

# Clippings

(latest to oldest)

## [How a NYC Content Creator Spends \\$1,000 on Wellness](#)

The Nessie, 02/02/2023

This time, we've got [Kate Glavan](#), who we selected as one of the [most influential people in wellness of 2022](#). Beyond her gut health knowledge and HOKA-sponsored athleticism, we're enamored by her ability to look [this](#) good while running (thanks in no small part to her addictingly cute matching sets—she's a true beacon of fitspo both on and off the road).

## [Letter From The Editor](#)

Nessie Sightings, 01/31/2023

## [The 23 Best Health & Wellness Newsletters of 2023](#)

The Nessie, 01/27/2023

### 17. The Small Bow — A.J. Daulerio & Edith Zimmerman



[The Small Bow](#) is a multi-person show: A.J. Daulerio writes and edits, Edith Zimmerman illustrates, and a rotating crew of talented writers contribute. The team uses its platform to cultivate community around long-term recovery. (In addition to the weekly newsletter, A.J. hosts five [Zoom recovery meetings](#) per week—open to all!) The Small Bow's vulnerable admissions and gritty illustrations all seem to embrace imperfection while aspiring towards healing.

**Cost:** Free; \$5/month for more

**Frequency:** Weekly + the last Friday of every month

[Subscribe to The Small Bow](#)

## 22. The Letter — Adriene Mishler

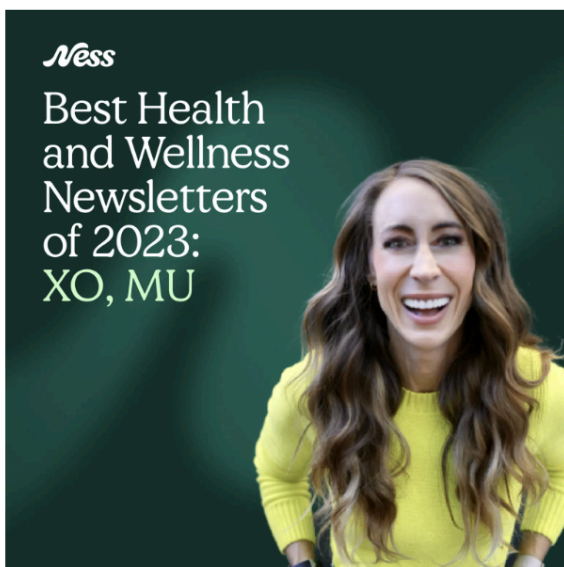
If you want a smooth-talking yogi in your inbox every Sunday, sign up for Adriene Mishler's [The Letter](#). It's all "self-love" and "community" and "humanity" in her feel-good messages. Receive a free yoga or meditation practice along with some food for thought each week. She'll also keep you in the loop about her very popular (over 11 million subscribers on Youtube!) "Yoga With Adriene" and "Find What Feels Good" programs.

**Cost:** Free

**Frequency:** Weekly

Subscribe to The Letter

## 21. XO, MU — Melissa Urban



Whole30 Co-Founder and CEO Melissa Urban covers it all in her newsletter, XO, MU. It's "trauma, addiction and recovery, therapy, divorce, motherhood, entrepreneurship, spirituality, health, fitness, and that one time I got chlamydia." With a subscription, you can expect to stay in the know about Melissa's releases (books, podcast episodes, blog posts), get some product recs, and learn about mental- and nutrition-based wellness.

**Cost:** Free

**Frequency:** Weekly

Subscribe to XO, MU

## 23. FoundMyFitness — Rhonda Patrick



Touted as “a newsletter that respects you,” [FoundMyFitness](#) delivers scientifically backed information on enhancing lifespan, cognition, and [physical performance](#). Rhonda Patrick and her team turn health research into digestible emails, podcast episodes, and videos—all of which can be sent straight to your inbox sans fuss. If you’re curious about topics like fasting, depression, fitness, and longevity, it’s worth a read.

**Cost:** Free; \$15/month for premium membership

**Frequency:** Weekly-ish

Subscribe to FoundMyFitness

## [The Best Healthy Meal Delivery Services of 2023](#)

The Nessie, 01/17/2023

# How To Pick a Meal Delivery Service

## Cost Comparison of the Healthy Meal Delivery Services in This Review

	Cost of One Week	Plant-Based Options?	Healthy?
<b>Fresh N Lean</b> (Best Overall Meal Kit)	\$77.45 for 5 (\$15.49 per meal)	•	•
<b>Sakara</b> (Best Luxury Meal Kit)	\$150 for 5 (\$30 per meal)	•	•
<b>Factor</b>	\$77.94 for 6 (\$12.99 per meal)	•	•
<b>Trifecta</b>	\$110.99 for 7 (\$15.86 per meal)	•	•
<b>Home Chef</b>	\$59.94 for 6 (\$9.99 per meal) + \$10.99 shipping		-ish
<b>Sunbasket</b>	\$72.54 for 6 (\$12.09 per meal) + free shipping	•	-ish
<b>Freshly</b> (UPDATE: Since writing this article, Freshly has announced that it's no longer in business!)	N/A		-ish

*Subscription services often make it hard to gauge true costs. Plus, cost can vary depending on options selected. I implemented cost comparison tables for the buying guide sections of our*




*product round-ups to provide simple visual tools for our audience to make informed purchases. To create them, I looked at all the featured brands' sites, evaluated what information would be most helpful to readers comparing between brands, considered information presented in our article, and laid the most relevant data out in an easy-to-scan table.*

## [Is Four Sigmatic Mushroom Coffee With Lion's Mane Worth The Hype?](#)

**The Nessie**, 01/17/2023

In short, Four Sigmatic mushroom coffee is real coffee with mushroom extracts that, according to the brand, maintain the benefits of functional mushrooms (i.e. all the medicinal mushrooms we mention, like lion's mane and chaga)!


## What We Don't Like About Four Sigmatic Lion's Mane Coffee

Other Four Sigmatic coffee products, including its ground and whole beans, carry the [Fair Trade seal](#) . Its instant coffee, however, does not. If that label is important to you, it's best to skip the instant brew.

Four Sigmatic used to have a Proposition 65 warning label on all its products in accordance with California law. The label stated, "Consuming this product could expose you to chemicals including lead which is known to the state of California to cause birth defects or other reproductive harm." However, Four Sigmatic products are no longer required to apply the Proposition 65 label due to the brand's [testing methods](#). This means it's no longer something we actually want to mention under big bold letters that say, "What We Don't Like About Four Sigmatic Lion's Mane Coffee," other than to inform people who come across an older box and Google, "why would my mushroom coffee cause birth defects?"

## [The Best Mushroom Coffee of 2023](#)

**The Nessie**, 01/17/2023

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## [How Love is Blind's Raven Ross Spent \\$1,000 on a Day of Wellness](#)

**The Nessie**, 01/13/2023



She's a master Pilates teacher and women's wellness advocate based in Dallas, Texas. Her stint on Netflix taught us that she doesn't have a single bad angle, but also, more importantly, that she's as sincere about fitness as she is about finding love. She uploads [workout vids](#) to her Youtube channel every week, so go see what she's all about!

## [Melatonin Dreams: All You Need to Know About the Supplement](#)

**The Nessie**, 01/10/2023

Your phone is doing a disservice to your natural sleep cycle already. Prioritize ending your screen time *at least one hour before bed* rather than loading up on melatonin to compensate for the bleary-eyed doomscrolling. Use melatonin as a supplement instead of a necessity and start with 0.5 milligrams, gradually increasing the dose by 0.5 as needed as needed to a max of 3 milligrams—and, of course, tell your healthcare provider you're taking the supplement. If you have trouble forgoing your phone to wind down for sleep, consider supplementing your typical screentime with a meditation app. We've tested and reviewed the leading ones [here](#)—a number of which have content dedicated to helping you fall asleep.

## [The 2 Best Vegetarian Meal Kits of 2023](#)

**The Nessie**, 01/04/2023

# The Vegetarian Meal Kit Buying Guide

## Cost Comparison of the Leading Vegetarian Meal Kits

	Cost Per Week of Cheapest Plan	Cost Per Meal
<b>Green Chef</b>	\$90.93 for 6 meals per week	\$13.49 per meal + \$9.99 shipping
<b>Purple Carrot</b>	\$87.50 for 6 meals per week (\$20 discount for first week)	\$13.25 per meal + \$8 shipping
<b>Hello Fresh</b>	\$70.93 for 6 meals per week or \$60.95 for 4 meals per week	\$9.99 per meal + \$10.99 shipping or \$12.49 per meal + \$10.99 shipping
<b>Blue Apron</b>	\$69.93 for 6 meals per week or \$57.95 for 4 meals per week	\$9.99 per meal + \$9.99 shipping or \$11.99 per meal + \$9.99 shipping
<b>Hungryroot</b>	Varies, but around \$70 for 6 meals per week	Around \$11 per meal + \$6.99 shipping
<b>Sunbasket</b>	Varies, but around \$78.93 for 6 meals per week (\$40 discount and free shipping for first week)	\$11.49 per meal + \$9.99 shipping

*Subscription services often make it hard to gauge true costs. Plus, cost can vary depending on options selected. I implemented cost comparison tables for the buying guide sections of our product round-ups to provide simple visual tools for our audience to make informed purchases. To create them, I looked at all the featured brands' sites, evaluated what information would be most helpful to readers comparing between brands, considered information presented in our article, and laid the most relevant data out in an easy-to-scan table.*

### [33 Essential Coping Skills for Anxiety in 2023](#)

**The Nessie**, 01/04/2023

As the sober-curious movement picks up speed, lots of new and gorgeously branded non-alcoholic bevs have started to saturate the market. They're like the Impossible burgers and Beyond meats of the drinks industry: a remarkable feat of food science. We tested nine leading brands, and [ranked and reviewed them for you here](#).

### [How To Use a Massage Gun for Muscle Recovery](#)

**The Nessie**, 12/29/2022

## Alternative Muscle Recovery

Perhaps a fork attachment vibrating at 3,000 revolutions per minute on what looks like a heavy duty drill from Home Depot is a bit much for you. Nothing screams cozy and soothing like a thick, weighted blanket. [Here](#), we've researched the effectiveness of weighted blankets in aiding muscle recovery, and tested and reviewed the leading brands.


Also consider slipping on a pair of [recovery sandals](#)—something we've also reviewed and tested for you—between workouts to compensate for your 'yesterday was leg day' waddling.

### [Can Cycle Syncing Help With Your Period?](#)

**The Nessie**, 12/27/2022

Cycle syncing is about adjusting your lifestyle according to your body's predictable hormonal fluctuations. We break down each phase in your menstrual cycle and link to resources you might find helpful, so that you can figure out how to make the best of your body—whether that be in terms of exercise, diet, productivity, or social life. Women may find that a deeper understanding of their cycles helps them to have more compassion for their bodies and to optimize their productivity by planning ahead.

You may notice that your skin gets clearer during this time of the month—when your 'period' (bleeding) is over.

As you approach the end of your cycle, tasks that seemed easy-peasy a few days ago may appear a bit more difficult. Have you noticed that your skin breaks out right before your period? Increased acne is characteristic of the luteal phase, which comes right before the menstrual phase. Also, because your estrogen and progesterone levels are falling, your [appetite begins to increase while energy decreases](#) . This can cause mental and physical exhaustion.

## [How Long Does Pre-workout Last? \(Spoiler: It Depends\)](#)

The Nessie, 12/27/2022

**Does pre-workout make you feel tingly?** If you experience a tingling, pins and needles, prickly, or itchy sensation after taking pre-workout, you may just be more sensitive to Beta-Alanine. The tingling sensation is known as [paresthesia](#) . While it sounds scary, paresthesia is a normal effect of Beta-Alanine. As for how long the pre-workout tingle lasts, it varies, but you can expect it to [start about fifteen minutes after you take it and last anywhere from a few minutes to an hour](#). To reduce the tingling sensation, consider [using divided lower doses \(1.6 g\) or a sustained-release formula](#) .

## [Wellfluencer Badge](#)

The Nessie, 12/23/2022



*I designed a badge for the wellness influencers we featured in our "The Most Influential People in Wellness of 2022" article. We wanted influencers to use this asset the way brands attach "Forbes 30 Under 30," "Allure Beauty Award Winner," or "Certified Vegan" badges to their bios/products.*

## [The Most Influential People in Wellness of 2022](#)

The Nessie, 12/20/2022

### 9. Cassey Ho

@blogilates [Instagram](#) | [YouTube](#)

Cassey Ho is a certified (by us) O.G. influencer. One of the first fitness instructors to hit the cyber-streets of YouTube, she's a pioneer of online workouts and has paved the way for the countless fitfluencers that populate our feeds today—all with integrity and style. Before it was ever the dominant narrative, she used her platforms to promote strength and self-acceptance, rather than fuel the industry pressure to conform to narrow beauty standards. If you like bubbly, trendy, and infectiously motivated people—who also happen to tone your glutes and abs—you'll like her. And if you're into athleisure, check out her [POPFLEX](#) designs. We stan a queen who [iterates her designs based on her followers' feedback](#).



## 16. Adriene Mishler

[@adrienelouise](#) | [@yogawithadriene](#)

In an age of content creation and clout-chasing, it can be hard to find an influencer that infuses their content with soul. But yoga instructor Adriene Mishler stands out for her heartfelt feed and practice (she calls her newsletter “[love letters](#),” and her latest virtual live class was called “[Anchored in Love](#)”). If a [soft, gorgeous feed with poetic captions](#) appeals to you, or you’re interested in joining an [online yoga community](#), she’s the one-stop shop.

## 19. Anthony Youn

[@tonyounmd](#) [Instagram](#) | [TikTok](#)

*“There is beauty in everyone, including you.”*

The internet can be the worst place to look for medical advice, with all its contradictory, fear-mongering, and straight-up *mis-* information. That must be why millions of netizens have latched onto Dr. Youn, who uses his background in plastic surgery to respond to the internet’s trending questions in aesthetic medicine. Whether you’re personally invested in skincare, fascinated by plastic surgery, or interested in the clinical side of beauty, Dr. Youn’s content is a well of discovery.

## 27. Raven Ross

[@pilatesbodyraven](#) [Instagram](#) | [TikTok](#) | [YouTube](#)

*“I want to be a resource for other women who are wondering where to start in their Pilates practice, health and wellness journey, and beyond.”*

You know she’s serious about working out when she [gets her reps in](#) while her date pours his heart out. That was on *Love is Blind* season 3, where Raven’s beauty, intelligence, and maturity really shined. Now, she’s focused on uploading weekly workouts to her Youtube channel (she hit 100k subscribers this year!), cultivating a [community around Pilates](#) (she’s a certified instructor!), and keeping the admirers admirin’ on social media.

## 42. Alexis Nikole

[@blackforager](#) | [@alexisnikole](#)

If we were stuck on a deserted island and could only bring one person with us, it would be [Alexis Nikole](#). (Sorry, Alexis, but with your impressive foraging savvy, you’re along for the ride.) She knows her poisonous mushrooms from her edible ones, and can turn strange flora you’d never see at a supermarket into culinary beauties (who knew you could [turn cattail pollen into cake](#)?). If you’re into sustainability, plant facts, veganism, or just niche and nerdy things like that, Alexis is the cottagecore queen for you.

## 56. Kaisa Keranen

[@kaisafit](#)

Our impression of Kaisa Karenen: strong AF. Though it may not align with everyone's perspective, we applaud her for her fitness ethos: performance over appearance. "[Health is a FEELING and not a look](#)," she says. Kaisa inspires her million followers to train hard and happy. If that appeals to you, you can join her workout community, [JUST MOVE](#).

## 77. Jen Fraboni

[@docjenfit](#)

All you stiff folks out there who have barely [stretched](#) a day in your life (you know who you are) could use some of [Jen's no-nonsense tutorials](#). She specializes in physical therapy for pain and injury, so you can count on her to help you deadlift the right way and [undo that stubborn knot in your neck](#).

## 81. Chris Bennett

[@coachbennett](#)

Coach Bennett has a superpower: He makes running *easy*—well, as easy as falling forward and catching yourself over and over can get. He coaches pros and they win. But even if you're nowhere *near* marathon-ready, his encouraging and instructive guided runs just might get you there. Yes, *you*. His voice of reason can be heard on the [Nike Run Club app](#), which features one-off guided runs as well as plans that get you in shape for all sorts of races. His fun scripts, featuring the occasional guest track star, keep you focused, engaged, and motivated, especially on longer runs. We're impressed by his ability to educate and celebrate people so that they can train better and keep coming back to the starting line.

## 82. Bree Lenehan

[@breelenehan](#) [Instagram](#) | [TikTok](#)

Bree Lenehan is doing something different. Her concept is simple: She posts [real, unaltered photos and videos](#) of herself. Period bloating? That's normal. Hyperpigmentation? Also normal. Cellulite? You guessed it: Normal! Self-acceptance is radical these days, especially in a digital culture that often (maybe inadvertently) perpetuates insecurity to exploit it. There's a way to perform realness while still consciously curating one's online image to match or project unrealistic beauty standards—and many do—but Bree L. keeps it *rea-l*.

## 86. Todd Baratz

[@yourdiagnonsense](#) [Instagram](#) | [TikTok](#)

Brutally honest and wise, you can count on therapist Todd Baratz to give you a reality check that steers you toward relational flourishing. We love his intersectional takes and candid advice on topics ranging from childhood trauma to sex to dating & relationships. Want to improve your communication skills, set realistic expectations around love, and laugh a little? 'Course you do. There are *so many* relationship takes out there, and Todd cuts through them all [with compassion](#).

## [The 25 Healthiest Cities in the United States \(2022\)](#)

The Nessie, 11/17/2022

*I wrote some more superlative awards!*

- BERKELEY: Humanity's pick for the second Garden of Eden
- BOSTON: Most likely to make post-marathon Dunkies runs their personality
- SF: Most conditioned glutes per capita
- LA: Most likely to linger in the alternative milk aisle
- CHICAGO: Chica-GOAT of public exercise
- NYC: Best dressed speed walkers

## [25 Healthy Gifts for Someone Who's Really Into Wellness](#)

The Nessie, 10/07/2022

### 1. The Anti-Balas

Should workout gear look like jewelry? We say no. We [tested four popular ankle and wrist weights](#), and CAP Barbell came on top in comfortability, functionality, *and* affordability. Consider this brand if you're shopping for the utilitarian or at-home HIIT junkie in your life who'll put sweat first and style second when it comes to working out. Or the Pilates militant seeking even *more* pain in every rep.

### 14. For the Sober-Curious Bevvie-Lover

Sobriety has never been sexier. Gone is the need to stick to water at a party or forgo that Negroni ([Sbagliato... with Prosecco in it](#)) in your nightly ritual. Kin Euphorics' non-alcoholic spirits turn drinking into a conscious act of self-care. The brand's beautifully packaged amber elixirs contain natural ingredients and botanicals, like medicinal mushrooms and herbs, adaptogens, and nootropics. This might just deliver on Kin's promise to "elevate serotonin" without alcohol's icky aftermath. Not sure which to pick? Start with [High Rhode](#), a lightly caffeinated blend of hibiscus and orange bitters, and cap off the night with a smooth and spicy glass of [Dream Light](#).

### 17. Nutritional Bites That Prove Flintstones Could Never

One bite in, and you're already 40+ vitamins and minerals deep. Rootless' vegan supplements are made of simple, whole foods, making it an ideal pick for the long-ingredient-list-averse. Seaweed—one of the [best natural sources of iodine](#)—is Rootless' star ingredient, but each nutrition-packed bonbon also includes dates, almond butter, sunflower seeds, and more. Open the elegant refillable tin to find your flavor of choice: Double Strawberry, Coconut Chai, or Orange Pistachio.



## 19. Holiday Spirit in Subscription Box Form

Everything there is to love about a winter indoors—fairy lights, hot chocolate, tea, cookies, seasonal home decor (are your oxytocin levels soaring yet?)—can be shipped to your giftee’s doorstep in a lovable little parcel. Help someone (yourself counts) to cultivate a warm, cozy ambience and indulge in the simple pleasures of life with Hygge Box, a monthly delivery filled with luxe seasonal goodies, from tea to candles to skincare. We named it “best for gifting” in our test of [self-care subscription boxes](#), and think your giftee will agree. Self-care, the Danish way.

## 24. A Humidifier for the Season

As colder weather rolls around, it’s a good time to invest in a humidifier. These devices can help maintain optimal moisture levels in a room to hydrate skin and alleviate cold and flu symptoms. We [tested four leading brands](#) and can confidently recommend one above the rest: Canopy. The Canopy Humidifier is user-friendly, inhibits mold, comes with essential oils to diffuse custom aromas, *and* looks good in any room. Go for sleek white if your giftee is a minimalist, or, what the heck, take a risk and pick a pretty pastel.

## [8 of the Healthiest Colleges in America—and Why](#)

**The Nessie**, 09/06/2022

*My [superlative stickers](#) inspired the editorial team to create a spin-off article dedicated to some of them.*

## [Healthiest College Superlative Stickers](#)

**The Nessie**, 08/31/2022





As the editorial team planned to publish a [Healthiest College in Every State](#) article, I came up with the idea to award each college with a quirky superlative. I wrote the copy for and designed these superlative stickers.

[Author page](#)

## Leslie An

Editorial Assistant

### Bio

Leslie grew up in a hellish suburb and went to Dartmouth College, where she discovered her personality. She took her latent coolness to NYC, where she continues character development via thrifted baggy clothes, books, overworked Spotify playlists, angsty journal entries, excursions to fresh air, custom sweetgreen bowls, dopamine drenched entertainment, and manic spurts of inspiration. If not emptying her pocket for a roll of film downtown at a cash-only photography store, she might be at REI, dreaming of a bohemian life, or sitting by an outlet anywhere, hunched over her refurbished Macbook Air that likes to spontaneously die when unplugged.