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The Portland Observer Black History Month

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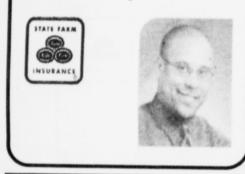
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FAB LIVING W/ REBEKAH STAR

n a recent conversation with one of my girls we began to talk about a conversation she and her mother recently had about what she should do with her life. Needless to say, my 34 year old friend was aggravated. You understand You get that feeling like Mom is trying to run your life- even at 30, 40, or 50 years old. We all know how it can make the relationship quite contentious at times. The funny thing is; our relationships with our daughter will very likely be the same. Giving advice that sometimes falls on deaf ears. How much of what she's telling you is true? It may take years and years that go by before you realize "Mom may have been right about that", and the 'Aha' moment hits us. Here's a quick look at some of the common sayings that have been passed down from generation to generation. A couple of these hit home for me, How about you?

"Stop Biting Your Nails"

Chewing on your nails is not only unattractive, but also makes your nails weak and prone to peeling and splitting. It can also provide an easy way for bacteria to enter the body and create infection. Biting your nails can also lead to last damage and can be very painful. For many women with this problem, getting a manicure with bright colored polish can provide enough incentive to stop the chomping. Some dermatologists say that excessive biting can be a sign of high stress levels or chronic anxiety.

"When are you going to bed, It's getting late"

I guess the 'Early bird get's the worm' is kind of another wa

y of saying this one: Early to bed, early to rise is certainly a wise choice. Sleep deprivation will cause

Mother **Knows Best**

a huge number of disparities to our mind & body. Some of those conditions include weight gain, acne, diabetes, stress and low energy levels -- the list goes on and on. It is extremely unhealthy to miss out on sleep. It allows your body time to repair itself from all of the damage and pollution our body endures during the day. Interrupting that process will slow down cell turn over. In short, it interferes with the proper function and flow of our body. Say Goodbye to problems and Hello to 8 hours of sleep!

"Stop Picking at your skin"

Going around with a huge pimple is just asking for the self-consciousness to creep in. I know it's hard to do, but you must keep your hands off! Squeezing and picking can cause more irritation, redness, swelling, and as we discussed in a previous article, scarring (dark spots). Another drawback is that in most cases it will take longer to heal than if you would have just left it alone. So, it doesn't take much to figure this one out. Mom wins!

"Sit Like a Lady"

This one is pretty old fashioned. It reminds me of the days back as a Debutante- Shoulders back, head up. That kind of thing. I have to admit though, getting in the habit while your younger certainly makes it second nature. Studies show that crossing your legs at your ankles, rather than knees, can help prevent spider veins. Sitting tall also gives a really lovely, confident appearance.

Did any of these hit home for you? Let me know what your favorite sayings from your mother are by visiting our Facebook page "FaB Living w/ Rebekah Star" Until next week, Live FaBulously!





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