

SPIRALIZED

VOL. 8

SUMMER 2019

**POWERFUL
PLANTS**

FOODIE MAKEUP
P. 10

**GLOBAL GRUB:
ATLANTIC CITY**

SUN, SAND & SLOTS
P. 25

PASSIONATE PANELLE

MODERN SICILIAN CUISINE
P. 35

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PASSIONATE
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MODERN SICILIAN CUISINE



**FINALLY
FRUITS!**

SPIRALIZED IS
OPEN-MINDED AND
DELICIOUSLY
ENTERTAINING

WHAT'S IN THIS ISSUE

letter from the editor



One of the reasons I began working with Spiralized Magazine was that I was tired of the divide between the healthy and the unhealthy. I was sickened by strangers feeling the need to tell me my hamburger was killing the world and myself. Almost 2 years later the food climate doesn't seem to be any better. I wish I could say that it's not hard to deal with the constant waves of food shaming and identity gastronomy. But all I know is that the world is filled with great things to eat and the unique people that create them.

We must all learn to build wellness boundaries and look for the balance within ourselves, eat and live for today. I know you will make this summer delicious in all the ways possible because you're healthy enough!

Gina Keatley

EDITOR IN CHIEF



"The main
facts in
human life
are five:
birth, food,
sleep, love
and death."

— E. M.

Forster



01

GENNIFER ROSE @GENNIFEROSE_BLOG

Mother, fashionista & California food expert.



02

BETH WARREN @BETH_WARREN

Kosher Cookbook Author & Fly Fashionista



03

JANE KO @ATASTEOKOKO

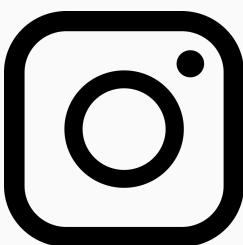
Always fabulous combining beauty & lunch.



04

MAYA FELLER @MAYAFELLERRD

Nutrition Expert & Tasty Trend Maker



Totally Followable Foodies: Fashion & Passion

Summer.

Savoring Sun

FOOD. FOOD LOVES ME.
I LOVE FOOD. FOOD LOVE
ME. I LOVE FOOD. FOOD LOV
E SUMMER. FOOD LOVES ME.
FOOD LOVES ME. I LOVE FOOD.
FOOD. FOOD LOVES ME.
I LOVE FOOD. FOOD LOVE
ME. I LOVE FOOD. FOOD
LOVES ME. I LOVE FOOD.

tasty
trend

KAKIGÖRI

Kakigōri is a Japanese shaved ice dessert flavored with syrup and a sweetener, often condensed milk

By Carley Conway





A Japanese dessert made from shaved ice flavored with condensed milk, small colorful mochi, fruits, and Azuki beans.

Ingredients:

3/4 cup milk
3 tbsp sweetened condensed milk
Canned or fresh pineapple
Canned Azuki red beans

SHIROKUMA

Directions:

- (1) Mix the milk and sweetened condensed milk in to a measuring cup.
- (2) Pour into popsicle molds, fill about 75%.
- (3) Add several pieces of pineapple and Azuki beans.
- (4) Add milk mixture to fill molds.
- (5) Place popsicle sticks in the molds and freeze for at least 6 hours.
- (6) Enjoy!

UJIKINTOKI



A traditional Japanese matcha green tea shaved ice dessert.

Ingredients:

1 cup hand-shaved ice
1/3 cup red bean paste
1/4 cup sugar
1/2 tbsp matcha green tea powder
2 tbsp hot water

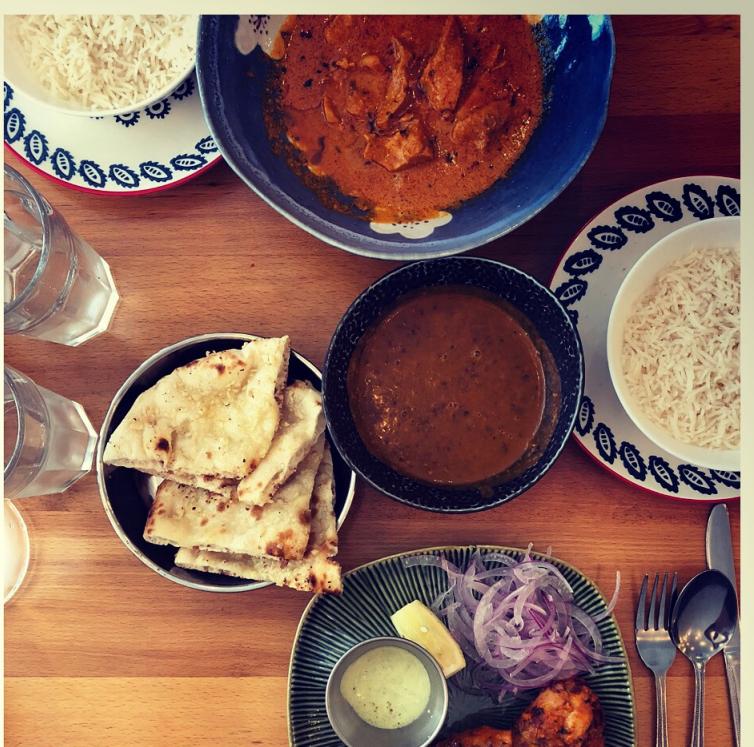
Directions:

- (1) Make green tea syrup by combining sugar, matcha green tea powder and hot water. Whisk until sugar is dissolved. Place in refrigerator to cool.
- (2) Using a Japanese Manual Shaved Ice Maker. Shave about 1 cup of ice.
- (3) Place ice on the bottom, drizzle green tea syrup and top with red bean paste.
- (4) Enjoy!

We found it first.



I'm not saying we should take all the credit for the crazy love Adda Indian Canteen in Long Island City, NY is getting from James Beard, The New York Times and Thrillists, but we did find it first. Our creative director gave them Instagram love on their second day open (Sep 15, 2018). So take that other foodies! #firststrike



MES OF INDIA
GOVT BULLYING FEDERATIONS TO AGREE TO SPORTS DEVELOPMENT BILL, SAYS IOA | 17
rees felled!
LLING AT LANSDOWNE CHOWK, THERE'S A RAY OF HOPE AS INDIGENOUS FOOL AS PART OF ENO 100 MILLION TREES BY 2017 CAMPAIGN

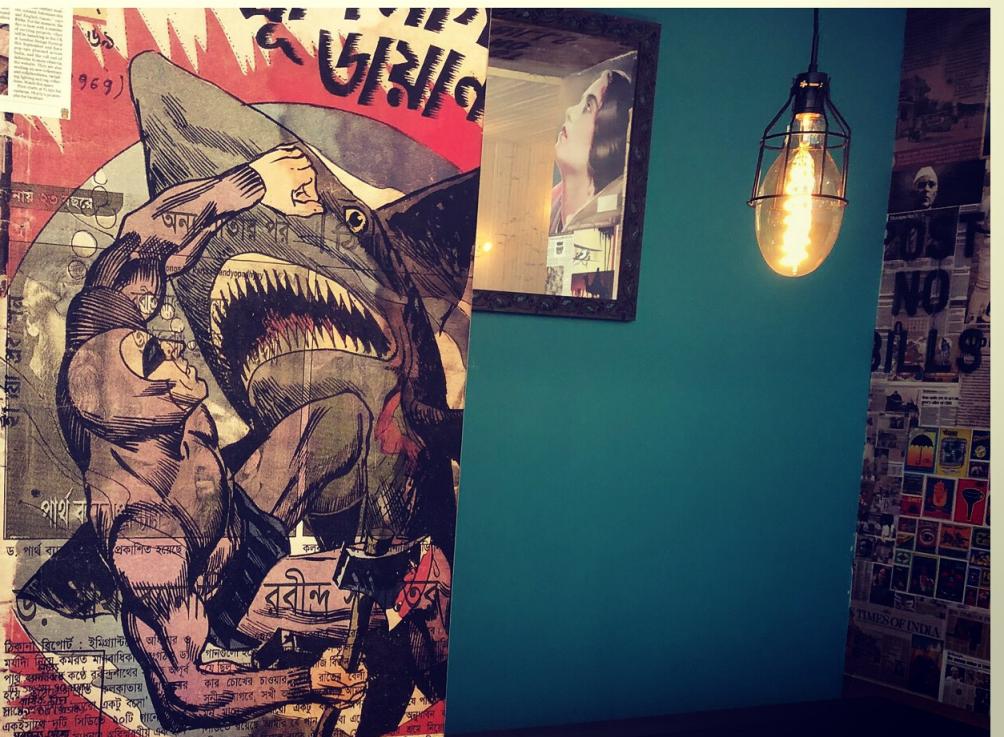
members of environmentalists shguna, too, expressed their g the chopping down of the species. Eventually, it took no time to prevail. It took once to convince the protest most immediately the unfriendly road. It was given that the DFO Dehradun time ago given the go-ahead of 37 green trees at several the city/road widening underlines. Some expressed that road was a city imperative, and so trees couldn't be understood as right perspective such as those from the Uttarakhand Jan Sena were totally re-hashed. As approached the environment in from citizenry such as the trees should be accommodated in the beautification process or they should have been. "This a vicious and atrocious act," avers Himanshu Negi, a senior executive with Timex. I wonder why there is such undue rush to

>> Students planting trees during the campaign

ENO ENVIRONMENT ONLINE, INDIA 100 MILLION TREES BY 2017 CAMPAIGN FOREST FOR LIFE OFFER 20 MAY 2016

butchered in the city. There were a heartening happenings around the world, relating to trees. Under the auspices of Environment Online, India, and Act Now organization, students of Jawaharlal Nehru Public School, Raipur, Dehradun, planted a number of indigenous trees as part of Environment Online's Trees by 2017 campaign. More than one million trees were planted by over 2000 students in 163 countries

many other international agencies and projects. Country, responsible for ENO India and President of Act Now Ravi K. Srivastava believes that sustainable development meant environmental, economic, social and cultural well-being. He said that "it could be no sustainable development without education. He further said that in the changing and global environment of today, it was imperative that people be engaged in the process

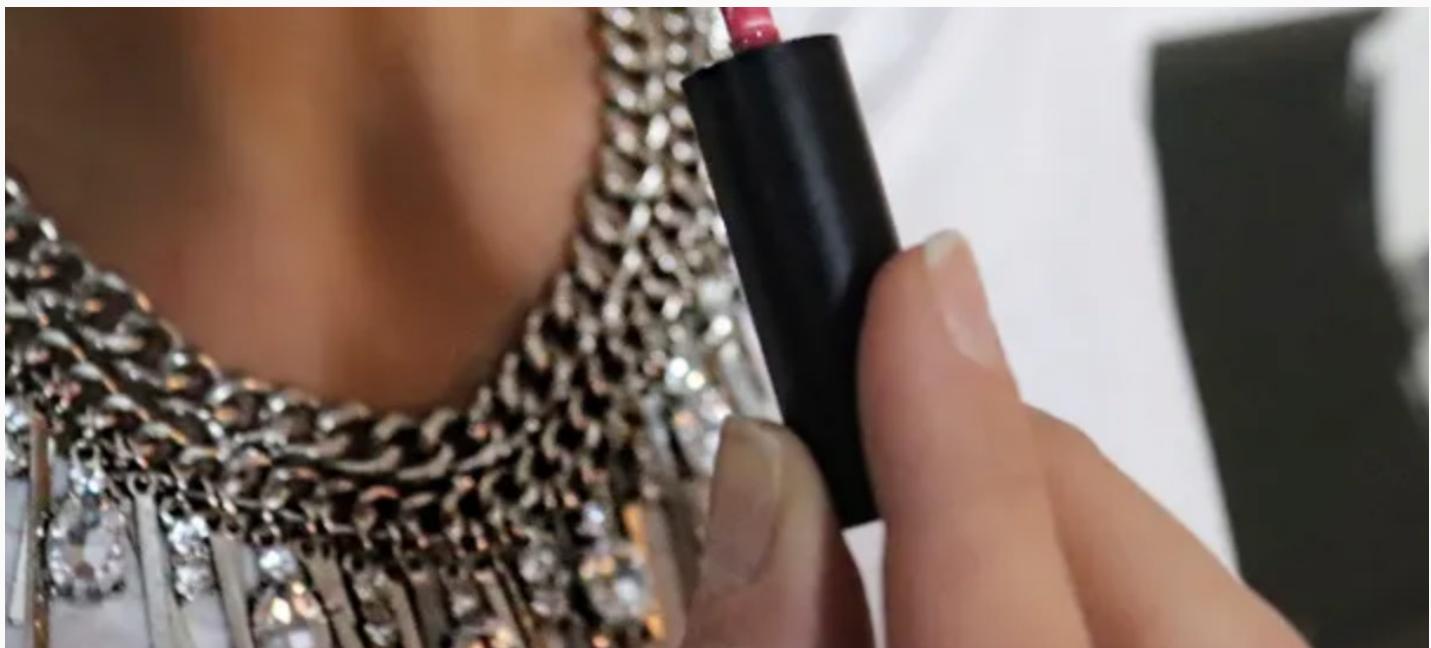


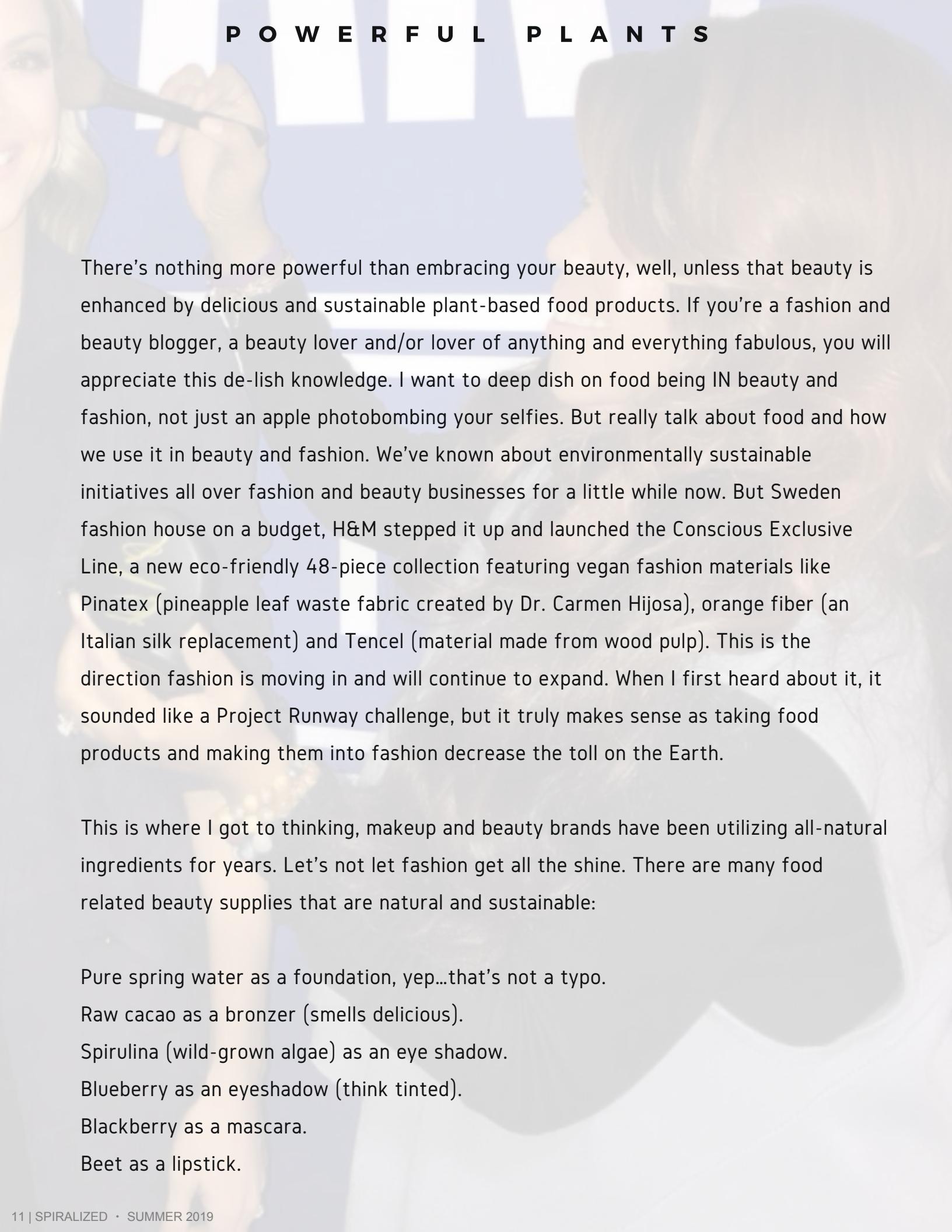
POWERFUL PLANTS

FOODIE MAKEUP



BY BRANDY GOMEZ-DUPLESSIS
HAWAIIAN BASED CELEBRITY MAKEUP ARTIST & INFLUENCER





There's nothing more powerful than embracing your beauty, well, unless that beauty is enhanced by delicious and sustainable plant-based food products. If you're a fashion and beauty blogger, a beauty lover and/or lover of anything and everything fabulous, you will appreciate this de-lish knowledge. I want to deep dish on food being IN beauty and fashion, not just an apple photobombing your selfies. But really talk about food and how we use it in beauty and fashion. We've known about environmentally sustainable initiatives all over fashion and beauty businesses for a little while now. But Sweden fashion house on a budget, H&M stepped it up and launched the Conscious Exclusive Line, a new eco-friendly 48-piece collection featuring vegan fashion materials like Pinatex (pineapple leaf waste fabric created by Dr. Carmen Hijosa), orange fiber (an Italian silk replacement) and Tencel (material made from wood pulp). This is the direction fashion is moving in and will continue to expand. When I first heard about it, it sounded like a Project Runway challenge, but it truly makes sense as taking food products and making them into fashion decrease the toll on the Earth.

This is where I got to thinking, makeup and beauty brands have been utilizing all-natural ingredients for years. Let's not let fashion get all the shine. There are many food related beauty supplies that are natural and sustainable:

- Pure spring water as a foundation, yep...that's not a typo.
- Raw cacao as a bronzer (smells delicious).
- Spirulina (wild-grown algae) as an eye shadow.
- Blueberry as an eyeshadow (think tinted).
- Blackberry as a mascara.
- Beet as a lipstick.

P O W E R F U L P L A N T S

Of course, these are not the only uses for food products as makeup.

Blueberries can be used as a blush with that effortless flirty shade, a beautiful stained eyeshadow shade or used to darken your brows which will give them this dark red highlight. Now that's DOPE.

Beyond just color, companies such as JAVA Skincare is using organic green coffee as a topical antioxidant for the skin. The coffee is sourced from farms that are shade grown, Fair Trade, and Rainforest Alliance certified. Now some of you advanced makeup mafia, already hip to the game, knew about Canadian cosmetics company BITE Beauty being an organic brand made with food grade ingredients infused with resveratrol.

I'm sure that if you check your Instagram timeline, it's flooded with pics of your favorite bloggers and influencers rocking fashion and beauty from sustainable materials.

Being a makeup artist myself and the owner of a mineral based makeup line called Entitled Beauty Cosmetics, I find that with technology and creativity beauty and fashion can be done in better ways. It is apparent that our future in fashion and beauty is not only brighter but equally as beautiful and probably tasty as hell!





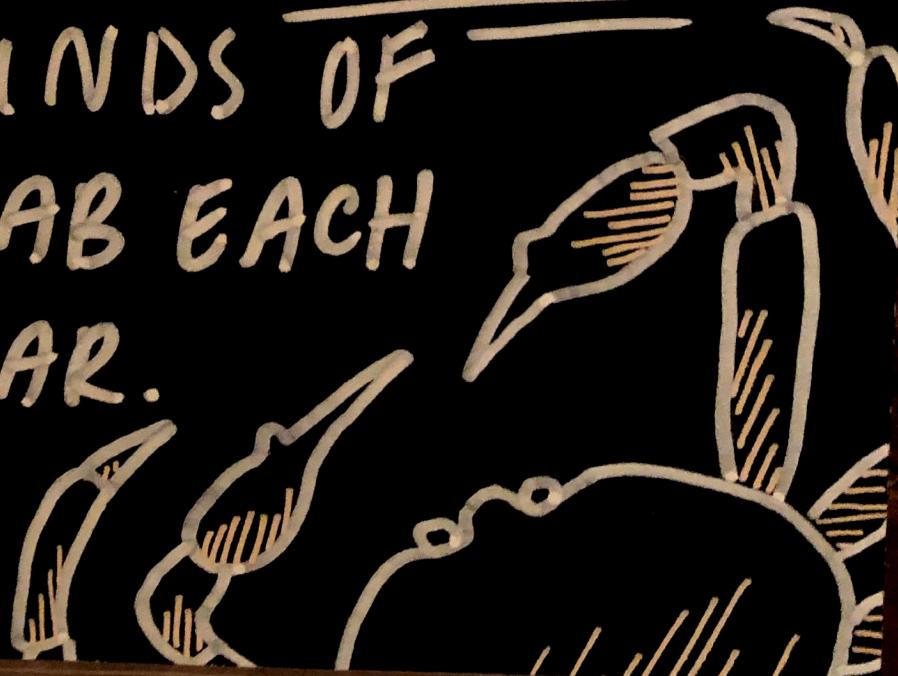
GO WEST & EAT

At Spiralized, we are crab people. From blue to snow to king if someone is steaming crab, we're eating it. So, when we got an invite to check out some Alaska seafood at the Little Owl in the West Village of New York City we picked up our claw crackers and RSVPed yes!

We all know seafood is good for us but maybe you just don't know how good. It's freakily, ridiculously, outrageously healthy, so stop buying weird protein powders and get cracking toward natural wellness.

CRAB

ALASKA CATCHES
NEARLY 75 MILLION
POUNDS OF —
CRAB EACH
YEAR.



To start with, Alaska seafood is a complete and high-quality protein, as well as a key source of omega-3 fatty acids (DHA and EPA), and is naturally high in many essential vitamins and minerals including Vitamin A, B-12, D and E. Bro, that's good!

Secondly, evidence continues to emerge about the beneficial effects of seafood long-chain omega-3 polyunsaturated fatty acids on cardiovascular disease and generally reducing inflammation. A recent review by the American Heart Association continues to recommend eating fish at least twice a week for a healthy heart.

Finally, it's fun! Remember the fun you used to have before you got all gluten free on us? Cracking those legs and hunting for delicate, unique and sweet taste is what summer memories are made of! So, get out of that smoothie line and return to real protein the way Neptune intended.

Check them out for yourself
alaskaseafood.org



TOMATO SEASON



A SOURCE OF
VITAMIN C,
POTASSIUM,
FOLATE AND
VITAMIN K



WINGING IT. FAVORITE FLATS

PICKS BY NICOLE WILKINS

I was introduced to wings in my college years and I guess I am not the only one. Wings have had such a big impact on some students they decided to master the fry and open up their own wing joints. Here are a few picks for great wings made from the minds of students. Congrats 2019 graduates!

PLUCKERS KILLEEN, TX

When Mark and Dave were freshmen at UT, the only restaurants that delivered to the dorms were pizza and Chinese. Along with a group of frustrated friends, the idea for a solution to their late-night cravings was hatched. They would open a delivery wings restaurant!

WING SUPREME OKLAHOMA CITY, OK

Wing Supreme was established by a few students attending Howard University in Washington D.C. Wing Supreme has a blend of 11 secret spices that uphold the tradition from Buffalo which provides a unique and distinguishable flavor.



A BUFFALO WING IS A CHICKEN WING SECTION (FLAT OR DRUMETTE) THAT IS GENERALLY DEEP-FRIED THEN COATED OR DIPPED IN A SAUCE CONSISTING OF A VINEGAR-BASED CAYENNE PEPPER HOT SAUCE AND MELTED BUTTER PRIOR TO SERVING.

Whatcha Makin'

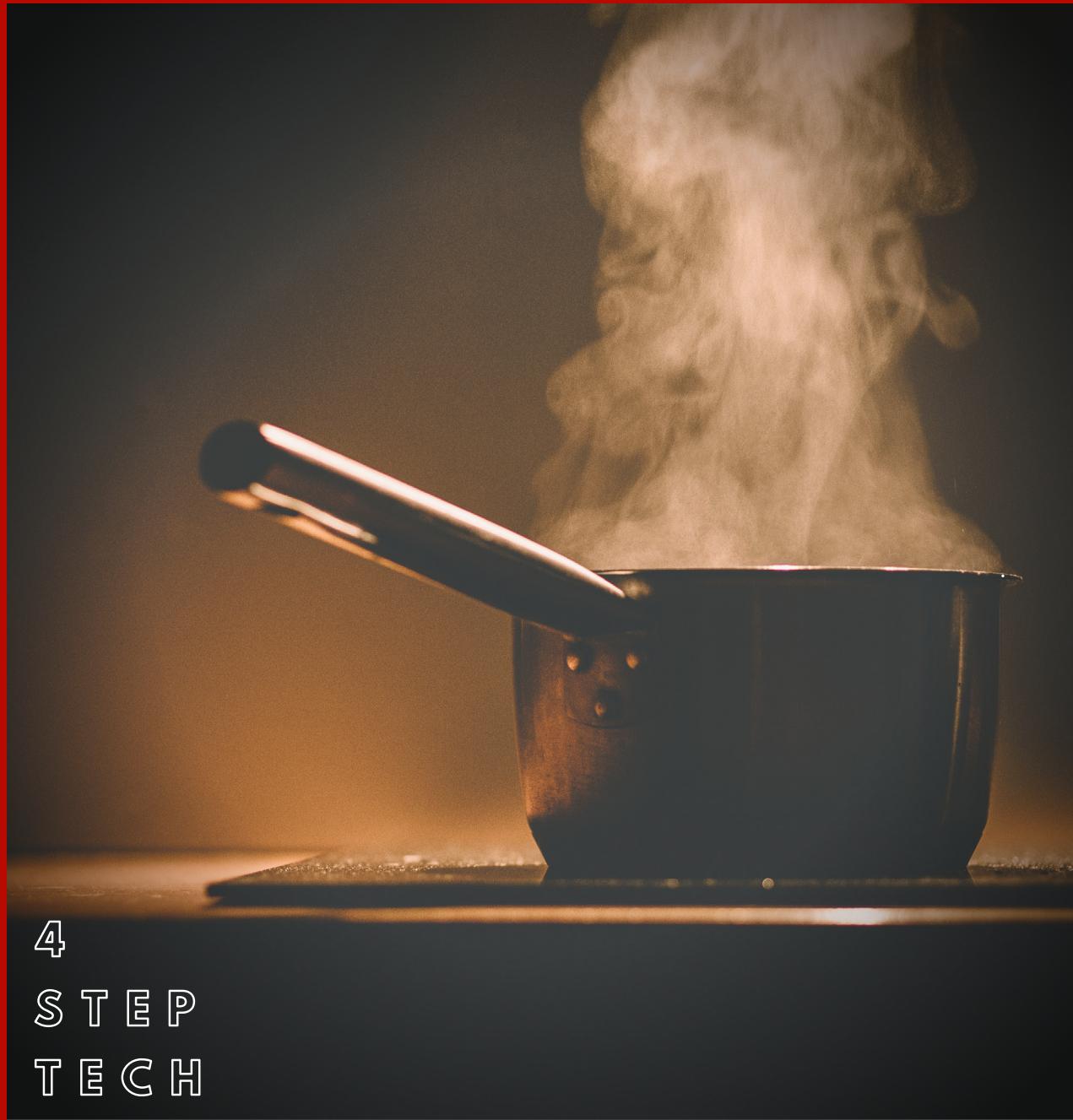
WITH GINA KEATLEY

Coming Soon

KICKASS COOKING METHOD

STEAMING

4. STEAM RISES AS THE WATER BOILS. COOKING
THE FOOD IN THE PERFORATED VESSEL ABOVE



4
STEP
TECH

3. FILL YOUR STEAMER WITH SMALL EVENLY CUT
FOODS FOR CONSISTENT COOKING TIME &
DONENESS

2. FILL YOUR PAN WITH 2 INCHES OF WATER OR
FLAVORED BROTH

1. PICK YOUR VESSEL. STAINLESS STEEL
BASKET, BAMBOO OR ELECTRONIC

WHY SHOULD I STEAM?

IT KEEPS YOU HEALTHY. STEAMING IS ONE OF THE HEALTHIEST COOKING TECHNIQUES! WORRIED ABOUT NOT GETTING ENOUGH VITAMINS? STEAMING KEEPS THEM IN THE FOOD AND OUT OF THE POT.

IT IS FAST. LIKE CRAZY FAST. IT'S SUMMER AND YOU ARE BUSY. YOU DON'T WANT TO SPEND AN HOUR IN THE KITCHEN HEATING UP EVERYTHING, SO DO NOT EVEN THINK ABOUT TURNING ON THAT OVEN AND STEAM BABY STEAM.

IT'S A SUPER VERSATILE TECHNIQUE. YOU CAN STEAM VEGGIES AND LEAN PROTEINS TO BREADS AND EVEN CUPCAKES. THIS LITTLE STEAMER HAS EARNED ITS SPACE IN YOUR OVERLY PACKED KITCHEN COUNTER.

This season will include the Company's annual benefit dinner on opening night, raising funds for the non-profit organization.

Eat for Art: Dance

peridance.com





*"To eat is human,
to digest, divine."*

-Mark Twain

CLASSIC AMERICAN CORNBREAD

BY ROGER PARKER



Classic American Cornbread

Ingredients:

1 cup milk
3 tbsp butter
1 tbsp molasses
3 cups cornmeal
1/2 cup wheat flour
1 pinch salt

Directions:

1. Place saucepan over low heat to gently warm up the milk to scalding. Add butter, molasses and salt. Stir well.
2. In separate bowl, mix cornmeal and flour.
3. After milk, butter, molasses and salt have heated, combine with dry ingredients in bowl. Mix well.
4. Pour batter into pre-greased pie pan and bake at 375 F for about 30 minutes.
5. Let cool. Slice, serve and enjoy.



ATLANTIC CITY

SUN, SAND & SLOTS

GLOBAL GRUB

BY GINA KEATLEY



Most of these Global Grubs have, well, a global feel. Whether I'm dishing about street eats in Cairo or meals with a pint in Dublin we are usually gabbing about a far-off food haven. This article is focusing on something a bit closer to home for me but just as international—Atlantic City. Yes, this is the "New" Jersey, as I call it. You can still go with the classic games, chews and tattoos but they have added handmade noodles, Mexican-inspired cantinas and an authentic German biergarten to name a few.



This mashup of munchies starts with a classic boardwalk food and a pick for best burger deal on the beach. Towards the Steel Pier is the newly opened LandShark Bar & Grill Atlantic City. Part of the classic Margaritaville and, as any good "parrot head" knows, you must get the burger at Margaritaville. At under 13 bucks this double-stack packs a bite. The signature burgers are cooked medium-well and served with lattice chips. You can also substitute French fries, a mixed green salad or Caesar salad if you choose. Now, I know what you're thinking, Gina that's so touristy. Well, yes, because that's what you are. We will take some time off the boardwalk later but for now just enjoy being a tourist and eating like one. To burn off the burger you can lose some money and gain some insanely large and hard to travel with stuffed animals and I encourage you do so. Do you need these semi-unlicensed plush dolls? The answer is yes, god yes. It's summer so get into the vintage vibe and toss some rings, squirt some water and finish it off with a totally unnecessary ferris wheel ride. This pier has been around since 1898 and has seen many summers of fun so why not join the history and snack on some popcorn and/or cotton candy while you admire the skyline.

Oh, I almost forgot--Atlantic city has something else: gambling. The strip is filled with myriad hotels and casinos with any card game you want and penny slots as far as the eye can see. So, search for your favorite Kitty Glitter and spin to win or at least to get free beverages and make them adult if you want to get the kid ambiance off after your visit to the pier. Keeping it international, inside of the new Hard Rock Hotel Casino, which is owned by the Seminole tribe of Florida is YOYU Noodle Bar some of the best hand pulled noodles I have ever had and trust me I've got a noggin for noodles. For those of you that are like, "what are noodles doing on the beach," well, many casinos cater to a pan-Asian clientele and they demand it. Good for us because we can also get to grab a seat at the kitchen viewing station and watch as they create freshly made noodles and savory broths inspired by Asian street food.



They have some yummy classic soups like Spicy Taiwanese Beef Noodle Soup 台灣牛肉麵, Cantonese Shrimp Wonton Noodle Soup 鮮蝦雲吞湯, Cantonese Roasted Crispy Duck Lai Fun Noodle Soup 明爐吊燒鴨瀨粉. If you told me 10 years ago, I could get crispy duck on the boardwalk I would say fuhgeddaboudit. FYI, they taste even better as leftovers in your hotel bed #seconddinner.

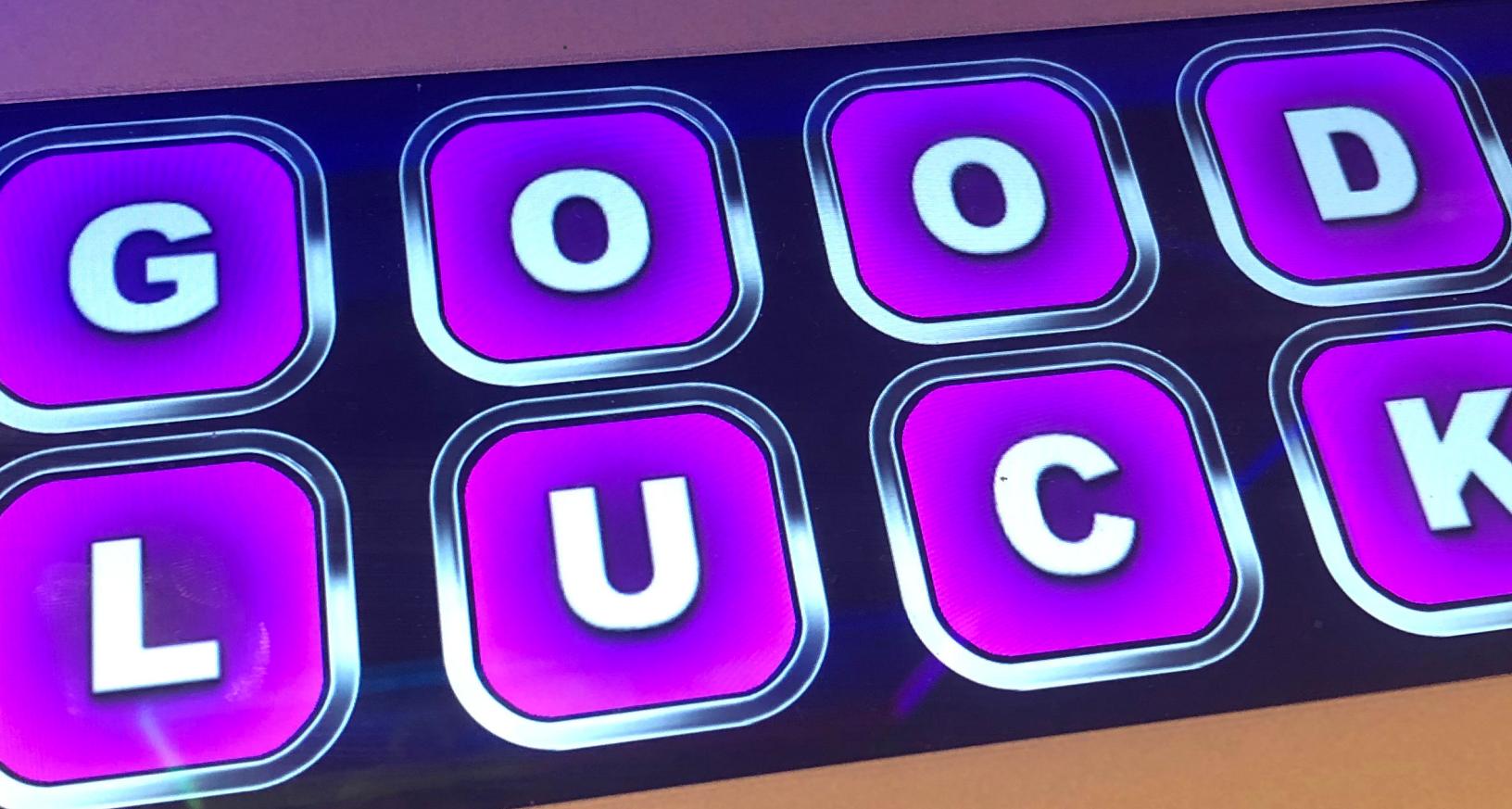


Once you're up and about for your final day why not venture off the boardwalk and grab some breakfast with the locals. Exiting the boardwalk used to be a no-no, but the city has gotten much safer and wandering is a culinary adventure. I suggest you head to Cup and Saucer, a family owned breakfast joint with a Latino vibe. If you are looking for a breakfast burrito or huevos rancheros this tiny diner is the place to go. The portions are generous and it's nice to get a real feel for the Atlantic City past the glitz and glamor of the casinos.

Finally, we capped our weekend of foodie fun with a new addition to the boardwalk the German biergarten. The Biergarten AC offers beers in half liter and liter mugs, they have a complex and complete beer menu. Some of my picks are Münich Helles - golden in color with a well-balanced hop flavor, German Helles - luminous golden yellow with foamy white crown, Dunkel - a rich, dark, full-bodied amber beer accented with notes of roasted malt and subtle bottom fermented yeast tones and Weissbier - a refreshing pale wheat beer with a full-bodied, lively taste perfectly balanced with complex fruity beer aromas. They of course offer Bavarian-style pretzels served with whole grain mustard and Wurzigwurst, a spicy pork sausage with peppers and onion. This is New Jersey after all. But I went for the lighter option with a grapefruit Hefeweizen - zesty, tangy, refreshing 50/50 blend of wheat beer and carbonated grapefruit juice and some bivalves from their raw bar featuring top necks and oysters.



The “New” Jersey is still, well, New Jersey but no one can say they haven’t joined the global food movement. You can still grab a bag of James’ Original Salt Water Taffy to feed to friends when you get home, but you can now get very authentic intentional menus built for the 21st century.



SUMMER

SUPERFOODS

SU·PER·FOOD
'SŪPəR, FŪD/
NOUN
A NUTRIENT DENSE FOOD
CONSIDERED TO BE
PARTICULARLY POSITIVE FOR
HEALTH AND WELL-BEING.



01

ZUCCHINI

02

CORN

03

RHUBARB

04

BELL PEPPERS



05

NECTARINES

06

PASSION FRUIT

07

LEMONS

08

LIMES

WHAT'S BUSHMEAT?

Bushmeat, wildmeat, or game meat is meat from non-domesticated mammals, reptiles, amphibians and birds hunted for food in tropical forests. Commercial harvesting and the trade of wildlife is considered a threat to biodiversity.

SHOULD I EAT IT?

No. The Ebola virus, for which the primary host is suspected to be fruit bats, has been linked to bushmeat. Between the first recorded outbreak in 1976 and the largest in 2014, the virus has transferred from animals to humans only 30 times, despite large numbers of bats being killed and sold each year. Bats drop partially eaten fruits and pulp, then land mammals such as gorillas and duikers feed on these fallen fruits. This chain of events forms a possible indirect means of transmission from the natural host to animal populations to humans.

Check out Pan African Sanctuary Alliance pasa.org to help

NEXT NOSH

BY ORLANDO SILVA

SUPER FASHIONABLE
CAUSE, FOOD WASTE



mISFITS
MARKET



HORMEL Pepperoni now in minis. The same tempting taste that everyone loves, they are a family-friendly favorite with 5g of protein in every serving! Each slice is made with beef and pork and are wonderfully delicious.

hormel.com

Misfits Market is a subscription box of sometimes funny-looking, always delicious produce, designed to break the cycle of food waste. Think of them like an online grocery store, except one that specializes in rescuing food that is unnecessarily thrown away.

Get on the waiting list now
misfitsmarket.com

coming soon

the
LITTLE
BOOK
of
GAME
CHANGERS

50 HEALTHY HABITS FOR
MANAGING STRESS & ANXIETY

Jessica Cording
MS, RD, CDN, INHC



Panelle are
Sicilian fritters.
They are a
popular street
food in Palermo.

PASSIONATE PANELLE

MODERN SICILIAN CUISINE
Q & A WITH THE TEAM AT CONCRETE

 CONCRETEBROOKLYN



There is nothing we love more at Spiralized than passionate foodies so when a new art influenced Italian eatery arrived by our office, we had to know more about these new paisan. Concrete is a casual dining experience located on the border of the Brooklyn neighborhoods: Bedford-Stuyvesant and Bushwick. The space features an open kitchen, dining area, full bar and performance stage.

Their menu includes a variety of plates from both Italian and American cuisines, in addition to a selection of Sicilian street food favorites. After some double kissing, wine drinking and appetizer tasting we got down to business. Below is a scrumptious Q & A with the Concrete owner, Francesco Alessi & crew.



Sicily is the largest Mediterranean island and it is just off the "toe" of Italy's "boot." This Sicilian based eatery is a bit closer located in Bedstuy, Brooklyn.



Q: We know you're located in Bedstuy, can you tell us a bit about that. Can you tell us what to expect and how it impacts the community?

A: Concrete is an interdisciplinary space run by creatives. We aim to inspire, cater and interact especially with a creative audience. Our mediums were initially food and visual arts. We are now working on presenting a very interesting calendar of events as soon as Winter 2019.

Q: What is a must eat for readers when they come to visit?

A: We have been getting equal praise for our appetizers, pastas and burgers. Our 10-hour slow-cooked minced beef and DOP San Marzano Tomato Sauce Ragù is probably our best seller, our meatballs and mozzarella in carrozza, a deep fried mozzarella sandwich with (or without) anchovies, the fried calamari, the scoglio, the seared tuna with sesame seeds, the veal cutlet with prosciutto crudo di Parma, parmigiano fondue and our tiramisu has definitely brought a lot of people back.



PASSIONATE PANELLE

Q: Why are you passionate about Sicilian cuisine?

A: I grew up in Sicily and relocated to New York in 2008. Food and hospitality played a big role in my family's upbringing.

Q: There is always art on the walls, can you speak about the passion of the art matching your passion?

A: We come from different angles of art practice, Candace Fong, our GM and Co-designer of Concrete has been active as both a dancer and a painter back in Baltimore and New York, I have been in the music industry for about fifteen years and grew up in my parent's pottery factory. That has definitely had a big role in what we decided Concrete was going to look like inside and outside. We are currently showing the work of Candace Fong, Giacomo Alessi, Hannah Leah Gibbs and Nichole Washington. Mike Lee also loved the project and decided to do a huge mural on the Stockton St. side, which is his largest mural in New York and definitely already a staple in the neighborhood.

Q: Any tips for our readers to be more passionate about their food?

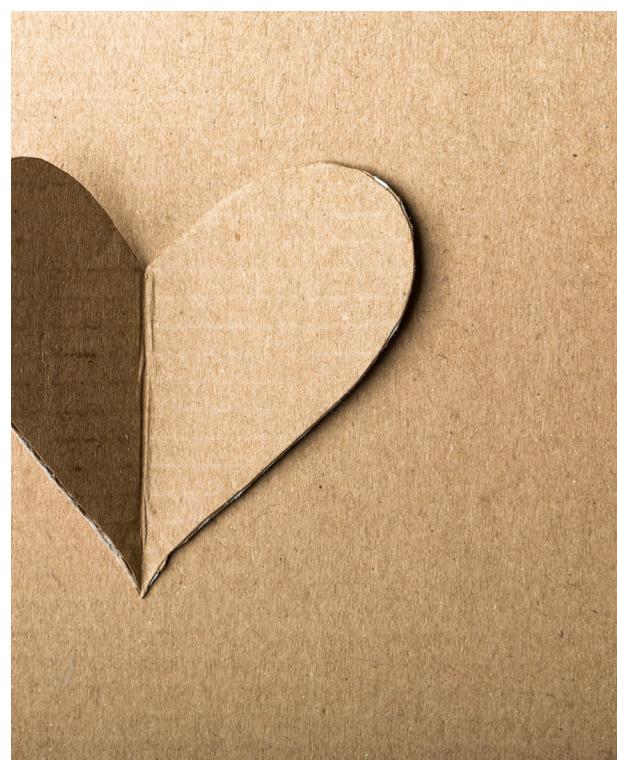
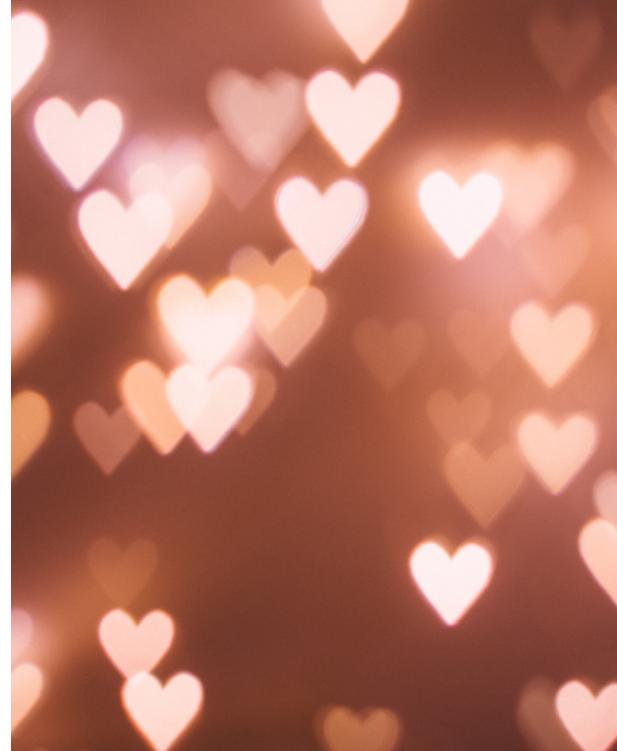
A: Just follow your gut.

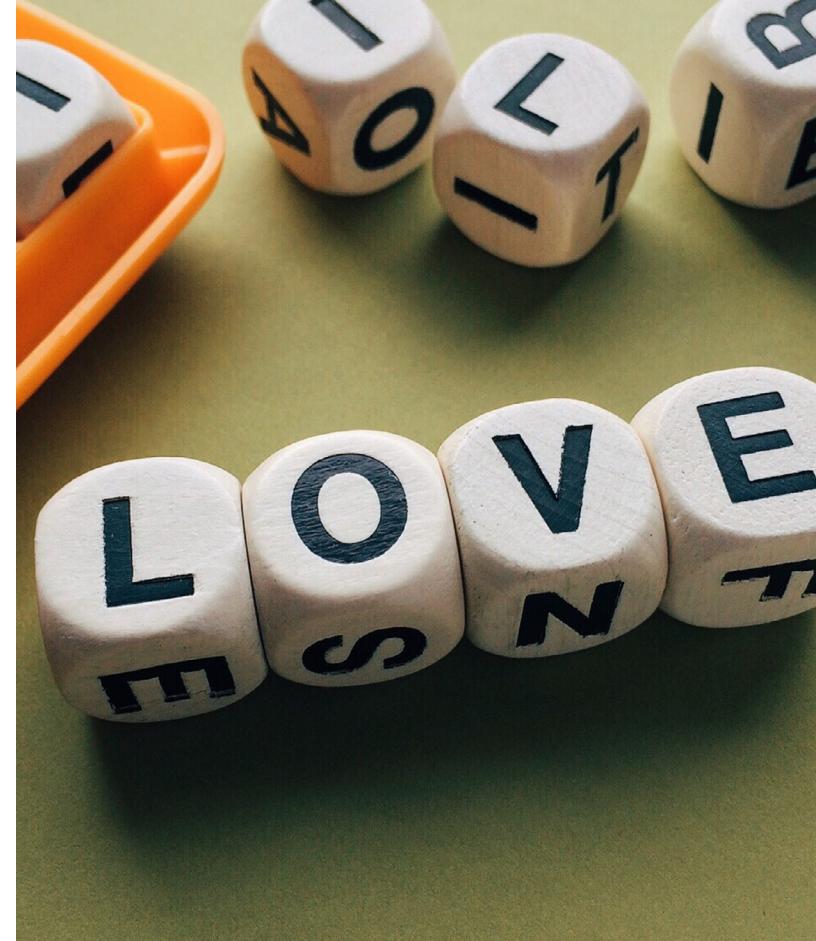
#SUMMER SELFLOVE KNOW YOUR #'S

BY JEFF SINGLETON

In the season of Summer Lovin' we remind you of some important numbers for heart health because, you know, we love you and you should too!

CHOLESTEROL: KEEP THE TOTAL LESS THAN 200 MG/DL AND THE LDL (LOUSY CHOLESTEROL) LESS THAN 100 MG/DL. HAVING LOW CHOLESTEROL LEVELS CAN HELP PREVENT THE BUILD UP OF PLAQUE WHICH CAN NARROW THE BLOOD VESSELS.





**IF U WERE DEAD YOU COULDN'T READ THIS
AND THAT IS SAD :(
TAKE CARE OF YOURSELF**

BLOOD PRESSURE: LESS THAN 120/80 MM/HG IS WHERE YOU WANT TO BE. KEEPING YOUR BLOOD PRESSURE AT THE NORMAL LEVEL WILL HELP PREVENT ABNORMAL STRAIN ON YOUR ARTERIES AND HEART.

BLOOD SUGAR: AIM TO BE BETWEEN 70-130 MG/DL. HIGH BLOOD SUGAR CAUSES A STRONGER CONTRACTION OF BLOOD VESSELS WHICH CAN CAUSE DAMAGE TO THE SENSITIVE PARTS OF THE HEART.

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