

# WebMD<sup>®</sup>

DOWNLOAD THIS ISSUE  
ON YOUR IPAD FOR FREE  
FROM THE APP STORE!

October 2012 / \$4.95

**THE SCIENCE  
OF BEAUTY:  
WHAT'S IN  
YOUR MAKEUP  
BAG**  
PG. 60

**WHICH BIRTH  
CONTROL IS  
RIGHT FOR  
YOU?**  
PG. 66

**BREAST  
CANCER**  
By the  
Numbers  
pg. 92

**HEALTHY  
BEAUTY**  
Tips for a  
Whiter Smile  
pg. 38

**FOOD  
& RECIPES**  
3 Ways to  
Cook Eggs  
pg. 73

**FITNESS  
& EXERCISE**  
The Better-Butt  
Workout  
pg. 82

**LIVING  
HEALTHY**  
Is Women's  
Intuition Real?  
pg. 24

**MEN'S  
HEALTH**  
The Scoop on  
Hair Loss  
pg. 25

**FAMILY &  
PARENTING**  
Teen Talk  
That Works  
pg. 51

## MIRANDA RIGHTS

The chart-topping singer dishes on  
how she gets country strong PG. 54

COMPLIMENTARY WAITING ROOM COPY

PERMIT NO. 354  
DANVILLE, KY  
U.S. POSTAGE PAID  
FIRST CLASS





# COUNTRY *Strong*

**Miranda Lambert** IS HOTTER THAN EVER. THE AWARD-WINNING SINGER, WHO'S BEEN ON TOUR FOR HER FOURTH ALBUM, WORKS HARD ON HER HEALTH AND HER BODY. SHE EXPLAINS HOW SHE GOT IN SHAPE AND STAYS FIT ON THE ROAD AND WHY SHE'S OPENED UP HER HEART AND HER HOME TO STRAY DOGS

*By Melanie D.G. Kaplan*

*Photograph by MELANIE DUNEA/CPI*



# On the day

of her annual MuttNation Foundation benefit in Beaumont, Texas, this summer, country superstar Miranda Lambert spotted something troubling at the concert venue: “I just saw a really long staircase, so I’m worried.” She took a picture of the concrete stairs leading up to the pavilion and sent it to her personal trainer before that day’s exercise session. “Please tell me we’re not using this,” she texted him, alluding to her hunch that he would task her with running up and down the staircase on that brutally hot day. He wrote back, “Yeah, I’ve already seen it!”

Such episodes are par for the course for Lambert since Nashville, Tenn., trainer Bill Crutchfield started traveling with her in January. Since then, she’s changed her diet, slimmed down, and toned up—and also developed a suspicion of the ordinary. Case in point: A park bench can be exploited for triceps dips or push-ups. A serene beach might be used for lunges. And the stairs! Lambert didn’t want to even think about the workout in store for her on the stairs.



## Musical Motivation

SOME SONGS THAT HELP MIRANDA LAMBERT GET FIRED UP ABOUT WORKING OUT

“Stronger,” Kelly Clarkson  
 “Before He Cheats,” Carrie Underwood  
 “Hell on Heels,” Pistol Annies  
 “Run the World (Girls),” Beyoncé  
 “Love in an Elevator,” Aerosmith  
 “Man! I Feel Like a Woman!,” Shania Twain  
 “Smokin’ the Boys,” Audra Mae and The Almighty Sound  
 “You and I,” Lady Gaga

Lambert, 28, warned Crutchfield, who also trained her fellow country stars Trace Adkins and the Dixie Chicks, that she would complain. Let’s just say she’s not the kind of gal who jumps out of bed for a sunrise workout, raring to go. So she told Crutchfield that whenever she starts to whine, he should remind her of her goals. This summer, she was aiming to look her best for the “Fastest Girl in Town” video from her latest album, so Crutchfield responded to her objections by uttering one simple word: “video.”

Lambert knew from a young age she wanted to pursue a music career. Raised in East Texas by parents who worked as private investigators and listened to everything from Motown to Southern rock, she was constantly surrounded by music. Her father strummed the guitar around the house and taught her how to play and write songs, an effective means of communication for Lambert as a teenager. She appeared in local restaurants and in the *Johnnie High’s Country Music Revue*, a weekly variety show in Arlington, Texas. She first charmed country music fans nationally at 19 as a finalist on the 2003 season of *Nashville Star*, singing “Greyhound Bound for Nowhere,” which she wrote with her father.

Today, ‘Ran, as her fans call her, is known for electrifying performances

and bold, fresh lyrics. In the past year, she was named Female Vocalist of the Year by both the Country Music Association (CMA) and the Academy of Country Music, and was recently nominated again for Female Vocalist of the Year by the CMA. Her most recent album, *Four the Record*, debuted last year atop Billboard’s Top Country Albums chart, making Lambert the first artist in the chart’s nearly 50-year history to have each of her first four albums debut at No. 1. She also performs in an all-Southern-girl trio called the Pistol Annies, which toured in September.

## To the Dogs

Lambert and Blake Shelton, also an award-winning country singer, married in 2011 and live on a farm in Oklahoma with seven dogs, all either adopted from a shelter or picked up off the side of the road. Lambert knew when they got married that Shelton was a dog person. “I just don’t think,” she says, “he was planning on being a seven-dog person.” Most of the pups are named for artists or songs (like Cher and Loretta), and the small ones tour with her. “They rarely get scared or nervous,” she says. “They hang out on my bus and walk around venues with me like my friends. We are pretty in-tune from all the time we spend together.”

Lambert has a soft spot for strays. Her first rescue, a West Highland white terrier or “Westie” mix named Delilah, inspired her to start MuttNation Foundation ([muttnationfoundation.com](http://muttnationfoundation.com)) in 2009, which raises money to increase pet adoption from shelters, support spay and neuter programs, improve shelter conditions, and reduce the euthanization of healthy animals.



“The voice of a celebrity talking about these issues can have a great impact,” says Emily Weiss, PhD, CAAB, vice president of shelter research and development for the American Society for the Prevention of Cruelty to Animals (ASPCA). “It can make folks aware that pet stores aren’t the best places to go for a new pet.”

While there is no national database tracking the number of animals that enter shelters, Weiss estimates the number at 5 million to 7 million per year, 3 million to 4 million of which are euthanized. “That leads us to think that about 50 to 60 percent of dogs that enter the shelters in this country don’t leave alive,” she says. “And it’s even higher for cats.”

There are more than 5,000 shelters in the United States and countless breed-specific rescue groups with networks

## What’s in a Name?

EXCEPT FOR DELILAH, ALL OF MIRANDA LAMBERT’S DOGS ARE NAMED AFTER ARTISTS OR SONGS—LIKE JESSI AND WAYLON, LITTERMATES FOUND ON THE SIDE OF THE ROAD AT 6 WEEKS AND NAMED FOR JESSI COLTER AND WAYLON JENNINGS. THEN THERE’S DELTA, RESCUED FROM A SONIC DRIVE-IN AND NAMED FOR “DELTA DAWN,” A TANYA TUCKER SONG.

Delilah—Westie mix  
 Cher—Deer head chihuahua  
 Delta—Chihuahua-pug mix  
 Black Betty—Coonhound  
 Jessi—Golden retriever mix  
 Waylon—Golden retriever mix  
 Loretta—Black Labrador mix

Lambert is a proud pet parent to seven rescued pups. (Here she is with six of her brood.) In 2009 she founded MuttNation Foundation to help increase shelter adoptions.

of foster homes. Some shelters euthanize animals because there are simply far more dogs and cats than there are people coming to adopt them, and they run out of space. According to Weiss, the vast majority of shelters strive to be “no-kill,” which generally means they only euthanize an animal if he is suffering.

One of MuttNation’s biggest successes was raising enough money to help the Humane Society of East Texas—once a shelter that euthanized animals—become no-kill. MuttNation has raised a half million dollars over the last four years for the shelter. Lambert says it’s frustrating that some people have preconceived ideas about shelter dogs. “They think the dogs are used, or





Lambert and award-winning country star Blake Shelton tied the knot in 2011.

## Road Warrior

WHEN YOU DO FIND YOURSELF AWAY FROM HOME, KEEPING UP WITH FITNESS AND DIET ROUTINES CAN BE A CHALLENGE. BILL CRUTCHFIELD, MIRANDA LAMBERT'S PERSONAL TRAINER, OFFERS SOME TIPS FOR STAYING HEALTHY ON THE ROAD:

1. "No matter who you are and where you are, think ahead. Preparation is key because we're not very good at 'I'll play it by ear.' The night before, look at your day: Do you have time to work out? Do you have a gym at the hotel? Is there a park close by? Just take your workout clothes out the night before."
2. "Do the same thing nutritionally: Plan it out. If you anticipate a busy day, make some snacks to throw in your bag, so if you're going from one meeting or activity to another and you're hungry, you're prepared. Homemade trail mix is great. I always have a banana or apple with me."
3. "A tip for eating out: If you know you're going to a particular restaurant, go online, look at the menu, and decide what you're going to order before you're sitting at the table, starving."
4. "If your body is able to walk or run, you can do that anywhere, and it doesn't cost you anything."
5. "Use the environment around you: park benches for triceps dips, a tennis or basketball court for lunges and jumping jacks. You can do the same thing in your hotel room—dips off a chair, push-ups between the beds. Be creative!"
6. "Pack an exercise band. It's lightweight, portable, and allows you to do a workout from head to toe."

they're not as good as purebreds, and that's just not true," she says. Rescue pups have a unique appreciation that you don't find in dogs you'd get from a breeder, she adds. "Any kind of rescue dog—they really know you've saved their life."

## Miranda Rights

Lambert and Shelton have a vegetable garden on their Oklahoma farm, where they grow everything from watermelon and strawberries to zucchini and onions—many of the foods Lambert now includes in her healthier diet. Her approach to body image has resonated with women

stamina," she says. "I've got hour-and-a-half shows, in the heat, but if I've worked out that day, I can think about my vocals instead of thinking about something jiggling."

Crutchfield has not only seen physical changes in Lambert since January, he's also noticed a new level of confidence on stage. "When you take care of yourself, you hold yourself better and have more energy. You stand up straight and feel tighter. That alone shows up in photos and videos when you walk into a room." He says even Lambert's balance on stage has improved, and while she used to move away from the microphone because she was out of breath (the show is a cardio workout in itself), she's stopped doing that now that her energy has improved.

**“RESCUE PUPS**  
*have a unique appreciation  
that you don't find in dogs you'd  
get from a breeder—they really  
know you've saved their life.”*

of every size, across the country. After struggling with her weight at times, she is now down to a size 8, and she feels great. "I have more fans come up to me and say, 'Thanks for being a normal size.'" She says that just like every other woman, her weight fluctuates, but she's learned to just go with it, because she understands what's right for her body. "I've never been a size 2 and don't think I'll ever have six-pack abs, and I don't care. I just want to feel good in my body and not be jiggly."

When Lambert is home, she cuts back on her exercise routine, some days hiking and taking other days off completely, with Crutchfield's blessing. But she doesn't mess around on the three to four days a week she works with him. And those days have made a big difference. "I have better lung capacity and

After her shows, Lambert typically winds down with her band and guest musicians, sometimes in an Airstream that she had converted into a rolling bar. The tour buses leave the concert venue at about 1:30 a.m. and drive to the next destination. Crutchfield scouts out the surroundings in the morning, while Lambert sleeps off her late night.

Lambert typically works out in the afternoon, and she never knows what Crutchfield has up his sleeve. The day before the ominous Beaumont stairs, for example (where she did 10 minutes on the stairs and 20 minutes walking, followed by abdominal work), it was a walk-run along the bay in Corpus Christi, Texas. Lambert walked at a fast pace for

Reviewed by Louise Chang, MD  
WebMD Senior Medical Editor

three minutes, ran for two minutes, did 25 dips and push-ups on a bench, and repeated that entire set four times.

No gym? No problem. Crutchfield carries a duffel bag of props, like exercise bands and medicine balls, and gets creative with his workouts to keep Lambert's attention. And he carries something that she can't help but love: a pair of pink boxing gloves.

## Food Matters

Crutchfield has also helped Lambert change her approach to food. "Oh my God, I have tried every diet," she says.

"I feel like if you're on one of these diets where your heart's not in it, it's not going to help you. Now, I know making a lifestyle change will work better than a diet in the long run."

Lambert is proud of her Texas roots—she boasts about her hunting and fishing successes, and she loves her cold beer and barbecue. But these days she eats fewer carbohydrates and more

fruits, vegetables, and animal protein. She might have a grilled chicken salad while the rest of the band eats pizza. The only snacks she allows on the bus are almonds and low-fat string cheese. Crutchfield, who advocates small meals every few hours, works with the band caterer to make sure Lambert is getting the right foods. He whips up drinks for her in the juicer at lunchtime, occasionally slipping in beets or greens.

Crutchfield feels the same way about food as he does about fitness—that life is too short to miss out on things you enjoy. So if there's a big bag of Cheetos—Lambert's biggest weakness—he'll suggest she put some in a cup for herself and walk away from the bag. "Having a cup of Cheetos helps her psychologically," Crutchfield explains. "Then she won't ask for it for another two weeks. If I'd told her she couldn't have any, she probably would have taken the bag on to the bus and eaten the whole thing." Lambert also allows herself "cheat meals" (chicken-fried steak, a cheeseburger and fries, a Dairy Queen Blizzard) when she's back in Oklahoma.

Trainer and client both joke about her resistance, which usually ends with a lot of laughs and a "thank you" text later in the day from Lambert. In Beaumont, apprehensive about the stairs, she texted Crutchfield again, saying that she only wanted to do a 30-minute workout that day. His reply: "Video." She laughed. "All right," she texted. "We'll do an hour."

## 5 Fridge Faves

WHAT YOU'LL ALWAYS FIND IN MIRANDA LAMBERT'S REFRIGERATOR

1. Ketchup
2. String cheese
3. Unsweetened tea
4. Milk
5. Sprite Zero, which she mixes with Bacardi, Crystal Light, and water for her signature drink, the Randarita.



Adopting a Rescue Pet: What to Consider can help you find the best match for you and your new family member.

WebMD.com



LEFT: FRAZER HARRISON/GETTY IMAGES; RIGHT: COURTESY OF RANDEE ST. NICHOLAS