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THE BODY ISSUE



AUGUST 2021

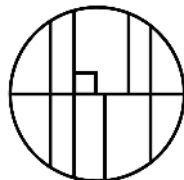
ISSUE

**02**

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# EDITOR'S NOTE

I have always believed in sharing information. I spend a lot of my time reading, learning and understanding. We don't all have the same views, beliefs or even the same culture but we all have a reason as to why we think the way we do. Every time I am faced with something that challenges my view, my first reaction is to always think to myself "why is my view different?" before judging.

I carry this for every step I take in life. We won't always agree on everything. But understanding why we don't agree is the core for a healthy and respectful conversation.

With that in mind I present to you this online publication made for you. It's a safe place to question, reflect and build a community.



Sergio  
Creative Director

A group of people, mostly women, are shown from the waist down, wearing athletic leggings in various shades of brown, tan, and beige. Their legs are crossed and intertwined, and several hands are placed on the thighs and hips of others, suggesting a sense of community, support, and body positivity. The background is a plain, light color.

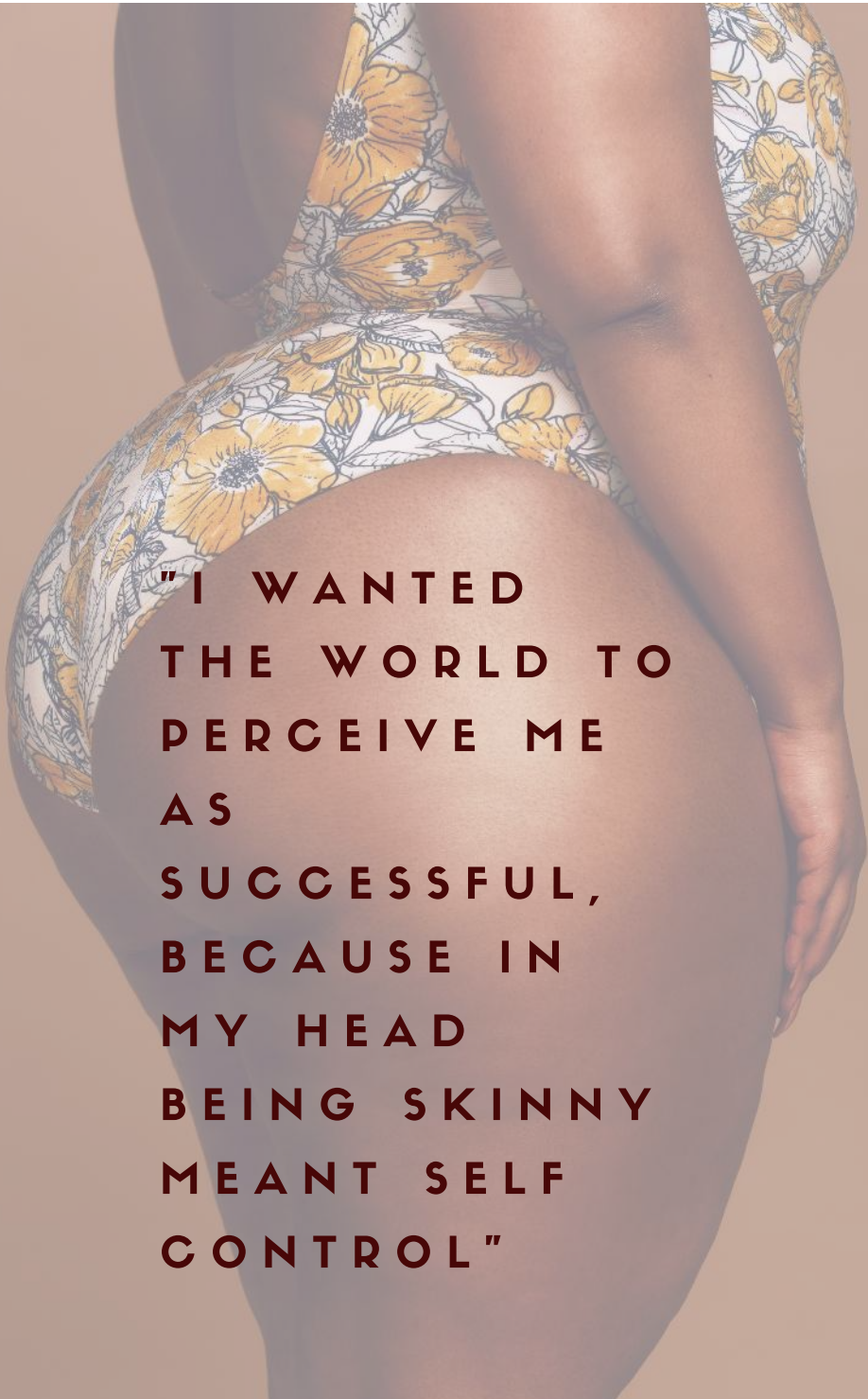
# THE BODY --- RULE

We have heard the saying "Rules are meant to be broken." So why do we follow rules when it comes to our own body? I have always struggled with my weight for the wrong reasons, I wanted to impress the world, I wanted the world to perceive me as successful, because in my head being skinny meant self control, it's the idea you can conquer the world when you're skinny, It was suppose to make me happy. But why it didn't when I was? I had the same issues, life didn't magically become easier.

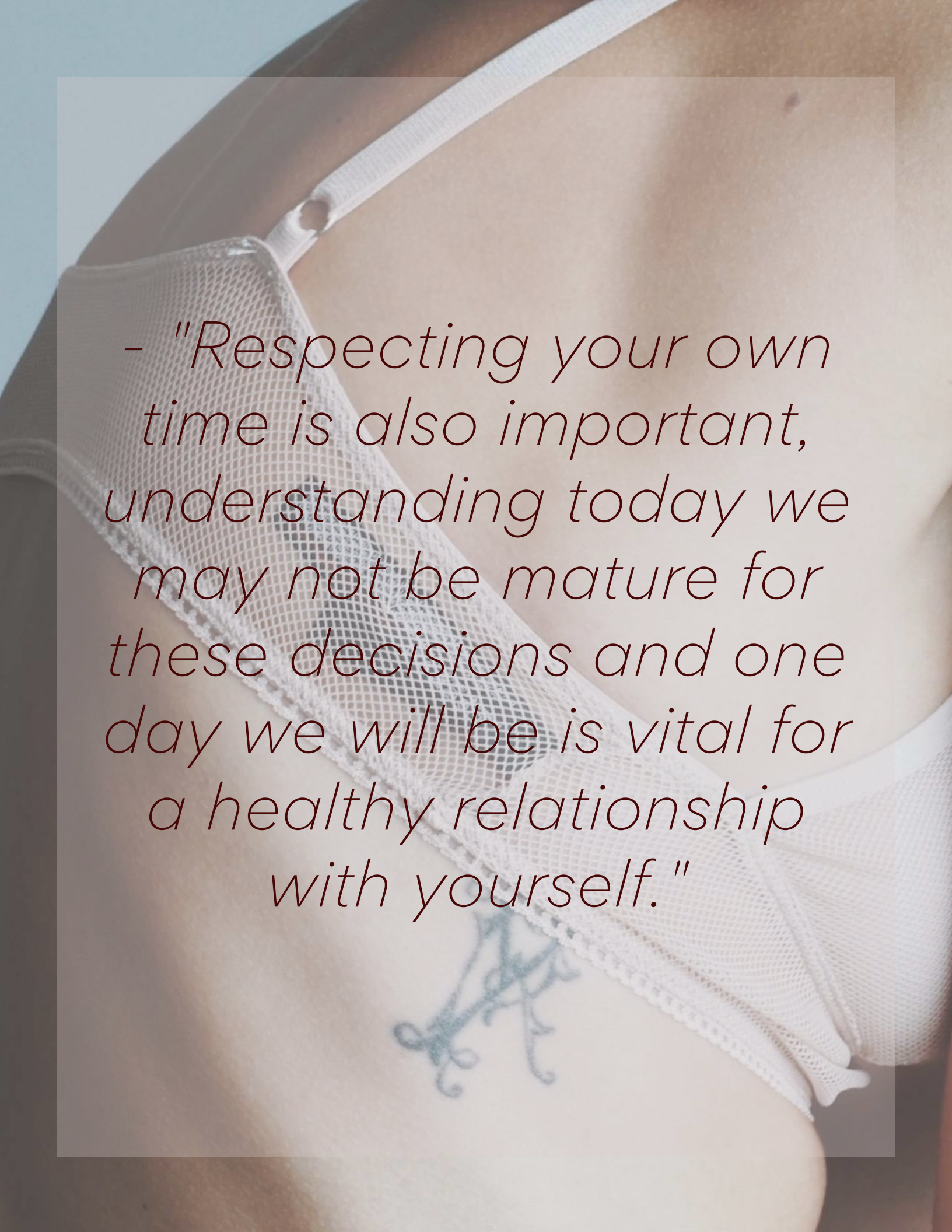
That's the bubble in the diet culture we are put in. "Get skinny and your problems are solved." It subtle but it's there. it lives in the back of our mind, the culture "he lost all this weight, because he believed he could." But I also didn't find what I was looking for. So I gained back all the weight I hated myself for it, the yo-yo effect wasn't just physical, it was also mental.

My mind started to tell me, because I was gaining weight again that I had lost control, I was lacking discipline, Because I restricted myself for so many months I thought everyday was a "deserving" day for fast food, take out and gourmet meals. Eating salad and drinking water was off the table. After all I had worked so hard for the body I wanted why not treat myself?

When I look back I see to this day my mind still tells me that, I am still not good enough, skinny enough, strong enough. But something clicked when I turned 30 during the pandemic. The whole year had been very difficult for a lot of us, the only way to move forward was to make changes. So I started a self discovery journey with myself,

A photograph of a pregnant woman from the waist down, wearing a white dress with a large yellow and orange floral pattern. She is standing with her hands on her hips, and her belly is prominent. The background is a solid light brown color.

**"I WANTED  
THE WORLD TO  
PERCEIVE ME  
AS  
SUCCESSFUL,  
BECAUSE IN  
MY HEAD  
BEING SKINNY  
MEANT SELF  
CONTROL"**



- *"Respecting your own time is also important, understanding today we may not be mature for these decisions and one day we will be is vital for a healthy relationship with yourself."*



# SELF DISCOVERY

This journey isn't about the end destination, it isn't about being skinny, being perceived as successful. It was a journey to work on my physical health, and most importantly my mental health. I wanted to know what triggered the emotions to eat the way I was eating, what decisions I could make that was differently. Turning thirty I decided to do my very first blood work and the results were very alarming to my age. At what point was I self sabotaging my own temple?

I understood from that point on, whatever made my body healthy physically and mentally was the right decision regardless of my waist size. If I lost the weight and was healthy great, but if I was healthy and I have the same weight I was happy with that as well. What I needed to understand was the key point in all of our choices: "Am I respecting myself?" Allowing myself to understand what I actually need? Because starving myself mentally and physically was no longer an option.

The value to respect yourself is what keeps me in check whenever I'm trying to excuse myself from making a decision, I am re-educating myself on things I should eat eat, shouldn't eat but for health issues; French fries on a daily basis wasn't the healthiest option for my arteries. I am re-educating my mental self to understand the noise outside my body doesn't matter. the decision I make with myself I have to be at peace, I have to respect my own self before I can make any other decision that may hinder this new journey.

Respecting your own time is also important, understanding today we may not be mature for these decisions and one day we will be is vital for a healthy relationship with yourself. How can you love yourself when society tells you, you're not a good fit? This answer is with in all of us, Ask yourself: Am I making these decision because is best for me physically and mentally or because is outside noise?

if the answer is outside noise I invite you to create your own journey ,and break all the rules along the way.

That's how I have decided to think of myself as a temple. I needed to take care of the home I live in, because no one else is. it may sound like it's privilege to be able to create this time to my self. But the privilege is with in you. We see this daily between all genders and yet we judge ourselves because we compare ourselves. I am not saying I have finally found the answer to all my body dysmorphia issues, but understanding your own self is a path we should all take.

Without respecting ourselves we let the boundaries go, we let our feelings, emotions and our energy dissipate. Be yourself today, tomorrow and ask your self daily: "Am I respecting myself?"


Written by: Sérgio Silva



Photo: @photo\_scopic  
Model: @alanakrutli  
Blazer: Van Heusen  
Via @officialkavyar



Photo: @photo\_scopic  
Model: @alanakrutli  
Blazer: Van Heusen  
Via @officialkavyar

A woman with long brown hair, wearing a white blazer over a white top, stands outdoors against a clear blue sky. She is holding a large, round, light blue mirror in front of her, which reflects her face. She is looking directly at the camera with a serious expression.

*HAVE YOU EVER  
LOOKED YOURSELF  
IN THE MIRROR?*

The question may seem simple, but have you actually looked yourself in the mirror today? if you did what did you see?

In a world where we tend to be always on the go and our reflections are just when our phone is dark and we need to open the screen, we see a small and dark reflection of who we are.

## **Look at yourself now.**

We mirror the ideals we see on social media e forget to see our own reflection, understand who we are and be who we are. Your inner voice tells you are on your own. Actually you own your own.

Photo: @photo\_scopic  
Model: @alanakrutli  
Blazer: Van Heusen  
Via @officialkavyar



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Blazer: Van Heusen  
Via @officialkavyar



Photo: @photo\_scopic  
Model: @alanakrutli  
Stylist: Van Heusen  
Via: @officialkavyar



WELL | MESS

# OWNING MY BODY

By May Couto  
@hellomaycouto



*"THIS TIME MY MAIN FOCUS IS TO TAKE CARE  
OF MY ENTIRE BODY"*

It's been a little over two months since I stopped taking the pill and started my journey to own my body.

As I said in my last article, I researched and organized myself to stop taking the pill and deal with the possible symptoms of withdrawal.

When we stop taking the pill, our bodies restart to produce our hormones in the normal and necessary amounts, this is one of the reasons for the symptoms of withdrawal. So, to help me in this process, the first thing I did was pay more attention to my exercise and eating routine.

Exercising and taking care of my diet have been more and more important to me since the quarantine, but the focus was on taking care of my mental health during the pandemic. This time my main focus is to take care of my entire body and make it as healthy as possible, not because of aesthetics, but because it's my home.

It's too early to talk about the symptoms, but I'm going to share it anyway. I usually had headaches before and after my period, but after the first month without the pill my first symptom came up, a lot of headache. They were manageable, but they literally lasted the whole month.

Right after the headaches, I felt an increase in my libido. Don't get me wrong, I always thought my libido was good - normal - but nothing compared to how it is now.

With increased libido, my orgasms are much more intense as well. And they also increased in numbers during sex - I'm loving it. And finally, now I feel like I know my lubrication! My menstrual flow is still normal, I have neither increased or decreased, but I think it's something that's going to happen in the newest future.

But what surprised me the most was something I saw some women talking about, but I almost didn't appreciate it. All these years that I've been taking the pill, it's like I've been numb, I haven't been myself, and now it's like the fog has passed. I feel every emotion to the fullest, and I've never been this happy.

When I talked to my boyfriend about stopping the pill, we knew we wanted to be safer, about getting pregnant, than just using a condom. I had already thought about using other contraceptive methods, but all that I researched would generate some kind of interference in my body, even the copper IUD.

That's when I fully got to know the basal temperature method. Some people think it's the improved table method. But not.

The basal temperature is the body temperature measured immediately after we wake up. This measurement should be taken before any physical activity, preferably even before getting out of bed.

It's a method that can predict ovulation. That's because the day before ovulation, we have a hormone peak, which can be accompanied by an additional decrease in temperature. After ovulation, the progesterone level rises abruptly, which causes the temperature to rise as well. As the variation in temperature is in the decimal place, we need a thermometer with two decimal places to follow our temperature.

This method is generally used to help get pregnant, however, if we reverse the goal and use an app to analyze the temperature graph over the month, we will get at least 93% of efficiency - in not getting pregnant. For more accurate predictions, you must upload your TCB and monitor it for at least one cycle. Doing this for two or even three cycles is even better.

I always followed my cycle with the Clue app, it helped me remember to take the pill, monitor menstruation and symptoms. However, when I started tracking my basal temperature, I realized that it wouldn't give me the necessary analysis. So I started testing several apps, some were always paid and others didn't have contraceptive analysis. Finally, I found and really liked the one I've been using since then, the Femometer.

This app gives you the option to use the app to try to get pregnant or just follow the cycle. In this second option, you add the temperature - and others symptoms - and it gives you the prediction of your fertility window, so you can avoid having sex or do it using a condom. These predictions already happen in the free version of the app, but if you want more analysis, just subscribe to the paid version. The Femometer also has the thermometers with two decimal places.

Embarking on this journey has been one of the most incredible experiences I've ever done to myself, not for the pill itself, but for the attention and care I've been taking with my body, with what I need, without following standards imposed by society. In the next articles I will continue sharing my journey, opening more details so that you too can own your body!

"my orgasms  
are much  
more intense  
as well. And  
they also  
increased in  
numbers  
during sex -  
I'm loving it."

This is the link to download the app I've been using:

**Femometer App**



BE



# A New Luxury

The dream for most is to be rich, beautiful and successful. One thing we miss is how we apply the rich, the beautiful and successful to our lives. Looking into a mirror we see a reflection of ourselves and we ask: Why am not any of the things mentioned above? -Am I projecting this on me? Absolutely! If the pandemic thought us anything is one: Our worth, so how come we don't value ourselves?

Being rich means a lot of different things to a lot of people, but all equate rich equals luxury. But if I tell you the luxury with in ourselves is the ultimate freedom?

I have a saying in Portuguese that is goes like this: "O luxo é de ser, e não de ter." It translates to "Luxury is to be and not to have." I try to apply this to my daily decisions, because the new luxury of 2021 is to be, be present in the moment, be yourself, be happy with yourself and understand who you are a person.

There isn't a clear cut path, but it was never about the destination. it's about the self discovery, the little things that makes you happy, the decisions you make to for small amount of joy.

For instance taking time to meditate daily is a small luxury, a spa day for yourself at home. or even fifteen minutes to ourselves to enjoy a self discovery journey with yourself.

How can we figure out what is our luxuries in life? A step I take is listen to myself on a daily basis because these new luxuries will change overtime. I hear myself say daily: "I wish, I had time for myself today." I started listening to these little thoughts daily.

“  
*"O luxo é de ser,  
e não de ter."*  
”

I now give myself at least fifteen minutes of self love, my favorite tea reading a book, listening to my podcast, and my favorite a little self care moment with a personal spa time. I get to close myself listen to my tranquil playlist and not think for a moment what is going on. Because the new luxury is within you.

Written by: Sérgio Silva

# THE SIGNS

## You're Magic

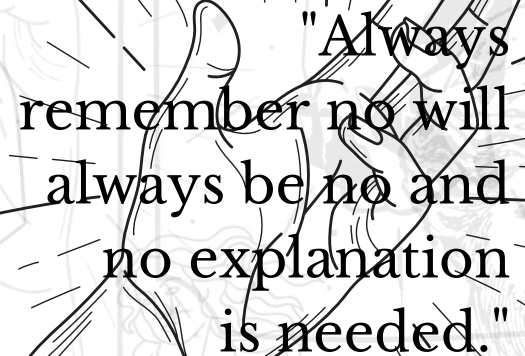
Written By: Frankie It

According to the stars things can always be different than what it seems in the real world.

Believing in astrology or not as humans we crave a simple existential feeling of direction. Shown as a sign, fortune telling or even just intuition. This visceral sentiment is a driving force for our own fears, successes and everyday life decisions.

Consider our THE SIGNS as simply as that a sign for you to follow, ignore or think about. Because at the end of each day when we rest our heads on the pillow we understand that every decision we made, have been made by the very people in this room.  
(is this an excerpt from The Devil wears Prada iconic scene? Maybe.)

Seriously we believe decisions have the power to change the course of our lives with every step we make. However Some times we think that those decisions have already been made and the stars have "aligned." Take charge of your own life and follow your rules. Because baby you're magic.



"Always  
remember no will  
always be no and  
no explanation  
is needed."

The power to make your own destiny is with in you. Use it towards your goals in life. I myself tend to believe in everything that has positivity towards my life. If it's negative I tend to pretend I don't believe.

While we use love astrology and it's significance in our lives. You must know the importance of finding yourself first, that direction is your magic. It's the ultimate compass to make decisions. During 2020 one word I learned to use was No. It became a statement, It sets boundaries and permission.

The word no is a simple two letter and it may seem lazy to use it, but its significance puts you a place of control. Always remember no will always be no and no explanation is needed.



Capricorn  
Dec. 22 - Jan. 19

If you're looking to DTR or reevaluate an existing commitment with your special someone, then August is the best month in 2021 to do just that. Uranus's backwards spin, which begins on August 19, will urge you to revise your situation and commitment in order to have an effective partnership.



Aquarius  
Jan. 20 - Feb. 18

ICYMI, you've been taking life way too seriously these days. Now is the opportunity to lighten up — especially in your personal relationships. The Leo New Moon on August 8 is your chance to start fresh with friends, lovers, and family.



Pisces  
Feb. 19 - Mar. 20

The New Moon on August 8 calls for you to get your daily routine in order. After all, you aren't sticking to a schedule and it's causing issues in your life. Going to bed at a standard time during the week will ensure that you don't oversleep for work. Also, you won't get exhausted during your working hours if you're rested.



Aries  
Mar. 21 - Apr. 19

Your bank account has been up and down for the past several months, and this financial situation is about to get a little less stressful. Longing to access cash fast? Playing the lotto or making a major monetary investment during August 8's New Moon in Leo will give you a chance to increase your bank account.



Taurus  
Apr. 20 - May. 20

Get ready to rock, Taurus! August is gonna shake up your relationships. The tug between the Sun, Jupiter, Saturn, and Uranus will bring more attention to your personal partnerships during the Leo New Moon on August 8 and the Blue Moon on August 22.



Scorpio  
Oct. 24 - Nov. 21

PSA: This month is going to transform your world in many ways. Being the most transformative sign of the zodiac, you may relish in the personal evolution that you will experience. The Leo New Moon on August 8 and Uranus's backwards journey that begins on August 19 are both times of professional growth, which may have an adverse effect on your home life.



Gemini  
May. 21 - Jun. 20

Fortunately for you, Gemini, August is wellness month. This is good news because you are in need of R & R. More than ever, you're wanting to curl up and decompress at home



Cancer  
Jun. 21 - Jul. 22

It may be hard to keep your head above water this month, due to all the splashing your peers are causing around you —but, you'll be able to. As long as you choose to not get caught up in the drama and stay away from gossip on the 11th when chatty Mercury enters quick-thinking Virgo), then you will be able to crawl through August unscathed.



Leo  
Jul. 23 - Aug. 22

Real talk, Leo! Have you been dreaming of your exit strategy from your current partnership? Or, envisioning a whole new career path for yourself? Luckily, you will get the chance to push the restart button during August 8's New Moon. This energy will carry you far to August 19, when Uranus retrograde brings you an unexpected professional opportunity that can change your life in amazing ways.



Virgo  
Aug. 23 - Sep. 21

August 11 allows you to speak up and share the emotions that have been brewing beneath the surface during the Leo New Moon on August 8. This will help you discuss your deep sentiments and become aware of all matters that have been making you suspicious of others.



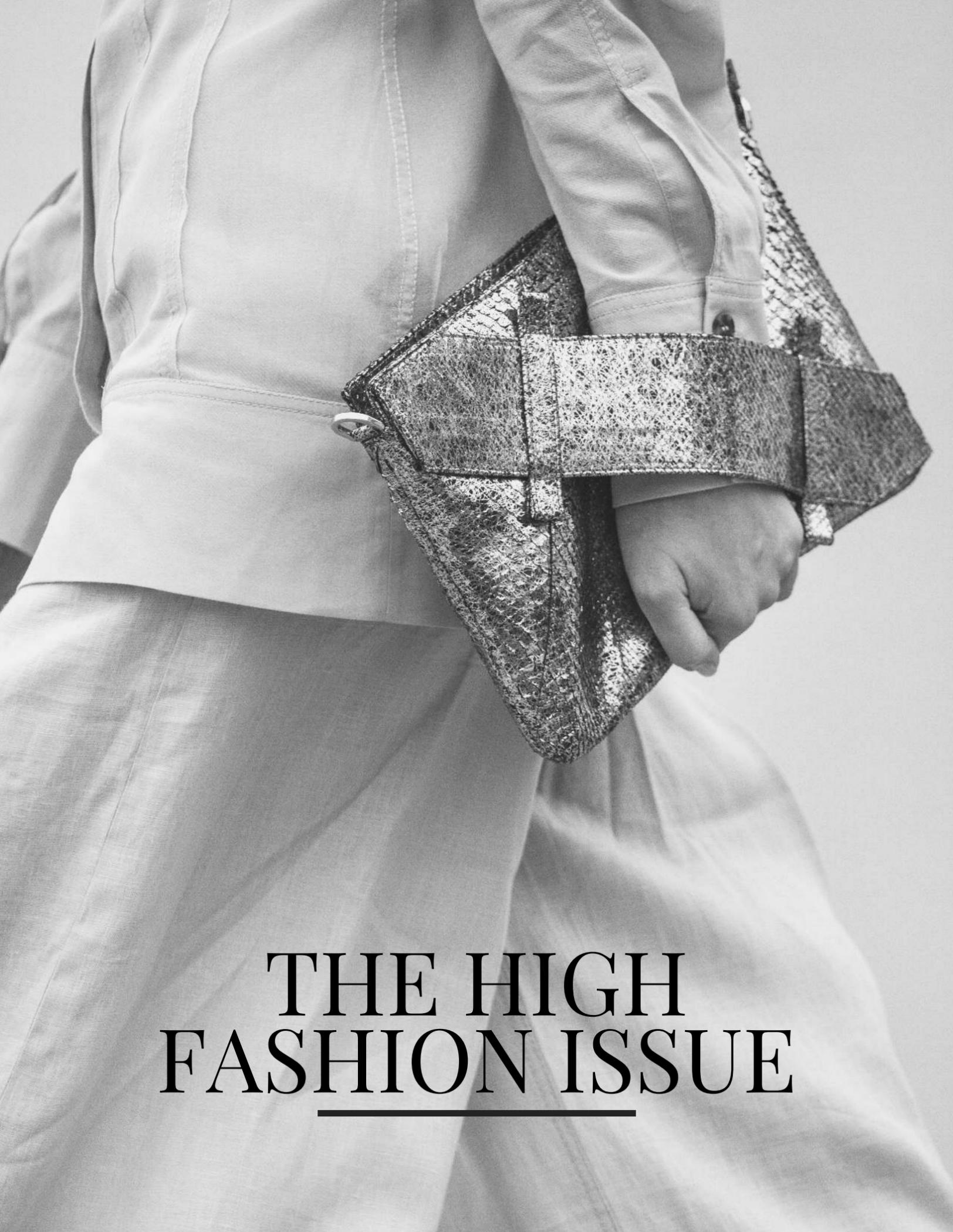
Libra  
Sep. 22 - Oct. 23

August brings you the opportunity to invest your money in what you love, particularly on the 16th and 30th. You may want to reinvest your earnings on August 19, when Uranus retrograde commences. This will allow you to double up on your earnings. Instead of settling for the amount on your paycheck, you can make more by selling creative items from your side hustle or passion projects during the Blue Moon on August 22.



Sagittarius  
Nov. 22 - Dec. 21

The month of August serves as a cosmic wake up call to reassess your values and restart your relationship with others. While you may be known as being the direct and truthful archer, you will start gaslighting others to avoid confrontation.



THE HIGH  
FASHION ISSUE

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The concept of looking into your own wardrobe and be able to recreate looks that are not we are used to see in the streets, it's how we communicate with the world. Fashion is the universal language where you don't speak and people know exactly what you're saying.

## **"YOU'RE HIGH BABY"**

The high fashion aesthetic isn't a way to call attention to what you're wearing. It's to express your emotions, political stance and even art. Because there is no better thrill than to be high on fashion. When you're able to marry both fashion and art; You are on your highest high. Embrace the look with attitude because we can all buy fashion but very few can actually wear it.

# **WHAT IS HIGH FASHION?**

For most high fashion may be the couture shows in Paris, the expensive Gucci dress worth thousands of dollars, but high fashion is an aesthetic. Most can disagree, but if we look back onto high fashion designers such as McQueen; His early work started with low end materials, but the look was high fashion, Margiela recreated pieces from re-worked thrifted clothing and the aesthetic was also high fashion.

The commerce of fashion has instilled in our minds that to be high fashion it must be couture or expensive. But if you mix and match pieces you already own and has special characteristics to you, you can also look high fashion.



[illegible]

1. Another term for haute couture.

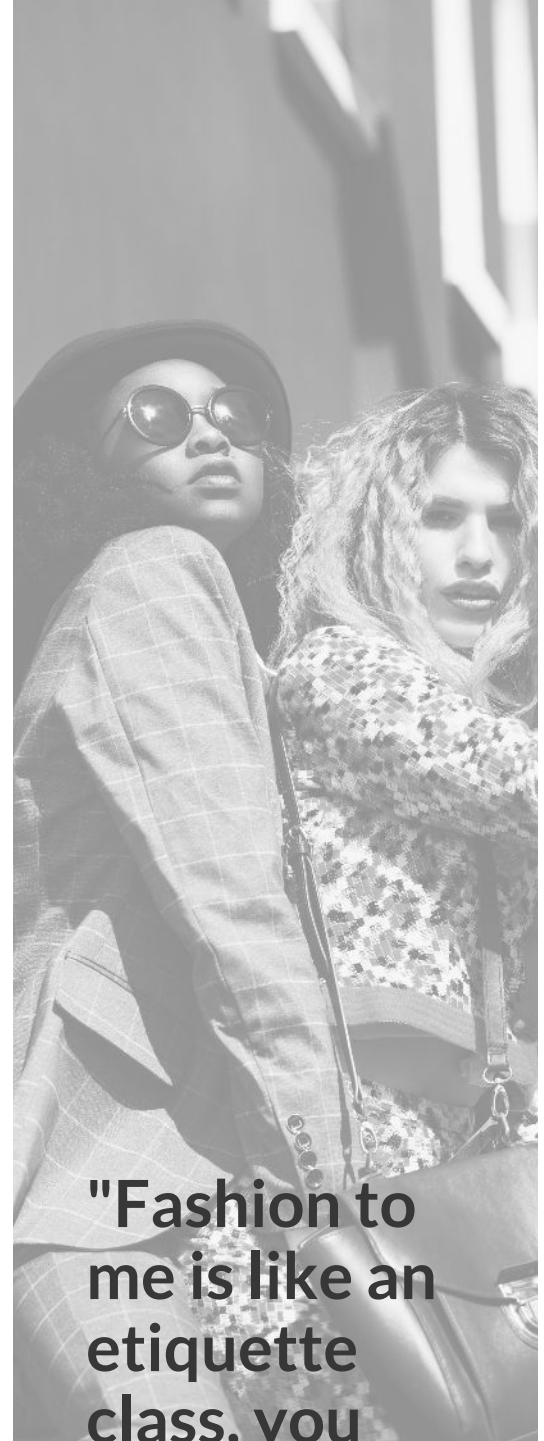
**Click each item to shop**



Does high fashion has to be loud? Not necessarily, high fashion is an aesthetic, what makes a look high fashion is within the details. A simple turtle neck can be high fashion if its paired with the right accessories, one my favorite ways to make a look subtle but high fashion is a juxtaposition for vintage pieces with contemporary accessories. The details on layering three sheer tops and pairing with an oversized blazer gives the high fashion aesthetic with something we own and is easy to replicate. One of the biggest tricks with dressing high fashion it doesn't have anything to with style, but actually with taste. But then again what is taste? What is acceptable by society? or what is acceptable by you for you?

Fashion to me is like an etiquette class, you can always get a lesson, but how you hold the fork is all up to you. Always trust your instincts for the decisions you make. because you always look your best when you dress for you.

The power to be you, love you and understand yourself is the reason you express yourself the way you do. Enjoy it, play dress up and never forget to be you.



**"Fashion to me is like an etiquette class, you can always get a lesson, but how you hold the fork is all up to you."**



# VOICE

A magazine with no voice is a stale group of words  
with nothing to be said. Every month we highlight humans that have made their platform a place with a voice.

# BILES



## SIMONE BILES

BY SERGIO SILVA

WHAT HAPPENS WHEN WOMEN SPEAK UP? SOCIETY TENDS TO MINIMIZE THEIR VOICES, SAYING IT'S NOT BIG DEAL. PATRIARCHY HAS THOUGHT US BEING FEMININE IS A WEAKNESS. SIMONE BILES WITHDREW FROM THE SUMMER 2020 (2021 REALLY) OLYMPICS CITING MENTAL HEALTH CONCERNS. A LOT OF THE CRITICISIM WERE NEGATIVE CALLING HER A QUITTER, SELFISH.

AS A COLLECTIVE WE FORGET HOW STRONG IS FOR SOMEONE TO TELL YOU THEY ARE NOT OK. WE PRAISE HER FOR HER COURAGE BUT TEAR HER DOWN FOR QUITTING. HOW HIPOCRITICAL IS A SOCIETY THAT TELLS US TO BE HONEST WITH OURSELVES BUT WHEN WE DO THE CRITICISM IS THAT WE SHOULDN'T.

IT'S FROWNED UPON TO BE YOU, TO SPEAK YOUR TRUTH AND LIVE WITH YOUR TRUTH. SIMONE IS A RESILIENT COMPETITOR THAT HAS PROVED TIME AND TIME AGAIN HER POWER ON THE OLYMPICS. WHAT IS WITH THE IDEA THAT AN OLYMPIAN CAN NOT SHOW WEAKNESS? HER GREATEST ASSET IS HERSELF, LOSING HERSELF IS THE GREATEST THREAT. DO NOT MINIMIZE THE POWER OF SELF WORTH.

SIMONES REASON FOR LEAVING THE COMPETITION IS ONE OF THE MOST SELF LOVE THINGS I HAVE SEEN IN A WHILE. IMAGINE, YOU TRAINING FOR MONTHS AND EVEN YEARS, WHEN IS YOUR TURN TO SHINE YOR UNDERSTAND YOU'RE NOT MENTALLY CAPABLE OF DOING IT.

THE COURAGE, RESILIENCY, AND STRENGHT MENTALLY TO KNOW THE ABUSE OF THE PATRIARCHY OVER A DECISION THAT SHE IS FULLY AWARE AND IN CONTROL OF WILL BE DESTROYED BY THE SIMPLE IDEA THAT SHE IS A QUITTER.

QUITTING A COMPETITION IS A CHOICE, QUITTING ON YOURSELF ISN'T. SIMONE BILES HER VOICE IS QUIET BUT IS POWERFUL, BECAUSE WHAT SHE HAS TO SAY AND WE HAVE LEARNED FROM IT IS TO LISTEN TO YOURSELF AND NOT THE OUTSIDE NOISE WE ARE ACOSTUMED TO LISTEN TOO. THE OUTSIDE WORLD WILL HAVE ALL THE OPINION LIKE I AM HAVIN MINE RIGHT NOW. BUT WE CAN NOT LET PATRIARCHY THINK BEING A WOMAN A SIGN OF WEAKNESS. ITS BECAUSE OF SO MANY WOMEN I STAND HERE TODAY. BECAUSE OF THE SIMONES IN THE WORLD THAT HAS ISPIRED ME TO BE WHO I AM. BECAUSE IF I DEPENDED ON THE PATRIARCHY FOR HOW FEMININE I AM I WOULDN'T BE HERE TODAY. THE MENTAL HEALTH DISCUSSION IS BEYOND A ONE PAGE ARTICLE. BUT ALWAYS REMEMBER TO LISTEN TO YOUR OWN VOICE BEFORE YOU LISTEN TO OTHERS.

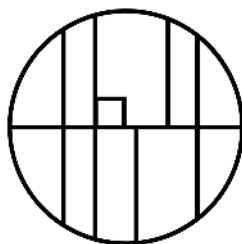
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