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YOU ARE *NOT* GETTING VERY SLEEPY...

The efficacy of increasingly popular prescription sleep aids known as “Z-drugs” (which include Ambien, Sonata and Lunesta) has been called into question by a new study published in the *British Medical Journal*. After evaluating the math from 13 clinical trials on these medications (also called non-benzodiazepine hypnotics), a team of U.K. and U.S. researchers concluded that half of the drugs’ apparent effect was actually due to the placebo response. Given that, they added, more attention should be paid to non-pharmaceutical, psychology-based insomnia fixes (which commonly include cognitive behavioural therapy).



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The number of adverse reactions to energy drinks reported to Health Canada to date. New rules have capped their caffeine content to 180 mg per single-serving can or bottle—the amount in 8 oz. of Starbucks’s bold brewed coffee. Plus, they’re now classified as food (not “natural health products”), which means once-clusive nutritional facts will be mandatory on the label.

HUNT FOR THE CURE

CANADIAN RESEARCHERS ARE ONE STEP CLOSER TO UNDERSTANDING

CANCER: A new study reported in the journal *Cell* announced findings that could one day change how doctors fight the disease. It turns out malignant cells don’t merely attack healthy ones; rather, they “talk” to each other, and the bad seeds enlist the good in sending cancer-spreading messages to their neighbours. So rather than just trying to kill a tumour, the treatments of the future might involve targeting these normal cells and interrupting the conversation.

TECH FAIL

Spotted a suspicious mole while spring-break swimsuit shopping? Call your dermatologist, pronto. Although you can download smartphone apps that claim to speedily assess a photo of your strange skin patch to decide if it’s benign or not, such programs can be dangerously error-prone. In a new study in *JAMA Dermatology*, three out of the four apps tested wrongly classified at least 30 percent of the melanomas as harmless. Automated algorithms are not—surprise—a substitute for a doctor’s eyes.



“PILATES ON CRACK”

That’s the nickname bestowed on Hollywood trainer Sebastian Lagree’s signature workout—a sweaty, heart-racing fusion of cardio/circuits, strength training and Pilates, done on his Megaformer machine (it’s an extra-challenging take on the traditional Reformer, rigged with springs and pulleys). The juiced-up classes—done by stars such as Nicole Kidman, Courteney Cox and Hayden Panettiere—arrive in Toronto with the opening of Studio Lagree (435 Spadina Rd., studiolagree.com). More GTA locations are in the works.

PHOTOGRAPHY: GETTY IMAGES (HUNT FOR THE CURE, PILATES ON CRACK), SCOPE BEAUTY (YOU ARE NOT GETTING VERY SLEEPY).