

HL: *What prompted you to help raise over \$800,000 specifically towards addiction recovery?*

Denise Vasi: A dear friend of mine is alive because of rehab. The facility I helped to raise money for saved her life. Growing up in New York City I saw many people battle the disease of addiction. Sadly, I still have friends coping with the disease. I wanted people to be able to seek the real type of medical and psychological treatment they needed. The monies raised were used as funding for a scholarship program for potential patients who would otherwise not be able to afford such care.

HL: *Beginning your modeling career at an early age of 12, did it make you feel like you stood out from all the other kids?*

Denise Vasi: Did it make me feel that way? No! Although, I was the only one in 7th grade “allowed” to carry a beeper. That was kinda cool at the time. It wasn’t until high school that it became a little weird. Other students tried to treat me differently but people can only treat you in a manner that you allow. I did my best to blend in as much as possible.

HL: *How has playing the role of hooker/wife Randi Hubbard formed your thoughts on relationships and acceptance—and the ability for people to change their lives?*

Denise Vasi: I don’t know if playing Randi formed my thoughts as much as I informed her. I believed in the character’s ability to change. I’m a firm believer that people are constantly evolving. Sometimes that change happens in relationships. As two become one, the view of the world shifts and that’s positive. It’s called growth. I know I feel lucky that my partner challenges me to see things differently. That’s what a relationship did for Randi on *All My Children*.

HL: *What health advice would you give moms whose young daughters are aspiring to go into modeling and acting?*

Denise Vasi: Teach your daughters to love and appreciate their bodies. Eating healthy and exercising isn’t about being skinny—it’s about treating your “instrument” with love. I don’t like going to the gym daily and I’d prefer to have a cheat day every day. Ha. Ha. But, I’m conscious of how great I feel

after the gym and how not so great when I eat unhealthily. As a model or actress your body is your instrument. It must be in its best shape so that you can perform at your best.

HL: *What is your most impressive achievement so far and what are you working on now or in the near future?*

Denise Vasi: I think my philanthropic work is. I’m currently brainstorming and taking meetings in order to find my next charitable project. As my last one was, I want to be sure it is a cause that’s near to my heart.

HL: *Do you follow any special diet?*

Denise Vasi: I’m going to be doing the “22 Days Vegan Challenge” soon. It’s designed to get people to try a plant based diet for 22 days. I’m excited because I haven’t tried an only plant based diet before.

HL: *Would you like to be remembered as a model or an actress? Why?*

Denise Vasi: I want to be remembered as daughter, sister, wife, and eventually mother because those are the most rewarding roles that I have, or will fill, in my life.

HL: *How do you keep the excitement in your marriage to Anthony Mandler? What are your favorite things to do together? Do you ever feel like you need a break from each other as some couples might feel?*

Denise Vasi: A break? Gasp!!! No way! He’s my BFF. I don’t even like to have lunch without him. It’s torture when we are apart.

HL: *What are your favorite things to do together?*

Denise Vasi: We enjoy going to yoga or Soul Cycle together...We pretty much have fun doing everything together because we’re both big goofballs. At any random moment one of us will put the music on really loud and then we’ll both start dancing around the house like crazy folk.

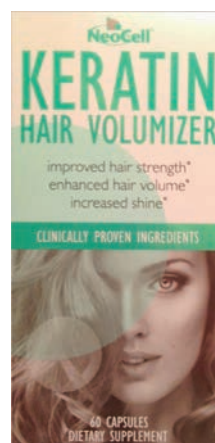
HL: *What are your most “sinful” foods?*

Denise Vasi: Everything carbohydrate based! Carbs are my kryptonite. ■



Barlean's Olive Leaf Complex

This is a holistic way to deal with many common ailments. It works wonders to boost immunity so I've been taking one tablespoon daily.



NeoCell Keratin Hair Volumizer

We all know great hair, nails and skin start from the inside. Putting the right nutrients into your body is the way to start. What I appreciate about NeoCell's supplements is that they are soy, wheat, lactose, starch, yeast, and artificial coloring free. Anyone can take them and be on their way to thicker, fuller hair.

I am a Big GOOFBALL

"I feel lucky that my partner challenges me to see things differently"

DENISE VASI

Photographer: DeWayne Rogers

Makeup: Porsche Cooper

Hair: Ursula Stephen

Stylist: Darryl Brown



EcoNugenics Integrative Digestive Formula

Taken daily helps to assist in digestion. Normally after a large meal I feel uncomfortable but these helped to break down my meal faster, freeing me from that full overwhelming feeling.



Blue Lizard Australian Sunscreen

A sunscreen that I can use every day without worrying about absorbing chemical toxins, Blue Lizard avoids parabens and chemical sunblock with estrogenic properties. This is a no brainer; it's a safe choice.



Showerwise Shower Filter

This did wonders for my hair and skin. By taking out the chlorine in the water my hair felt cleaner and was shinier while my skin wasn't as dry as usual. Our new house will have a built-in filtration system but while we are still in the old house this will stay put in our shower.



Kyolic Aged Garlic Extract and Vitamin D3

I'm vitamin D deficient so I was in need of a good supplement that wouldn't irritate my stomach. This particular supplement is easy to digest which made me more likely to take it daily with no skipping.

North American Herb & Spice Nail-It

This is for me because I'm very conscious of my nail health. This gave me results I want: thicker, stronger nails.



Health Direct Ready Fiber Plus

Fiber is so important for regularity. This particular formula is easy to add to any other liquid, juice, water, smoothie, or even soup. Get your daily fiber without effort.



Bragg Liquid Aminos

The spray bottle is genius because you can carry it without worrying that it will spill. Also for portion control.



Rejuvila Midnight Beauty

I was excited to try Midnight Beauty. I like the idea of taking skin rejuvenators before bed and letting them work their magic while sleep. I was impressed because they contain turmeric. I am a huge fan of turmeric and curcumin. Results include hydrated skin and joint ease due to turmeric's anti-inflammatory properties.



Sunlighten Pure Sweat

I was fascinated by Pure Sweat because I hadn't heard of it before. Apparently it's a secret to athletic training. I often sauna so I could really tell the difference in sweat. This made me sweat more! We just bought a Sunlighten infrared sauna for our new home and I will continue to purchase Sunlighten Pure Sweat to aid in detoxification. This is one of my faves.



BioActive Nutrients Fiore AntiFungal Nail Polish

Luckily I don't suffer from nail fungus but I know that it's a common problem especially for those women who still get acrylic powder over their nails. BioActive Nutrients' Fiore Nail Polish has an antifungal effect. That's two for the price of one. What a way to keep on par with the ever growing nail trend but also be precautionous and treat potential nail infections. I'm sold!



Spry Oral Spray, Gum and Toothpaste

Eight to 10 grams of xylitol in your daily routine may help reduce the risk of tooth decay and improve overall dental health... I didn't know that. That being said, I was glad to be able to get my dosage with chewing gum. That meant I didn't have to change my dental routine. The gum is sugarless and tastes better than most sugarless gums. I keep the jar in the car and chew throughout the day.



Aloe Life Cherry Berry Whole Leaf Aloe Vera Juice Concentrate

This might be the best tasting Aloe juice out there and it didn't bother my stomach. Very effective!

Rubber Ducky 100% Natural Sunscreen

Rubber Ducky is rated for lasting 8 hours in the water while maintaining its 50 SPF rating, the highest possible—but what's more the sunscreen received the Triple Leaf Award from the HealthyLiving Foundation, which means it is free from any toxic impurities. Because of its long lasting property this is my choice when vacationing and participating in water sports like scuba diving.



Broo Shampoo & Conditioner

Smells so good you want to eat it! PH balanced and sulfate free are the components helping to add shine and overall life to my hair.



Immune-Tree Colostrum6 Nano-Strength Capsules

Maybe it's the high amount of growth factors or the better nutrient absorption that makes the difference, but taking colostrum energizes me. I experienced sounder sleep and easier wake-up calls. At the gym, I can do more reps and weight.



Redd Remedies In Joy

Mellowing. Relaxing, cuts cravings, doesn't make me sluggish.



Natural-Immunogenics Sovereign Silver

This is always in my house. It's my go-to when I'm feeling even the slightest cold coming on. It's easy to take because of the dropper and it's virtually tasteless. I've also used it to rinse my eye when I had an eye infection. You should speak to your doctor before trying that but it definitely helped to clear out the bacteria faster.



BioActive Nutrients Raspberry Ketone

Raspberry ketones are scientifically documented to aid weight loss without speeding up heartbeat or causing high blood pressure. They stimulate the body's adiponectin expression, which increases fat burning even when consuming a high fat diet—which would theoretically only happen on my cheat days, of course :)



MHP

Power Pak Pudding Fit & Lean

With MHP Power Pak Pudding I get 15 grams of protein and 25% of my calcium needs daily and have two great flavors to choose from—chocolate or vanilla crème.

Earth Friendly Products Everyday Stain & Odor Remover, Ultra Dishmate

I try to use organic cleaning in our home to protect ourselves and our dogs. (We have 4 pooches.) We go through a lot of stain/odor removal brands. What I find so attractive about Earth Friendly Products is that their formulas are not only good for us and the environment but you can tell that they get the job done. Plus I find the organic smells so much better than artificial fragrance. This is going to be a regular on my shopping list.



Frequently eco-friendly bathroom cleaners leave me disappointed; this one didn't! You know it's really attacking that bathroom grime. Because there are no harsh chemicals you can use it daily for upkeep guilt free, so when cleaning day comes around you're not battling caked-on layered residue. To me that's a major plus.

Biokleen Bathroom Cleaner



Barlean's Organic Virgin Coconut Oil

It isn't your grandma's cooking oil. Gone are the days of using corn or safflower oil because we now know that coconut oil offers weight-loss, antimicrobial, antioxidant and brain protective effects. You can eat it by the spoonful or add to your smoothies as well but there's another reason why I keep two tubs of it at home. Because you can also use it on the skin to moisturize or in your hair as a conditioner.

