

LIVE IT!

**FOOD
FASHION
FITNESS
TRENDS**

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Doron Levy enjoys his favourite summer dessert: the mango cheesecake at Trees Organic Coffee & Roasting House. RIC ERNST — THE PROVINCE

It list: Things I'm loving

IN HIS WORLD: Doron Levy, owner of Trees Organic Coffee & Roasting House

Favourite summer dessert: Trees' mango cheesecake is my absolute favourite summer dessert because it's rich and creamy yet refreshing — plus it's the perfect ending to a barbecue dinner on a hot summer night.

Favourite summer drink: Ice cold Limoncello, an Italian liqueur that I keep in the freezer all summer long. It tastes incredible with our mango cheesecake. Also, there's nothing better than a cold glass of Stella Artois!

Best perk about your job: Chatting with our regular customers about everything from politics to coffee, and meeting new people from around the world every day.

Favourite hang-outs: Other than

Trees, my favourite local hang-outs are the Latin Quarter on Commercial Drive, Kino Cafe Flamenco on Cambie Street and my deck at home overlooking the Seymour River.

Best place in the world to source organic coffee beans: I travelled the world sourcing the highest quality organic coffee beans and found the best beans in Costa Rica. We've been selling them at the cafe for years.

Guilty pleasures: My favourite guilty pleasures are playing tennis on a regular basis and watching *So You Think You Can Dance*, *American Idol* and reruns of *M*A*S*H*.

Reading right now: I'm an avid reader and love historical fiction. I just finished reading Patrick O'Brian's 20-volume Aubrey-Maturin series about the Royal Navy during the Napoleonic Wars from 1801 to 1815. I've also read the Harry Potter series several times.

Must-haves for summer: At least four pairs of sunglasses and a good tennis racquet like my Wilson K Factor.

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Simple swaps to make you healthier



You Docs

HEALTH TIPS
FROM MEHMET OZ, M.D.
AND MICHAEL ROIZEN, M.D.

When it comes to fibre, chances are you're getting less than half of what you need (most people do).

That means you're missing out on the tastiest way to lower your weight and your blood pressure, not to mention your risk of heart disease and diabetes.

It's not hard to get the 25 to 35 grams of fibre a day that make your body younger, if you know how to do it (yes, that's what we're here for). The secret: Think texture. The bonus: Texture ranks right up there with flavour when it comes to making meals satisfying.

Get more at every meal with these simple changes:

■ **Breakfast:** Cereal switch: Not currently a fan of bran flakes or other high-fibre cereals (three to five grams of fibre per serving)? Develop a healthy addiction quickly: Start with half a bowl of your favourite cereal and blend the high-fibre cereal into it. Gradually increase the amount of high-fibre stuff until you're eating it almost exclusively.

■ **Lunch:** Souped-up soups: Bolster the fibre count in soups and salads with beans or

legumes. Try adding garbanzo beans to chicken tortilla soup, peas to chicken noodle soup and kidney beans to chili. Sprinkle beans liberally on your salads. A half-cup of beans delivers five to eight grams of fibre.

■ **Dinner:** Pasta makeover: Switch from white to whole-grain pasta, which has up to three times the fibre of regular pasta. Enrich marinara sauce with a cup of high-fibre cooked vegetables such as broccoli or artichoke hearts.

All these fixes not only give you better health, better taste and better texture, but they give you better sex and healthier skin, too. How's that for inspiration?

The YOU Docs are authors of YOU: Being Beautiful — The Owner's Manual to Inner and Outer Beauty

More on the web For more on health, go to www.theprovince.com/life

Hubby should be speaking up to his mom

Q My mother-in-law's saying hurtful things about me to my sister-in-law, who's repeated some to me.

While I question my sister-in-law's motives (she has abandonment issues with her mother) she's not a liar. I asked my husband to get the whole story from her, to know that his mother feels this way. I don't expect or want him to confront his mother, but to support me and stop accusing me of 'overreacting' or 'being too sensitive' when his mother rolls her eyes at me or makes comments.

I'm embarrassed by some things she's said: e.g. I didn't deserve my new car; I don't feed my husband; insinuations that I'm after his money.

I feel the need to prove myself



Ellie Teshler

ASK ELLIE

constantly — cleaning for hours before they come over, in a panic if the visit is unannounced. I find myself sucking up in fear of a confrontation.

My husband says I should stand up to her but that's not my style nor do I feel I should have to behave that way with a family member.

— Avoiding Drama

A You and Hubby have this all backwards: HE should be speaking up to his mother; YOU should stop over-cleaning and enjoy your car. Most important, tell sis-in-law that you appreciate her 'support' (or whatever) but you prefer not to hear any more reports. Now consider: If those two have 'issues,' Mama may be criticizing you — albeit misguidedly — only to show her daughter she loves her more. Meanwhile, it's her son who needs to tell her the bad-mouthing must stop, that he loves you, he chose you, and she either respects that and you, or he'll be far less inclined to be in her company. Be yourself, be confident and brush off any comments with the recognition that you've got her son.