

A LIFESTYLE & ENTERTAINMENT MAGAZINE FOR CENTRAL MASSACHUSETTS

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Worcester REBORN

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3 LIFESTYLE PROBLEM-SOLVERS

Merilee **KERN**

Everyone has a few little problems. There's nothing better than finding ways to ease and enhance our daily lives, so here are some ways to ease some common problems and stay healthy.

The International Hyperhidrosis Society

Excessive sweating is a serious medical condition (hyperhidrosis) affecting both kids and adults. Research shows that nearly 5 percent of the population – approximately 367 million people – are struggling with extreme or uncontrollable sweating – be it on their hands, feet, face, torso or lower extremities. From stress and embarrassment to depression and isolation, hyperhidrosis takes its toll, but there's help! The International Hyperhidrosis Society provides support, resources and expert perspective to those struggling with this condition. It's the only global nonprofit organization dedicated to improving the lives of those affected, while also supporting health care providers and researchers. On the website, you'll find information on comprehensive treatment options, U.S. insurance codes, clinical trials, a physician finder, a useful award-winning blog and much more. There's also amazing product discounts on useful sweat-management products. SweatHelp.org.

Heart Smart for Women

Speaking of feeling well, next is the *Heart Smart for Women, Six Steps in Six Weeks to Heart-Healthy Living* book. You're never too young or too old to get on the road to heart health, so female cardiologists Jennifer Mieres and Stacey Rosen provide a comprehensive, easy-to-follow roadmap helping women take responsibility for their heart health and become their own health advocates. It's written to help educate women of all cultures and backgrounds about risk factors that females have, how to determine one's individual risk – along with a personalized risk assessment – and how to start making small changes in the five identified areas to promote a longer, healthy life. Heart disease is preventable and treatable – this book will teach you how to keep this organ healthy. Amazon.com.

HealthyWage Weight-Loss Wagering

For those looking to shed a few pounds, recent studies have shown money is an effective motivator to “increase both the magnitude and duration of weight loss.” So many individuals and employee groups have turned to HealthyWage – the leading provider of money-driven diet challenges. Known for pioneering innovative weight-loss contests and programs, HealthyWage provides cash incentives along with social and expert-based support, tools, resources and goal-setting and tracking technologies to foster participant success. More than 200,000 participants have collectively lost more than 10 million pounds and earned more than \$5 million in cash prizes for their pound-shedding success. Healthywage.com.

As the executive editor and producer of “The Luxe List,” Merilee Kern is an internationally regarded consumer product trends expert and hospitality industry voice of authority – a travel, dining, leisure and lifestyle expert who spotlights noteworthy marketplace innovations, change-makers, and movers and shakers. For more information, visit TheLuxeList.com, on Twitter @LuxeListEditor, on Facebook at [TheLuxeList](https://www.facebook.com/TheLuxeList) and on Instagram at [LuxeListReviews](https://www.instagram.com/LuxeListReviews).

