, sequins stones and other materials that shone, seems like the most exciting period of decadence ever. Who doesn't want that flower-emblazoned little dress that makes you feel young again?

*Aldo Mencatto is a Brazilian Fashion Designer from Rio living in Las Vegas. A true role model of the selfless persona, Aldo's vision for 2015 is to create a clothing line for children of five to ten years old so that he can help child cancer foundations. Follow him on Twitter [@info123mencatto](https://twitter.com/info123mencatto).

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Acontece em L.A

Por Claudia Passos



A nossa linda Gisella Ferreira lançou o seu primeiro DVD "Brazilian Samba Basics" com festa de divulgação realizada no Brasil Brasil Cultural Center. Parabéns e muito sucesso são os nossos desejos Gisella.



Os irmãos gêmeos Cesar & Thiago chegaram em Los Angeles e foram recebidos por Lindenbergs Junior, Soul Brasil publisher. Eles nasceram em Recife e cresceram entre etapas passadas na vila brasileira e na cidade do Panamá, onde nasceu o pai, e onde são celebridades. Eles irão permanecer em L.A. por seis meses para finalizar o projeto de um novo CD e respectivo vídeo com foco no público latino.



O Anual "Brazilian Carnaval in Los Angeles" produzido por Patricia Liao (na direita/foto) do Brazilian Nites foi comemorado com muito samba e entusiasmo no Conga Room em downtown LA dia 14 de Fevereiro. O Carnaval teve inúmeras atrações incluindo o coreógrafo baiano Slleyk da Bahia exibindo a sua baianidade nagô. Foto: cortesia de Rodrigo Sezerdello/Cali4fun.



O Anual "Brazilian Carnaval in Hollywood" produzido por Ariel del Mundo teve a apresentação das bandas BatukAxé e Grupo Cupim do Samba, e de belíssimas dançarinas. O ambinete esteve animadíssimo. Fotos gentilmente cedidas por Rodrigo Sezerdello/Cali4fun e fotógrafo Marcos Heidorn.

Airy and artsy inside with traditional Brazilian food such as the Bahian Moqueca and the traditional Feijoada as well as the new health classic açaí bowl, fresh squeezed juices and smoothies. The Brazil Arts Café in Santa Barbara opened its doors in 2014 but in 2015 the restaurant received a facelift. It's now more upscale with darker wood and dim lighting, though it's still a casual cafe at the same time. It's a spacious and elegant set with colorful paints on the wall showing part of the Brazilian culture. Now there's bar-like seating near the register and offering drafts and bottles beer, including the Brazilian Xingu dark beer (you won't regret it), besides selective wines. It is not a sports bar, but they have couple TV's on the wall and shows Brazilian soccer! You get the vibe here. The Pão de Queijo (cheesy bread), the yucca fries and the Coxinha appetizers are a must-try. As for dessert, the Flan is juicy and a good choice. Living in Santa Barbara or going to, stop by and check this out.



The "Carnaval Bowl" for the **12th Santa Barbara Brazilian Carnaval Series** was held this year at the Santa Barbara Arts Foundry in the SB funk zone near the ocean. The beautiful winery taste and arts wherhouse spot received Brazilian culture and carnival lovers that have dancing with the sounds of Afro-Brazilian



band Prakantar & Mariano Silva as well as the Reggaetón Brazilian sensation **Cesar & Thiago**. The night had the presence of the new Santa Barbara Brazilian Carnaval Queen, personal trainer **Luana Elliot**. She will receive the sash and be representing the SB Carnaval during the 2015 SB Summer Solstice Parade, Saturday, June 20, in front the “Bloco Carnaval”, and leader by musician and master capoeirista **Mariano Silva**.





Just Do It! Beautiful Body Essential

Lindenberg Junior
Contibution: Personal Trainer Katia Vaz

Exercise is any particular form of physical activity and it's a must to help you with your self-esteem and body image. Sure you can keep a slim body without exercising and there are some ways such as following a well balanced diet, but exercising is fundamental to help you with important things like slowing down the aging process... and your beauty! We talk with Brazilian professional dancer and personal trainer Katia Vaz about moderate and vigorous exercising and the elements designed to better accomplish your goal. Here bellow Katia share with us important facts.

How can you tell if an action is considered moderate or vigorous in intensity level? If you are able to talk although executing it, it's moderate. If you have to stop to catch your breath after saying simply a couple of words, it's vigorous. Depending upon your fitness level, a game of doubles tennis would likely be moderate in intensity level, although a singles game could be more vigorous. Also, ballroom dance would be moderate, however

aerobic dance could be considered vigorous. Once again, it's not simply your choice of activity, its how much effort it demands.

IDEALLY, AN EXERCISE REGIMEN SHOULD INCLUDE ELEMENTS DESIGNED TO BETTER EACH OF THESE COMPONENTS:

CARDIO-RESPIRATORY ENDURANCE – Better your respiratory endurance – your ability to engage in aerobics, through actions like brisk walking, jogging, running, cycling, swimming, jumping rope, rowing, or cross-country skiing. As you reach distance or intensity level goals, reset them higher or shift to a different action to keep challenging yourself.

MUSCULAR FORCE – You are able to better muscular strength most efficiently by lifting weights, utilizing either free weights like barbells and dumbbells or lifting machines.

MUSCULAR ENDURANCE – Better your endurance with calisthenics (conditioning

exercises), weight training, and actions like running or swimming.

FLEXIBILITY – Work to better your level of flexibility through stretching exercises that are done as part of your exercise or through a discipline like yoga or pilates that contains stretching.

Although it's possible to handle all of these fitness factors with a physically active life-style, an exercise program should help you accomplish even greater advantages. And increasing the sum of physical activity in your daily life is a great beginning! Try to parking a couple of blocks from your destination to get in a little walking. However to truly accomplish fitness goals, you'll need to incorporate structured, vigorous actions into your schedule to help you accomplish even more of your fitness and health goals. ■

* Katia Vaz is a fitness trainer, dancer instructor and posture expert – www.riohotfitness.com



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The Foundation of Youth

Tips from our Friends and Contributors

The best health and beauty advice I can give you and that has affected my body and soul is my way to view my relationship with water and sleep. Yes, some people have heard of the so famous "beauty sleep" or restorative sleep but that is not a fad or something to be criticized, it's actually a good habit that should be cherished and stimulated by all your friends!

Although that's not always the truth, peer pressure always tells us to sleep less and that it's okay to drink alcohol and be hung-over the next day. Another way to call a hangover is just your body telling you that it's completely dehydrated. So if you want to go out and drink that's okay, just make sure you drink enough water before, after and during your night out.

Also make sure you're able to get enough sleep after you go out, unless you're under 18 and have that kind of energy in which case you shouldn't even be drinking and I don't know why you're reading this. Our body really needs



at least 8 hours to rest and regenerate. That's it, like any machine our body needs to be turned off in order to restore the operating system (that's what OS stands for in your computer) in the morning and turn off our computers, cell phones and laptops to use the next day.

We have to be even more careful with our bodies, which cannot be replaced or upgraded

in the following year. Our body is also largely composed of water, so it's like the liquid that provides its well being. Everything needs to be watered, our skin, hair, nails in order to release the toxins and make sure we can work at our top performance. So there is no beauty secret (sorry), after all it is what everyone is looking for, but in the end the solution is simpler than you think.



Keep it simple: always carry a bottle of water in the bag and ensure your sleep at least 8 hours per day. Even with all projects and deadlines, remember that your body is always the most important element of your day, without it there is no life and without life there is no soul that can withstand the challenges of the real world! Do not forget to breathe in a place close to nature of your choice with good air quality (means better oxygen) especially those living in big cities! Good luck to all and hope you include water, sleep and oxygen in your routine!

Julia Melim is a long time Soul Brasil contributor writer. She is an actress, standup comedian, and model and TV host. Check out her blog at www.themillennialsoul.com #ifeedmysoul.



Most models rely on olive oil on when they are in the sun. And it works! Not only does it protect hair from the sun's harsh rays, but it is enhanced as supper conditioner by the sun's natural heat. Also, as a natural beauty secret I carry lemons in my bag to remove residue from my face and to refresh, instead expensive toners!

Lais Oliveira is a journalist and lives in Maceio, state of Alagoas, Brazil. Since 2014 she is a Soul Brasil contributor writer.



To keep my skin radiant and smooth I make my own natural face scrub. I simply mix equal parts of honey and brown sugar with a dash of lemon. You can use as many times as you need. I found it very effective to my skin type, every other day.

Renata "Potira" is a capoeirista and professor for Capoeira Brasil in L.A. She is one of the top Brazilian Dj's in the West Coast.



I learn years ago that I can take years off my face if I use regularly Rose's oil. It give you skin a "bloom" with softness and radiance. The amazing emollient properties give dry skin smooth, silky texture. Actually, always when I go to Brazil, I bring an old time on the market product called "leite de rosas".

Sandra Domingos is a certified yoga teacher and life coach consultant. She lives between Bahia in Brazil and Los Angeles. Sandra is the co-founder of Soul Brasil and the smart living consultant.



I think what we eat and drink has an important role in our aging. I am a lover of greens and in special Kale – very versatile, raw in a salad or sauté with olive oil and garlic as example. This wonderful green is the single best food source of vitamin K – and appears to strengthen cartilage, what can avoid arthritis. Also, the properties in kale helps to absorb part of the fat you can may consume. Carrot juice is amazing for your skin and to keep you look younger!

Elka Haeckel is a certified yoga teacher and entrepreneur. She lives in San Diego and sometimes organizes healthy fun trips to Costa Rica and Brazil.



I drink hot tea daily and among them, organic ginger and green team. Both are rich in antioxidants and have anti inflammatory properties. Living in the desert requires extra care on my skin. I like natural oils, soaps and moisturizers. And I love teas (cold for sure) for face wash and refresh. Chamomile for example is an excellent option for face wash. It can beat blemishes and can reduce acne swelling and redness.

For my skin, I also like to use "Oleo de Amendoa" from Brazil, Tamanu Oil and Mangai Oil from Asia and South Pacific, and for my hair Coconut Oil.

Ellen Alves is a dancer, model and former Miss Brazil-USA Nevada. She lives in Las Vegas and born in Rio de Janeiro.



I think that by socializing protect your brain and help your live longer! We Brazilians love spending time with families and friends and I believe it is actually a top priority factor to be happy. And researchers have long known happiness as an important factor to live a well-being and life satisfaction.

Amanda Pepper is a younger actress and model. She lives in Los Angeles since 2014 and born in Recife, state of Pernambuco, Brazil. She is part of Soul Brasil translator's team.



It's so important to be aware of the power of food, which can give us the vigor and power to stay forever young. In my search for enlightenment I find out that between 50% and 70% of all the food that we swallow every day should be eaten raw, fresh and free of agro toxics and chemical additives. In this condition, when food is full of vitamins, salts, fibers, enzymes, amino acids, essential oils and pure water, the human body works more efficiently, produces more metabolic potential for reconstruction, regeneration and renewal!

Jennifer Parker is an English teacher and a professional dancer. She is a longtime Soul Brasil contributor helping spread our concepts and ideas.



Vitamins and Supplements to Beat Aging

In this article we mention natural remedies and supplements relevant to the baby boomer age group – over 50's age, and approaches to slow down the aging process. Calories limitation is considered the gold standard, but some supplements take very important role to slow down the agents that fuel the aging process. If you were born between 1946 and 1964 guess what, you're a baby boomer.

TESTOSTERONE – The hormonal stimulus for sex drive in both men and women, and which decays with advancing age. Testosterone likewise plays a crucial role in sustaining muscle mass and strength and bone density. The hormone is frequently administered to aging men and women as a topical cream, but oral testosterone supplements and injectable forms are likewise available.

ESTROGEN AND PROGESTERONE

– The “female” steroid hormones estrogen and progesterone play crucial roles in sustaining bone density and strength, sexual function, mental function and, in women, in forestalling the effects of the menopause. Recent studies show that estrogen might be an effective treatment for age-associated memory issues.

DHEA – An adrenal hormone that is the forerunner for steroid hormones like testosterone and estrogen. DHEA decays sharply with advancing age in both men and women.

MELATONIN – A hormone created by the pineal gland, which is located beneath the brain. Melatonin is an extremely strong antioxidant, which has been described as the pacemaker of the aging clock in human beings. It's released nightly as part of our time-dependent biorhythms to help induce sleep and recuperation from weariness. Published studies indicate the significance of sustaining youthful levels of melatonin to help protect against age-related degenerative diseases.

COQ10 – Crucial component of healthy mitochondrial function, it's incorporated into cells' mitochondria throughout the body where it helps and regulates the oxidation of fats and sugars into energy. Aging human beings have been determined to have over 50% less CoQ10 on average compared to that of young adults. This discover makes CoQ10 among the most crucial nutrients for individuals over 30 to supplement with.

FISH OIL – Studies on omega-3 fatty acids are so telling that an agency of the National Institutes of Health published a report saying that fish oil may help reduce deaths from heart conditions. There are several mechanisms attributed to fish oil's advantageous effects. The latest government report references the triglyceride-lowering effects of fish oil on reducing heart and blood vessel disorders. A different beneficial mechanism of fish oil is to protect sound blood flow in arteries.

Since the 30's it has been acknowledged that a diet restricted in calories, but otherwise rich in nutrients, dramatically broadens the life span of experimental animals. Over 2000 studies have affirmed the effectiveness of calorie restriction in a wide variety of species. While the strength of this anti-aging regimen is likely far greater than others currently available, the difficultness of the regimen for most individuals is likewise far greater. Serious people ought to nevertheless consider trying at least a mild adaptation of the diet.

EIGHT SUPERFOODS THAT HELPS FIGHT THE AGING PROCESS: Olive Oil, Yogurt, Fish, Chocolate, Nuts, Wine, Açaí Berry and Blueberries.

WHAT YOU SHOULD AVOID TO SLOW DOWN THE AGING PROCESS: Calorie Intake, Weight Gain, Process Foods, Excessive Smoking and consuming too Much Alcohol. ■





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Light & Healthy

By Brazilian Chef Maria Pia Peter

These healthy and delightful recipes were elaborated using highly nutritious ingredients such as fish, vegetables and fruits. First we present couple juices using Kale in both recipes. It can refresh as well as energize you. The Tilapia recipe using coconut milk turn it gourmet and delicious. The Brazilian touch and the harmonic combination of these ingredients are going to surprise you!

Refreshing Green Juice

Ingredients:

3 slices of pineapple
1 green apple
2 kale leaves
20 mint leaves
500ml of water
3 coffee sps chopped ginger
Sugar and honey

Directions:

Cut all the ingredients and combine them with water in a blender. Purée until smooth. Add sugar, honey and 4 ice cubes per cup.

Makes 4 serving

Vitality Boost Juice

**Ingredients:**

½ pear, diced.
¼ cup baby kale
(In this case you can also replace kale for spinach)
¼ cup diced celery
¾ cup apple juice
1 tsp lemon juice

Directions:

In blender, puree all ingredients 30 sec or until smooth. Pour into glass. Serve immediately.

Makes 1 serving**Bonus:**

A highly absorbable form of magnesium in kale has been shown to improve blood-sugar control by 35% to keep energy levels steady.

Brazilian Style Tilapia

Ingredients:

4 slices Tilapia Fish
3 tomatoes
1 onion
3 table sps chopped coriander
1 cup chopped chives
200ml coconut milk
2 table sps tomato paste
Olive oil
Salt and Pepper

Directions:

Put salt and pepper in the fish slices. Cut the onion in small cubes and roast it in olive oil until it becomes golden brown. Mix the chopped coriander and chives with the onion, and while cooking, add the tomatoes and tomato paste to the mixture. Add the coconut milk and salt, and mix everything together. Finally, add the fish slices to the sauce, and cook it until it is completely done.

Makes 4 serving

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The Tropical Latin Rhythm Mixed with the Brazilian Swing

The duet Cesar & Thiago composed of two Brazilian twin brothers, born in the city of Recife (Northeastern of Brazil) from a Brazilian mother and a Panamanian father interpret different musical genre such as reggaetón, meringue and soca in addition to electric pop incorporated with the Brazilian swing with a young elegant image. In March 3 they arrive in L.A to meet their new manager Donnie Hulett who has plans to introduce them to the U.S market and focus on the powerful Latino community. They schedule a six months stay where a crowdfunding is schedule follow by a single to be recorded, a new video clip, as well as a strong social media campaign with the help of influential media and music personalities such as Ryan Seacrest.

The Brazilian/Panamanian brothers started their artistic career in 2008 with "No Quiero Soñar" a romantic ballad which rapidly obtained acceptance in Panama leading them to their first musical video. That same year they realized their first public performance opening in concert for the Puerto Rican artist Ednita Nazario in Panama City.

In 2009 they released a new hit titled "Amor" mixing Spanish with Portuguese. The song gained great interest in all the radio stations throughout the country and it gains them a nomination in Premios Estrellas Music Awards of that same year held in Miami.

In the end of 2010 they present "Baila Conmigo". At the beginning of 2011 they join manager and producer of talent Alberto Almendral creating both CLASE A and their first

Reggaetón song titled "Dame La Oportunidad". In 2012 they made history in Panama when they launch "Te Amo" in the style of a Bachata thereby, becoming the first Panamanians to record a Bachata.

In 2013 the charismatic twins solidify their fame in Panama with the merengue "Divina" and the cumbia "Ti Sigo Sonando." With these more danceable rhythms, their music reached other countries of Central America including the Caribbean.

The brothers Cesar & Thiago Rodriguez reach another level of recognition in their musical career this time in the country that saw their birth, Brazil, when in 2014 they were nominated in 4 categories in the first ever "Night of Reggaetón Awards" in Brazil. The categories were best Brazilian video clip with "Eu Te Esperarei" performed with the Brazilian artist Emerson Enrique (known as "O Rei da Mulherada"); best Brazilian instrumental with the same song; best Reggaetón Brazilian music with "Danza Gostoso"; and best Brazilian reggaetón artist.

Their most recent hit is the Bachata with a mix of

Reggaetón "Una Noche Mas" of which they made a well produced video. With this song and other songs not yet promoted in radio nor television, Cesar and Thiago arrive to Los Angeles determined to record their next album while they make a few presentations in California giving a new step in their musical career. ■

*During the month of March the charismatic twin have performed as special guests at the 12th h Santa Barbara Brazilian Carnaval and the traditional Latino spots Hacienda Corona and Los Globos in L.A. Other future performances are on the way in L.A as well as San Diego and San Francisco.



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Valuable Tips

Lindenberg Junior
Contribution: Hair Designer Ana Paz

As though we didn't get adequate age betrayal from our faces, necks and hands, now we have to fret about it from our hair. However with these tips from hair stylists' professionals you're aging locks will go from a boring gray to a healthy shine and also be able to boost hair growth!

VOLUMIZE – Invest in an exceptional serum and utilize it each day. A different exceptional way to volumize hair is to get to be a pro at teasing. Softly backcomb at the roots for additional volume at the top of your head.

COVER THOSE DULL ROOTS – Have age-promoting gray roots however can't make it to the beauty parlor till next week? For a prompt fix, style your hair in waves. Curls produce a deeper texture, making gray hairs more difficult to find. Keep away from styles that will brazenly flaunt your roots, like slicked back ponytails and straight parts.

INCREASE SHINE – Shiny hair is exceedingly youthful and sexy and you can make it with camellia! This delicate flower is loaded with essential fatty acids that moisturize and smooth the hair shaft for a gorgeous, glossy shine! Make your own camellia treatment doing this: **A**) Pour 10-20 drops of camellia seed oil into a small spray bottle and fill with water. **B**) After shampooing and conditioning, shake the bottle vigorously and lightly mist the scented water through towel-dried-hair; style as usual. Yields 1 treatment.



SHAMPOO CORRECTLY – Washing hair may cause it to lose its glow after awhile. The medium shampoo and conditioner has a pH of 7, causing hair cuticles to pick up and fade in color. Utilize a shampoo with a pH approximately 4.5 and 6 to prevent this. Also, utilize anti-breakage, fortifying and restorative shampoos. These are more likely to see to it that ingredients produce layers on the hair shaft and seal split ends. Attempt to deep condition your hair on a weekly basis for a more saturated, hair smoothing experience.

BOOST HAIR GROWTH – Using a natural wonderful – Hibiscus! Massaging your scalp with vitamin C-Rich hibiscus extracts stimulates hair growth. That's way the flower is a traditional remedy for hair loss in India. Make your own Hibiscus Hair Rinse doing this: **A**) Steep 2 hibiscus tea bags in 2 (two) cups of hot water for 20 min. **B**) Pour the room-temperature tea over your hair and scalp for 5-10 min. **C**) Rinse with cool water and style as usual. Yields 1 treatment.

GO NATURAL OR WATCH OUT! In the shampoo category give preference for low-sudsing versions because suds are typically created by synthetic-foaming agents called sulfates. With hair color, look for a stylist that uses low-ammonia dyes or buy them yourself in health food stores and natural pharmacies; temporary colorants are safer than permanent dyes. The deeper the color, the more important it is to look at the ingredients.

AVOID HAIR TRAUMATIZING CRASH DIETS! Taking in less than 1200 calories daily can put your body in starvation mode, leading to nutrients deficiencies linked to hair loss. Best foods for beautiful hair: Açaí Berry, Blueberries, Greek Yogurt, Walnuts, Sweet Potatoes, Eggs, Spinach, Lentils, Oysters and Salmon. ■

*Ana Paz is a professional hair designer with over twenty years of experience. She is a specialist in Color, Highlights, Relaxers, Perms and Brazilian Blow Out. Her D-Miny Salon is located at 10826 Venice Blvd, 101A in Culver City and also offers Facials and Waxes – www.dminyhairdesign.com

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Bad Body Images: How to Fix It

Lindenberg Junior

Contribution: Model Neise Cordeiro

Most of the risks of a bad body image reside under the subject of merely not being able to see yourself for what you truly are. If when you look in the mirror you simply see what is amiss with you that transfer into extra areas of your life.

THE ACCOMPANYING ARE THE RISKS OF A BAD BODY IMAGE:

- ✓ Potential for ill health (like eating disorders, or compulsive working out).
- ✓ Diminished self-pride.
- ✓ Lessening in drive to succeed.
- ✓ Inability to treasure one's self.
- ✓ Diminished confidence.

It's hard to be satisfied, find a great job, have a fit relationship, or be successful in your attempts, regardless what they are, if you can't have a true grasp on yourself. You have to be able to have a cognizance of your value and your worth, and a bad body image ruins that.

It ruins self-assurance. It ruins motivation. And frequently, it not only cramps these matters but it may likewise create serious hurdles to defeat also. For instance, it may lead to eating disorders which cause grave risk to your health, psychological issues, and frequently take years to defeat, and some never get over all of the effects. The risks of a bad body image are true, and shouldn't be taken lightly.

So, what may you do to help your girls have a favorable body image? We asked for help to **Neise Cordeiro**, Brazilian model, actress and Ms. Brazil Globe 2014. In her opinion, the first thing girls need to do is to stop comparing their bodies (and lives) to someone else's. Everyone is different and each body responds different to challenges.

"Accepting who you really are and work towards your well-being, eating well, taking care of yourself and not minding what others say is the first step to become more confident and happier. It is always wonderful to have a whole model in your life and use as a healthy example, but girls need to transform that into their own, be creative. That's what is going to make you unique"

For Neise, the reality is that nobody is perfect. In the pageant circuit, for example, she has met some of the most beautiful women in the world, and they all have issues and seem to overcome them focusing on their inner-beauty.

"They work towards what makes them happy, such as charitable causes, issues that are important to them and will help others as well. These women are seeing as empowered, and that's showing confidence. I am a spokesperson for the W.I.N. Foundation (Women in Need Foundation) and their mission is to offer programs for self-recovery to victims of bullying, physical and verbal abuse. All of those issues cause the low self-esteem we see in



many young girls and boys. Many of the programs W.I.N. offers teach how to work on to become more empowered" says Neise Cordeiro.

Begin with yourself. If you don't practice what you preach it will have little effect. Never talk badly about your own body in front of your girls and/or your kids. Help them formulate talents. Individuals who have developed their talents and realize their own talents tend to have more self-assurance than others.

"If you are able to support the growth in your youngsters, encourage them to follow their dreams, and formulate their talents, they'll feel valued, and will likely have less conflict with their body. The more you motivate the young generation to live a healthier life, cultural activities, learn about other



cultures and people, they will learn that there are so many different types of beauty. We are in a world that there is no singular beauty. The term "beauty" is like a perfume: it comes in different shapes, sizes, colors, and scents".

Speak positively. Don't say bad things about your body or anybody else's. Don't compare individuals based upon physical stature. Don't compare yourself or anybody else to a celebrity or super model. They pay to have exceptional bodies.

"Unfortunately media has been the main contributor to misguide individuals about the way they need to look to be accepted in society. Advertising has pressured us to look skinnier, more hip or blonder, buy what celebrities buy, and do what they do. It's a gazillion dollar industry always trying to control our lives. If we don't educate ourselves to filter all that we become easy targets.

But remember, if you evaluate yourself and want to make positive changes in your life, bravo! You are in your own right. The same confidence you have to be who you are will help you when you make the changes".

Admonish bad self talk. If you are a mother and your daughter starts in on themselves, or states she looks bad in something, put a stop to it right away. If you let her carry on you're giving her permission to have a bad body image. You're almost telling her you agree with her assessment, and you're letting a bad cycle perpetuate. To conclude, we are all valuable human beings and beautiful in our own way. The main strategy to fast fix "Bad Body Images" is to first love you, be confident and not believe in all that you see and hear through the different media platforms. ■

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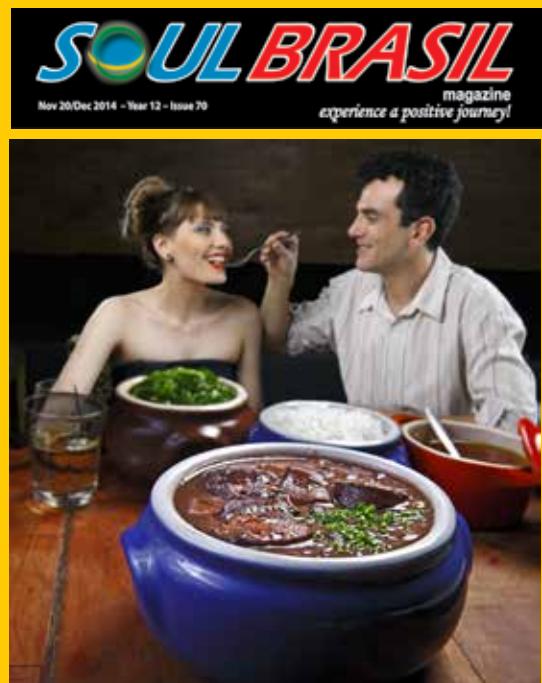


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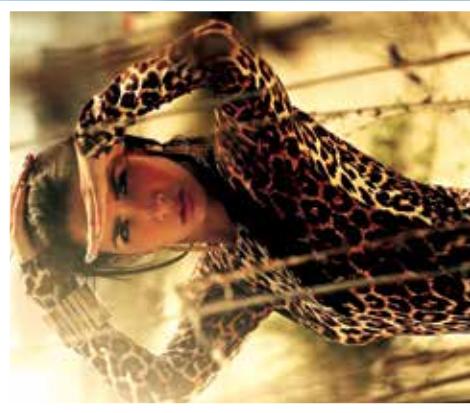
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BORN: Sao Paulo, Brazil; **LIVING NOW:** Orlando, FL; **WEIGHT:** 105; **HEIGHT:** 5'1; **SIGN:** Gemini; **COLOR(S):** White and Pink; **FOOD:** Mom's lasagna! In general I love Italian and Brazilian cuisine; **HOBBY:** Rollerblading, reading, meditating, dancing salsa and samba, playing guitar! **SPORT/FITNESS:** Weight lifting, bicycling and tennis; **MUSIC:** Samba, Reggae, Reggaeton, Axe, Pop, Romantic; **CAREER:** Singer. My new video clip "Zamba Reggae" coming soon! To listen my new music "Crystal Moon" please visit www.SoundCloud/Ryacquel; **A DREAM:** To reach millions of people through my music; **MOTTO:** Wherever your heart is that's where you'll find your treasure – Paulo Coelho; ***FULL ARTICLE:** soon at www.soulbrasil.com/soul-in-shape; ***PHOTOS:** Jimmy/Sunny Florida Productions; *****BIKINI, JEWELRY AND FITNESS WEAR:** Ana Bikinis.

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