

# LADIES' HOME JOURNAL MAY 2006 ISSUE HIGHLIGHTS

## -Ladies' Home Journal Editors Available For Interviews-

### LEGAL REGAL CANDICE -- Pg 136

Candice Bergen, 59, who plays Shirley Schmidt on the ever-popular series *Boston Legal* opens up to *Ladies' Home Journal* about kissing costar Tom Selleck, being married, aging and finding spirituality.

On working with Tom Selleck, who guest-starred as her ex-husband on *Boston Legal*, and whether he is a good kisser:

"[Laughs] Very nice, yes. Very nice. In a way he's sort of a throwback to a matinee idol of the '40s and 50s, like Clark Gable, but tall. Very much a man's man, very respectful to women, shy and, you know, very open and cute about being nervous. Everyone says, 'But his politics are so right wing' [EDITOR'S NOTE: Bergen herself is a vocal Democrat]. But to me, it takes no small amount of courage or self-awareness to profess politics that are contrary to the politics of almost everyone else in your business. Plus...There's no bull. He doesn't come with any entourage, and I'm a big supporter of that."

On the cast of *Boston Legal* :

"It's a cast of grown-ups. [James] Spader and Shatner are meticulous actors, in different ways. Spader not only knows all his own lines, but he learns everyone else's lines, too. He's so charming and wonderful and predictable—and genuinely eccentric, which makes him fascinating. He's also very seductive, and women are mesmerized. Women pay attention to everything he says. You feel you have to do what he tells you to do. He'll look at the shoes I'm wearing and go, 'I think you ought to think about those shoes.' I'm usually wearing Merrells—so comfy. Bur around James, even off camera, I wear proper heels."

On getting older:

"Oh, everybody I know is better older. They're more relaxed, they're more mellow, they're more alert as a friend, they have confidence...you really do acquire a kind of 'I don't give a dam' about what people think, which is so liberating. I love this age now because I know I'm so lucky to have a marriage that is so loving and full. And then, to further enrich it I have a job now that is the kind that doesn't come along. I mean, it was already rare enough that *Murphy Brown* came along when I was 41. And now to have writing of this caliber and these actors that are a dream to work with, it's , you know, just an extremely well-rounded, rich life."

Secret silly things she does:

"I order a lot of costumes, for my dog. This year, for Halloween, he was Batman, though he wouldn't keep his bat ears on...My daughter and I like to reenact moments from...well, you know that section of *Us* magazine called 'Stars: They're Just Like Us'? We do a lot of that. Look: [Candice Bergen] taking out garbage! [Candice Bergen] washing the dog!"

If someone were to make a movie of her life, what would it be like?

"...whoever played me would have to be someone who aged well, because frankly—except for the dying part—getting older is so fabulous. I love it."

On spirituality:

"I know that I'm supposed to become more spiritual, out of sheer terror, if nothing else. I'm always a little suspicious of people who are in their 50s and 60s and suddenly become devoutly religious after having been, you know, really vocal atheists all their life. I think by that time it's too late to curry favor. But...I do find spirituality everywhere. For me, spirituality can be about establishing connections with nature, with other people. New York is a very spiritual place for me because you make such random connections with total strangers. You can be at a museum or standing on a street corner, and there's this moment of connection, of shared appreciation for a moment, that is spiritual."

Was meeting husband Marshall Rose love at first sight?

“Pretty close to it! It was certainly trust at first sight, which goes a long way. I was immediately drawn to him and just thought that he was not only extremely attractive but also a fine man. Someone very unusual and fun. And so, you know, I’m very lucky.”

*LHJ* asked Candice Bergen why her hair looks like a flattened Furby on Boston Legal. Bergen replied: “Hmmm. You’re not the first person to mention this. I’ve gotten some complaints—always from women—who are like, ‘What’s with the hair?’ I wanted empress hair, but maybe I got Furby.”

### **THIS IS YOUR BODY ON STRESS-** Pg 188

Stress-related complaints account for at least three-quarters of doctor visits, and more than 40 percent of adults suffer health problems as a result of stress. *LHJ* provides tips on how to manage stress.

To be effective, stress management must become a part of your daily routine. Try these techniques:

- Pay attention to your aches and pains. Stress tends to first appear in the shoulders and the back of the head.

- Stay close to friends and family. Stress causes the releases of the hormone, oxytocin, which sets off a desire to bring children and friends close. The closeness produces more oxytocin which helps reduce stress hormones. If you’re stressed, call your mom, spend time with friends or children.

- Choose the right exercise. Even a quick walk, 10 minutes on the treadmill or a game or tug with a dog can release stress and lower your stress response. Choose an exercise you enjoy or you may actually increase your stress level.

- Try to gain a sense of control over something. People with little control over their work tend to have more work-related stress than those with authority. Seek control where possible. Try volunteering to work on projects that interest you or even organizing a messy drawer.

- Laugh it up. Studies show that watching a half hour of comedy on television each night can lower stress hormones.

- Cuddle your kids. This will make you feel better and will also improve the child’s ability to deal with stress as an adult.

- If self-help doesn’t help, consult a professional. Therapy can help people develop skills to deal with stress. Meditation is another stress-coping method.

Plus, how stress can affect your heart, immune system, waistline and brain in the May issue of *Ladies’ Home Journal*.

### **TOP SKIN SABOTEURS --** Pg 46

What is really irritating your skin? *LHJ* suggests simple tips to improve your complexion.

1. Hands Off! – Wash your hands throughout the day to avoid transferring the bacteria you come in contact with to your face. Keep hands away from skin and make sure to dry your face with a clean towel. Cleaning makeup tools at least every two weeks and using hand sanitizers when washing is not possible can also reduce the spread of infection.

2. Become a Cleaning Lady – Most skin types benefit from cleansing in the morning and at night. If you only have time to wash your face once daily, opt for nighttime to remove sweat, makeup, pollution and dirt, all of which can clog pores. Do not apply nightly cream treatments to dirty skin. Also, be sure to pick the right cleanser. Gentle, non-soap products like Cetaphil Gentle Skin Cleanser, \$8, are recommended.

3. Eye-Q – Incorporate eye cream into your routine to protect against sun damage, hydrate and reduce signs of aging. Try products that also reduce dark circles, fine lines and puffiness.

4. Please Don’t Squeeze the Blemish – Popping pimples will only make skin worse. Picking skin can force bacteria deeper into the pore, worsen inflammation and even spread bacteria to other pores causing new breakouts. Scarring can also result. Instead, spot-treat with benzoyl peroxide or salicylic acid, available at drugstores.

5. Keep Your Balance –Smoking, stress and sugar can all exacerbate skin conditions. Smoking can lead to premature aging, while stress can increase oil production and result in acne. The affect of sugar consumption on the skin is still up for debate, but eating a well-balanced diet and drinking plenty of water definitely benefit the skin.

### **WOMEN’S NEW HEART-ATTACK RISK-** Pg 184

A clear angiogram does not necessarily mean you are healthy. *LHJ* investigates coronary microvascular syndrome (CMS), the little-diagnosed reason why up to 3 million women are at

increased risk for major cardiovascular problems.

- CMS is more common in women than men.
- With CMS, the fatty material spreads evenly throughout the artery walls without clumping so angios appear clear, but blood vessels are not.
- Beta-blockers, nitrates, statins, cholesterol-lowering drugs and exercise are used to treat CMS.
- Signs of danger include: (if you have these symptoms for more than 5 seconds or in response to exercise or stress, see your doctor immediately)
- Pain or press in the upper chest or upper stomach area, or arm or shoulder discomfort.
- Severe fatigue or shortness of breath from little activity, like walking up stairs.
- Pressing discomfort in the middle of the chest that extends to shoulders or neck.

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