

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What Celebrities and Other Fashionable People Will be Wearing This Fall...and How to Get the Look

By Amy Drescher

Every year around this time, I grow tired of my summer clothes and the way my bare thighs to stick

to my leather car seat. Thankfully, just as I'm dreaming of cozy sweaters and tall boots, warm fires and chilly nights, designers introduce their fall collections, magazine editors plaster the goods across glossy spreads, and models and actors start to wear them.

If you're like me and you're dreaming of cool weather fashions, here's a sneak peek at what's hot for the coming season. These are the top trends that came down the runway for fall—and the ones that are showing up on your favorite stylish A-lister. Adopt these looks if they suit you, or mix and match the trends you like—the ones that fit your body and your personality. Get a leg up on shopping now, and, come fall, you'll look super chic—just like your favorite star.

Styles

Ruffled blouses: In stark contrast to the menswear-inspired suits designers are showcasing for fall (more later), the ruffled blouses they're pushing are sweetly and seductively feminine. This season's styles are delicate, gauzy and soft, with lots of ruffles, lace, full sleeves and demure buttons. Before you turn your nose up, however, you can make these delicate blouses edgier by layering them under the season's stylish cropped jacket. (The layered look is in for clothes this fall, trust me: You will look so hip.) Or, do as Kate Bosworth does, save the world from sugar shock by pairing an ultra-feminine top with jeans. Which leads us to our next fall trend...

Skinny jeans: I understand that fashion fluctuates, and that it's time to retire the bootleg, but I don't like the skinny-jeans trend. The low-rise, flared-leg jeans of yesterday are much more flattering than the super-sleek, skinny, slouchy-ankle (called "the skinny stack" according to People magazine) jeans of this season. Stars and celebrity stylists apparently disagree. Celebs like Jessica Alba, Kate Moss, Ashlee Simpson and Carmen Electra are already sporting super-skinny jeans, typically with heels or occasionally flats (for the more long-legged). Let's hope this trend passes quickly, but in the meantime, if you dare, opt for heels and a top that hits at the hip to add length and balance to your super skinny jeans.

What Celebrities and Other Fashionable People Will be Wearing This Fall...and How to Get the Look

Leggings: Leggings looked stupid in the 80s and they can look just as unflattering now if you don't wear them right. Get the look down, though, and modern leggings are fresh; thankfully they're not paired under jackets with giant shoulder pads, baggy tunics, bad perms and oversize matching plastic earrings. (Men especially hated this look. I don't really remember men commenting much about women's fashion, so this trend must have been especially ugly. But I digress.) If you want to wear leggings, make like stylish celebs Jessica Alba and Sienna Miller (who always look cute) and pair black, mid-calf-length leggings with ballet flats and an oversize, belted tunic or minidress. (Key word: belted.) Don't wear brightly colored or ribbed leggings, and steer clear of shiny ones unless you're going running. As well, don't throw a super slouchy tunic on top or you'll just look sloppy. And, for Pete's sake, unless you're Mischa Barton-skinny, don't wear leggings with a cropped top. Leggings underneath a cute little dress or belted tunic or sweater is the way to go with this trend.

Military Jackets/Menswear: Okay, finally a fall trend I can totally support. There is nothing sexier than a gorgeous woman in a masculine suit (remember Kate Hepburn? Madonna in her Vogue video)? Stars

like Charlize Theron and Penelope Cruz look stunning in menswear-inspired suits. It's the contrast of striking femininity against tough masculinity. To wear this trend well, keep your hair loose and your makeup soft, and be sure to add bold jewelry. My favorite suits for this season are black or gray pinstriped pantsuits, preferably with flat-front trousers and a jacket with a deep V-neck. As for military jackets, I like them in blues with gold accents, paired with jeans and the season's hot new ankle boots, or even flats.

Flounced Skirts and Modern Minidresses: Show off great legs (think Halle Barry and Sarah Jessica Parker) in this fall's short skirts and dresses, along with those super hip aforementioned ankle boots. Just keep the rest of your look sleek and toned down. To feel like an adult and not a tot or, eek, a woman of questionable morals, pair minis with opaque, dark tights and flats or boots. And for goodness' sake, do not wear a revealing top. As for flouncy, balloon skirts, you can get a little bit more creative with your top, depending on the skirt length and style. As a rule, pair a more detailed, ballooned, feminine skirt with a less dramatic top and vice versa. Wear these with heels. One note: Steer clear of this season's jumpers, unless you want to look like a Swiss milkmaid or a Catholic schoolgirl.

Colors

Somber hues: As you've guessed, somber hues like gray, black and brown are in this fall. Along with muted colors, embellishments are at a minimum, but that doesn't mean you can't add a great piece of jewelry, like a pearl brooch or an oversize cocktail ring, to the mix. Or punch up the somber mood of fall fashions with faux animal skin shoes or a bag, or anything oversized and gold, like a big gold chain necklace or hammered cuff.

Red: According to Vogue, red is the new black. (Check out the mag's September spread with Christy Turlington.) How to wear it? A stunning allover piece, like a red dress in a warm hue, or a red tunic, is gorgeous. If that's too much, red patent leather boots or strappy leather sandals add a splash of red without going overboard. Head to toe red or red accessories still sound too bold? Try bright red lipstick, bright red nail polish, or a little clutch in, you guessed it, red. One note of caution: I wouldn't

What Celebrities and Other Fashionable People Will be Wearing This Fall...and How to Get the Look

recommend the red military jacket unless you're calling the hunt.

Jewelry

Clothes are somber this season, but there is an upside: jewelry isn't. Now's the time to bring out (or buy) bold metallics and yellow gold. Hammered gold oversize earrings (like chandeliers, hoops, and dangles) are in this season, as are hammered gold cuff bracelets and wide gemstone cuffs in a bright hue like carnelian or aventurine. Black is also back in a big way. Try a black pearl necklace or a strand of demure white pearls tied with a black ribbon (there's that sexy contrast again). Or a black beaded bracelet or black pearl dangle earrings. And forget the long, layered necklace look for now. It's all about one statement-making piece. Try tying your pearl necklace in a loose knot before putting it on, or, to really make it fresh, thread a cocktail ring, class ring or bold brooch on your pearl necklace. Remember, with bold jewelry, you are making a statement, so keep other jewelry to a minimum. This season's fashions are the perfect backdrop to statement-making pieces.

When choosing fall fashions, remember, wear what works for you, not what works for your favorite celebrity. Now go get creative!

A graduate of the Gemological Institute of America's Graduate Pearls program, Amy Drescher is a fashion writer and accessories buyer for

<http://www.moonriverpearls.com>

. She welcomes your

questions. Reach her at

adrescher@moonriverpearls.com

.

Chiropractic Fashion Advice

By Jane Simpson

In today's society, much value is put on the way people look and how they dress. This is not surprising because a person's status is usually equated with their fashion. The belief that the more fashionable a person is, the more he or she earns because designer items are generally very expensive. The Hollywood and MTV fashion mania affirm this notion with celebrities showing off and posing for the cameras wearing designer clothes and shoes. Unfortunately, fashion stylists and designers, in their quest for individualism and unique styles, often create looks that are attractive but neither comfortable nor practical. Women, more than men, are the usual victims of fashion trends. Statistics show that more women are willing to sacrifice comfort for the sake of looking fashionable. This is the problem according to Dr. Jerome McAndrews, the ACA's spokesperson, because tight clothes and high heels disrupt the body's balance and cause muscle strains. Practitioners of chiropractic medicine also agree since most of the complaints of their female patients are not caused by sports but by excessive

What Celebrities and Other Fashionable People Will be Wearing This Fall...and How to Get the Look

wearing of uncomfortable clothes and shoes.

A chiropractic fashion no-no that both men and women are guilty of is the use of big bags. Bags that are too heavy disrupt the natural movement of the body especially when slung over one shoulder for long periods of time. Even the simple and seemingly harmless act of putting wallets in the pants' back pockets is also bad. Chiropractic medicine principle states that these can cause undue strain and pressure on the lower back muscles. Chiropractors agree that as important looking fashionable is, the body's health is too big a sacrifice.

Doctors of chiropractic medicine do not want to cramp people's styles, so the ACA offers guidelines to looking fashionable AND comfortable. For women who must wear high heels, they advise bringing and changing into flats in the privacy of their offices or for times that their feet feel tired. Using flats for walking and changing into heels upon reaching the office is also an option. Wearing supportive shoes and more stable heels like stacked heels is also advised since the body won't need to exert as much effort to balance unlike when wearing designer spikes. Too tight clothes are not good because they restrict the natural movement of the body. Instead the ACA advises to wear clothes with some stretch; these will be form-fitting but not restrictive. It is also important to take unnecessary items out of bags to reduce weight. Bringing laptops is not necessary if the office is equipped with computers. However, if big bags are really necessary, it is advised to sling it over the head and across the body so the weight is distributed evenly. If this is not possible, switching shoulders often is the next best option. Taking out wallets and cardholders out of back pockets is advised before sitting for a long time such as in traveling or driving.

Being attuned to the body's responses is very important according to the ACA. It is also one of the most basic principles of chiropractic medicine. One vital aspect of being fashionable and comfortable is maintaining healthy judgement.

For more valuable information on Chiropractic medicine, please visit

<http://www.chiropracticmiami.com>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!