

HL: *You have quite a story—daughter of a single mother, growing up poor in New Jersey; how was it even possible for you to make it in Hollywood?*

TS: I had a huge dream of being an actor. I had the opportunity to meet Tisha Campbell Martin at 16 and when I had the courage to move to California at 18, she and her mother were a huge support.

HL: *Your mother was addicted to drugs throughout your childhood; what made you want to be different?*

TS: It was my dream of being an actor. We grew up rough and it was tough for my mother to have a set of twins at the age of 15, raising them alone. But I didn't believe my circumstances were going to be the reality of my future. By the way, mom is 20 years clean now.

HL: *How have your life experiences influenced your acting roles?*

TS: It's given me a level of compassion for humanity.

HL: *What can you say to those facing the same circumstances and self-esteem issues that you experienced?*

TS: Believe that you are here for a more important purpose and make all of the sacrifices that you can to pursue them.

HL: *Tell us about your upcoming movie with Billie Woodruff.*

TS: In *Addicted* I play a therapist whose patient is a woman dealing with a serious, damaging sex addiction.

HL: *Your health tips for HL readers?*

TS: If you want the best tips for healthy living, read *HealthyLivingG*. Your magazine has all you need. I'm a fan and I think everyone else should be one as well. ■



Immune-Tree Colostrum Moo Chews

I traveled a lot over the last couple of weeks and must say when I wasn't feeling well, I felt it help knock out the cold that was trying to come on.



Biokleen Bathroom Cleaner

I enjoy the lavender scent and the fact that this is a totally nontoxic cleaner that gets out tough stains.

Bragg Live Foods Sprinkle 24 Herbs & Spices Seasoning

My husband has high blood pressure and he can use it; you don't need salt if you have it.



Barlean's Greens Chocolate Silk

Loved, loved, loved!! And it worked with my NutriBullet.



Health Direct Sculpt n' Cleanse Colon Cleansing Formula

I had an immediate cleanse and felt all that much lighter without cramps.



EcoNugenics Integrative Digestive Formula

This helped with cravings, which is important as I've been on a workout regimen.

A True HOLLYWOOD CINDERELLA

"I didn't believe my circumstances were going to be the reality of my future."



Photographer: Diana Ragland
Wardrobe Stylist: Tod Hallman
Makeup Artist: D'Andre Michael
Hair Stylist: Kendra Garvey

TASHA SMITH

Tasha Smith grew up in Camden, New Jersey, divided by what life's circumstances dictated and her ambitions—or how else does one explain the fact that the actress financed her fledgling comedy career “back in the day,” as she likes to say, as a stripper—that is, until she made it to Hollywood and established herself as a star in Tyler Perry's *Why Did I Get Married?*, *Why Did I Get Married Too?* and the TBS series *For Better or Worse*. In September Tasha stars in Billie Woodruff's *Addicted* from Lionsgate.



Sovereign Silver, Homeopathic Silver First Aid Gel

Like scarring? If not, place this gel on every cut, scrape and wound you are having. And watch the accelerated healing and scar reduction.



Aloe Life Cherry Berry Juice

As I have researched aloe, I have learned this herb soothes indigestion and reduces wrinkles—that is a wow combination.

North American Herb & Spice OregaFRESH P73 Toothpaste

My mouth felt so clean after using... love how it made my teeth feel.



XLEAR

Spry Chewing Gum Spearmint, Cinnamon, Peppermint

This gum is my new best friend. I've already bought it twice!



Kyolic Immune Formula 103

Kyolic aged garlic extract has no odor or garlic taste. The number of documented uses makes it worth taking every day with a multivitamin. I feel well, upbeat and healthy all day when I take Kyolic. But I also believe its long-term impact over time will outweigh the immediate effects.

Earth Friendly Products ECOS Free and Clear Laundry Detergent Pods

ECOS Free and Clear doesn't irritate my sensitive skin and smells fresh.



Just Tasha Fragrance US

It's organic, no heavy metals. I use fragrances and wanted to come up with my own because I kept getting bored with what I was wearing. My husband and I found a chemist and created the fabulous floral, citrus smell of US—it's divine, fresh and sexy. People literally become addicted to the smell.

