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**Sarah
Russi**

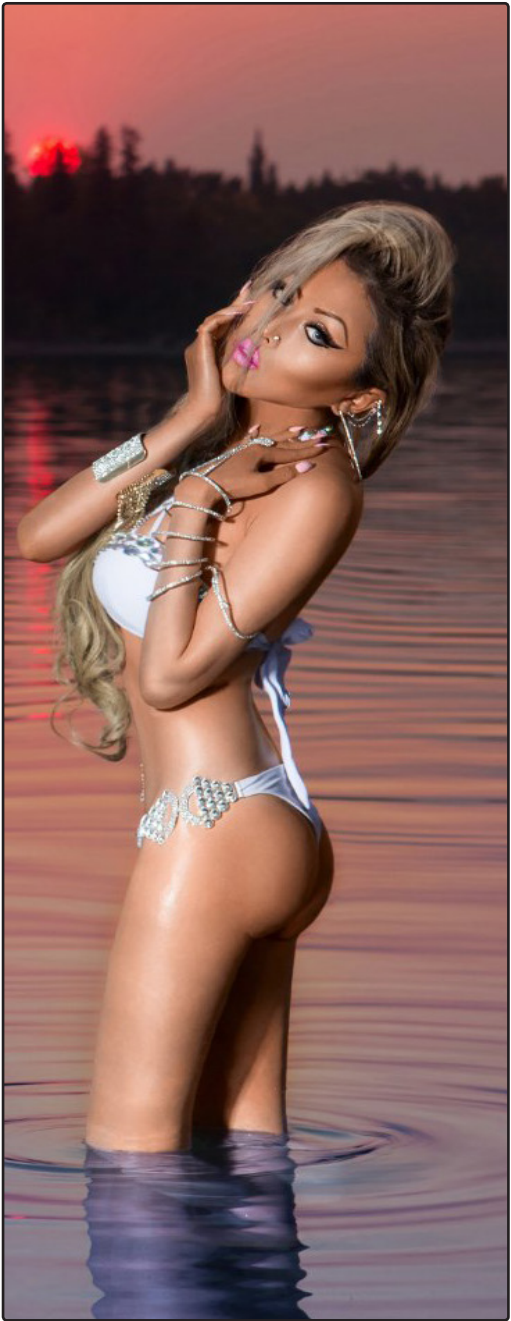
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Emvy Bardot

Emvi Bardot is a passionate, fun, and creative blonde bombshell! Emvi has been modeling for about seven years, but before that she was a teacher, nightclub promoter, event planner and more! She has loved the arts since childhood and was involved in acting, singing, dancing and writing since a young age. Once Emvi discovered she could find opportunities in modeling, she jumped right in! Emvi did her first shoot and found out about model networking sites and magazines to submit to. Since then, she has been

in over 30 national and international magazines, modeled in prestigious fashion shows such as NYFW, and has modeled for brands like INC International Concepts, MakeUp Forever, and more.

Emvi more recently began building her acting resume. She has been on Fox's show "Gotham", TLC's "Love, Lust, or Run", MTV's "Summer in the City", and others. She enjoys getting into character and telling a story through acting. One of her favorite

PHOTOS BY
ERIC MILBOURNE





PHOTOS BY
ERIC MILBOURNE

Emvi Baridot



experiences to date was on the ID Channel's show "Deadly Demands", in which she portrayed a college student taken hostage in a local bar. She loved showing a wide range of emotions from fear, to sorrow, to relief. Emvi hopes to continue acting and to find roles she can connect with.

Although she maintains a very busy schedule, she finds time to devote to charities such as the Breast Cancer Research Foundation and others. She makes it a point to volunteer her time for charity events in her area. The lovely and inquisitive Emvi has many dreams and secrets, which are only revealed to her closest friends. She

loves her fans and will be attending New York Comic Con with some of them! I can't say Emvi is single, but she is kind and loves to express her beauty and sensuality through her photos. Feel free to follow her journey on her facebook fan page or instagram and don't be afraid to say hello!







This petite, yet fierce Asian wanderlust dreamer is definitely a true beauty with brains! She had disappeared from the modeling scene for quite some time now, due to her health battles. However, the love from and for her fans has brought her back! We were fortunate enough to steal a private interview with her, as she reveals her powerful, inspiring story...

Coming from a typical Asian family, where education with a science background is always a priority, modeling was never even an option in my world, until after I achieved my Bachelors of Science in Molecular Biology and Biochemistry. At that point in my life, I definitely had a tough time figuring out my true passion, as I was torn between my interests in music and arts and my parents' expectations of me in science medicine. I was utterly depressed and disappointed in myself, because even after having surpassed such a long journey of accomplishments, I was still clueless as to what my true purpose in life really was. I then decided to take a break from the books and devote some time for self-reflection. During this time, modelling opportunities continuously came my way, like it was meant to be. Immediately, I was featured in calendars, magazines, newspapers, websites, trade shows, car shows, fashion shows and various projects and promotions, and everything was like a dream! But just moments after earning everything in my life, I was robbed of everything, and it was all taken away from me when I was diagnosed with the vilest illness that exists, Systemic Lupus Erythematosus (SLE).

It was like my whole world shattered upon me. I was always a perfectionist and strived to reach for perfection my whole life. But it was then that I realized that, the point of perfection is also the breaking point. The doctors could not explain to me what lupus is. All they could do for me was prescribe strong, toxic pharmaceutical drugs to suppress my symptoms, which progressively returned even angrier and more intense. With my biochemistry background, I was well

aware of the severe damage of the steroids and chemotherapy drugs to the body, so after a while, I stopped taking them and refused continued treatment from the conventional medical system. I understood that symptoms are the body's alarm system to signal that something is wrong and we need to address the root cause of the problem, and what is triggering the alarm, not shut it down. What was truly killing me, my culprits, were unknown food allergies and sensitivities, my predominantly acid-forming diet, depression, stress, and last but not least, sleep deprivation. All these factors contributed to excessive oxidative damage and toxicity build-up in my body, and hormonal imbalance, leading to floodage of my lymphatic system and systemic acidosis, hence systemic inflammation, which basically defines lupus. Although I am knowledgeable with how the body functions, I could not eliminate and escape the brutal and reckless hands of stress and its destruction to the body. With my busy and stressful lifestyle, and weakness for food porn, I let myself get intertwined in between the vicious cycle of stress and poor diet. At times of stress, I foolishly friended junk food and allowed my poor eating habits to ignite the systemic acidosis inside my body, fueling the systemic inflammation, slowly corrupting my body undetected, until my body lost control, went haywire, and began to attack itself. This condition is defined in the medical dictionary as Systemic Lupus Erythematosus (SLE), or lupus for short. The ideal natural treatment should have been just to simply change my diet to a non-inflammatory, alkaline diet and detox, as well as find ways to relieve stress. But instead, the conventional medical treatment plan enforced intoxicating my system with harmful, unnecessary pharmaceutical drugs to shut down my immune response, which only served to try to save me, by signaling that my body was severely stressed. Although I only depended on drugs to relieve my unbearable symptoms for a short duration, it was enough to cause severe, irreversible, and permanent

damage to my kidneys.

As months went by, my symptoms exacerbated, and I was driven to seek alternative treatment with Chinese herbs, as my family recommended. Unfortunately, the herbalist in my area, who claimed to be a famous professor in Vietnam, was nothing better than an amateur immigrant, who imported his herbs from China, which was probably heavily contaminated. After my naive use of his herbs, I progressively felt worse and my kidneys deteriorated even further. Not long after that, I suffered a stroke and was paralyzed and hospitalized for over 6 months.

The doctors were about to drill a hole in my head. They told my family I may never wake up again and if I did, that I would never walk again. I would then have to live my life in a wheelchair and be permanently hooked up to a machine. I couldn't even move a single muscle or finger to point at what I wanted, and at that time, I one thing- to die! But I was too paralyzed to even do just that! My furthest attempt was secretly spitting my pills into the trash. But it wasn't long before I got busted and was sent to psychiatry, where they pinned me down with IVs and guarded me. One second in that dungeon of darkness seemed like an eternity, unable to move and unable to see. The days were dreadfully torturing and the nights were even colder and lonelier. But embarrassed and ashamed, I refused all visitors. I spent my mornings clawing my way out of bed and my afternoons stretching to reach for my wheelchair. I spent my evenings struggling to crawl towards the door. I was slipping in showers, tripping over trashcans, and falling off beds. But there was nothing more that I could do than bite my lips and swallow my tears through it all.

Day after day, I would just be laying there, giggling to myself one second and then scream out in agony the next. I would just laugh to myself one moment and then roar out into tears the next until I drowned myself to sleep night after night. My every move was now watched by the eyes of dozens of nurses and monitored by handfuls of doctors, doing everything in their ability to keep

Jen Nguyen

PHOTO BY



me alive, only to torture me some more. I begged and cried. I pretended it was all a lie and continued to deny, wishing and praying that this was only but a bad dream because I was truly living a nightmare, with no escape and no ending. I was no longer just a patient; I was a trapped prisoner. I howled and I screamed. I roared and I raged, but it was all useless. There was nothing that I could do to convince them to set me free from that cold, closed cage. It was then that I realized the only way I was going to get out of that hell was if I got well enough to walk out of there myself. I was now determined to undertake my self-treatment plan. Immediately, I went on a dairy-free, gluten-free, anti-inflammatory alkaline vegan diet, and was able to cure myself of the misunderstood illness, lupus, within months!

Six months later, after overcoming a long struggle of pain, agony, and suffering, I was able to walk myself out of the hospital, without touching a single wheelchair or walking cane. Today, I live a healthy lifestyle and have been lupus free for over two years, without the aid of any prescription medication. If I had the time and money, I would continue education and pursue my Doctor of Naturopathic Medicine Degree, to help save the world from the ignorant conventional medical system. But after having been through everything, I realize that there's nothing more important than being healthy, stress-free, and making magical, unforgettable memories with family and loved ones. Although doctors and their conventional medical system killed my kidneys with their drugs and ignorant beliefs, I will not let my life die with it. I will continue to live my life as if I am not terminally ill and do everything I can, and cherish every moment I have left with loved ones. As long as I am still breathing, I will use my knowledge and experience to help those who are suffering the natural way. When I was diagnosed with lupus, I overlooked taking my health seriously, and I foolishly put my trust in doctors to heal me. However, it wasn't lupus that nearly killed me, it was the unmindful conventional medical system. I hope that with my story, lupus sufferers from all over the world can now prevent, cope with, and even treat lupus the natural way. I hope that my story can help all future patients with this misunderstood disease. I want to voice to the world that, I am living proof that there is a cure for lupus! Now I fully understand my true purpose in this life. I am so grateful to God, for giving me this true blessing to be able to save lives!





Sarah
Russi



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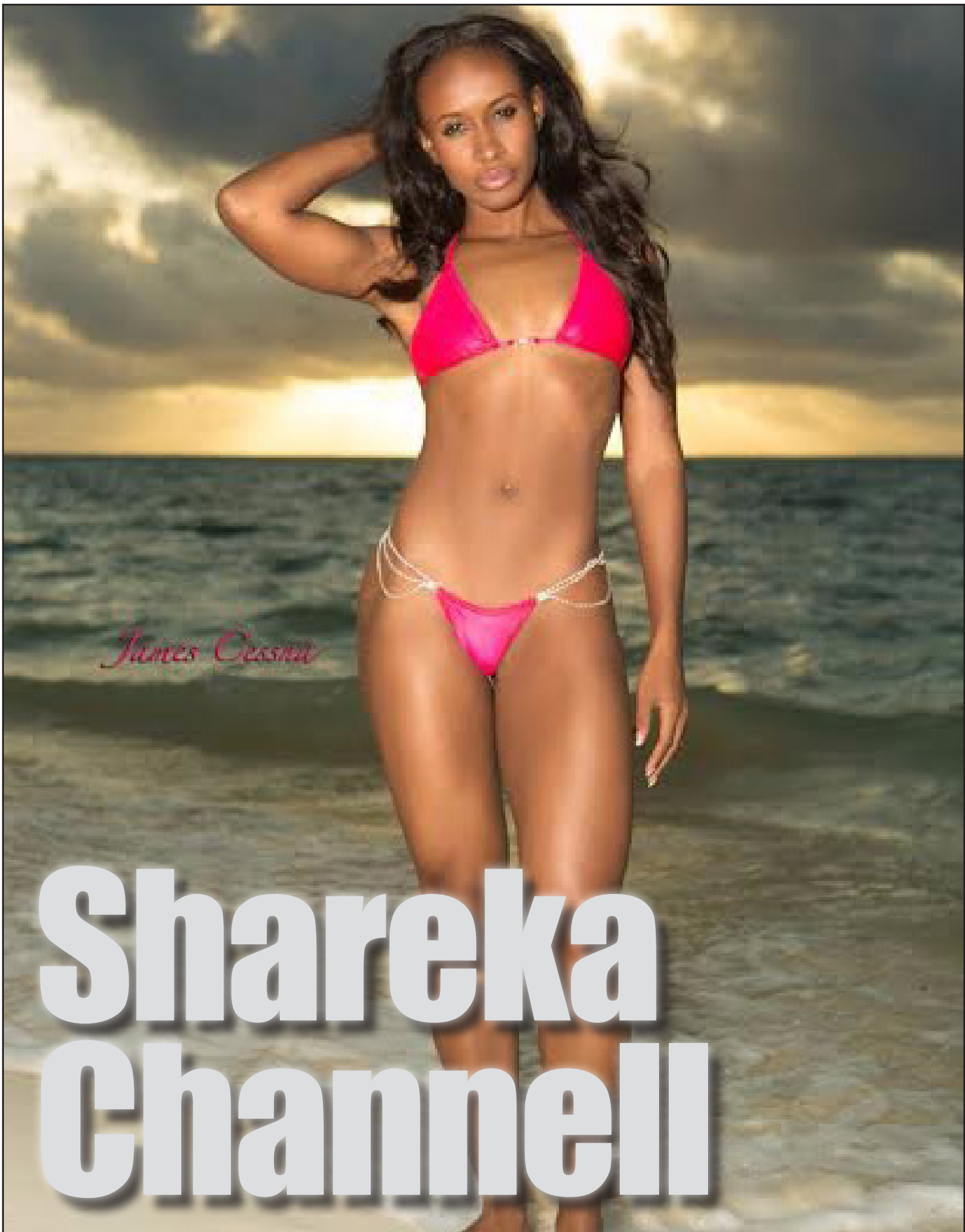


Shareka Channell

She is from the beautiful island of Grand Bahama that is situated in The Bahamas. She is an aspiring model and actress and has competed in her first bikini competition with The International Bikini Model Search. Her goal is to be signed with a top talent and model agency and to be very successful. She is very ambitious to be in magazines like Sports Illustrated, Maxim, FHM and Shape and is very determine to make this happen. She grew up and lived on the island of Grand Bahama all of her life and always wanted to become a model, despite people telling her that she was too short and it's hard for an island girl to go far. Her dream is to become a professional model and actress, gracing the covers of top magazines and starring in numerous Films, Commercials and Reality TV shows. Her little secret is that she is obsessed with Idris Elba and has his photo in every clothing drawer. Her love life is wonderful, and her partner is always at her side supporting everything she does.

PHOTOS BY
JAMES CESSNA

James Cessna





Tahlia Boe Hayward

PHOTOS BY
NICK K,
MUA SANDY TAU



PHOTOS BY
NICK K,
MUA SANDY TAU

Tahlia Hayward

Nikki Zole



VACATION LOVE

BY: CHRISTINA-LAIA VLAHOS

Vacation Love

Following several of my Gringlish Girl radio segments regarding summer love, sex and of course those all-inclusive resort flings, I found myself bombarded with an influx of listeners responses. While some voiced their own opinions on vacation romances, the majority sought more insight on weather or not vacation romances should be pursued. Put simply, in the pursuit of love, should we take the vacation route?

We've all done it. The -all girls or all-boys vacation in the tropics. We've waxed plucked, and worked on our bodies to utmost perfection and are ready to hit the sandy beach after a heinous winter. It's time to turn our pasty bodies golden, soak in every ray of brilliant sun, drink Mojitos on endless stretches of beach, and perhaps find a vacation love? A fling may be a more fitting term, but a summer or vacation love is a romantic endeavour nonetheless; but can it last? Does the allure of the Amalfi coast, salty sea breeze, and sensual encounters fool us into believing this lust or passion is love? Just because the vacation comes to an end, does all the magic that came with it have to conclude as well? Here's a quick questionnaire you can take to help you shed some light on your vacation romance!

1. Were you alone and happy to have the company?

When we are alone, bored, or lonely, we tend to welcome the company of strangers who we ordinarily would not befriend. Imagine you're with a group of friends and a less than attractive or interesting person approaches your group, ordinarily you may giggle and joke about it with your friends. If you're alone however, you're more open to meeting people. This may begin as companionship and turn into a surprising romance.

2. Were you optimistic about having a vacation romance or looking for a vacation fling?

Seek and you shall find! Studies show that our subconscious yields several desires, hopes, fantasies, and repressed thoughts. This is a big



part of why we dream. If we did not dream, we would literally go insane from all our oppressed thoughts. Chances are if it was the idea of meeting someone while vacationing was at the 'back of your mind' than it will make its way to the forefront, causing you to make choices leading you closer to the desired outcome.

3. Was the person you fell for in a position of power?

It's easy to fall for someone working on a resort you're visiting, because they are very attentive to you, exude confidence knowledge, and power. While the cabana boy may not be your thing, attention from hotel

staff who are sought after by many, makes them more attractive, and in turn more of a prize.

4. Vacations are fun. Are you sure you didn't misinterpret love for fun?

Away from the stresses of every day life, everyone's in a good mood when on vacation, and that means we tend to tolerate a lot more than we ordinarily would when in our normal lives. Does "go with the flow" sound familiar?!

5. Time flies when you're having fun!

Time goes by quickly on vacation. We end up spending long sun filled

days, and disco dancing nights with people we've only just met, and may end up feeling we actual know a virtual stranger after a mere week.

6. Did you actually ask any questions?

When we're having a good time we tend to avoid asking critical questions that may in turn disrupt our high. "By the way do you have a girlfriend, a job, or a criminal record?!" They may seem like unimportant inquiries swimming in the Caribbean in the arms of your new love, but if you were on a date back home, they just might not seem so ludicrous!



PHOTOS BY
NANCY MARTINEZ

BY: CHRISTINA
LAIA VLAHOS



PHOTOS BY
NANCY MARTINEZ

Gringlish Girl

7. Actions speak louder than words!

When we are attracted to someone we tend to create a persona we think they will desire, and hence fall in love with. In this instance we hear a lot and see little. It's difficult to know the real person when you don't see them in their natural habitat.

8. Are you on Facebook?

Social media has changed the scope of dating and relationships forever. Although it has helped connect and unite people into long lasting unions, it has also had the opposite effect. I will address this in an upcoming article entitled, How Facebook Ruined Love. Taking a peek at someone's online profile may in fact impact how you feel about them, as such you may need to turn notifications "on" or "off" depending on where you are in that relationship. Life coach, Abraham Hicks has very fittingly rename the social media monster, Nose Book - more to come on that in my upcoming article.

9. Dutch anyone?

When on a vacation in all-exclusive resort there is nothing to pay for. If you like being looked after, you may feel impressed by someone taking you to nice dinners and serving you fancy drinks, but you really have no idea of their spending habits or take on splitting the bill until you experience a real date!

10. Happy ending!

For many one thing that makes vacation love so alluring, is knowing the romance will come to an end without any complications. In this instance, we should ask ourselves, 'are we doing this because we want the experience and it will never get back to us, or because we really like the person?!

All done? It may be well worth your time to ask yourself a few of these questions next time you fall in love in a tropical wonderland. It may just help you decipher whether it's best to make a commitment, or leave the sand on the beach...

Christina-Laia is an on-air host, writer & model, residing between Canada & Europe.

@gringlish_girl



Vanity



Meet Vanity, #YourFavoriteModel! She's an up and coming urban model who's ready to take over the scene. Her measurements are 32 inch bust, 24 inch waist, 33 inch hips, 100 pounds and 5'4 tall. You know what they say, GREAT things come in small packages and in Vanity's case, she's absolutely gorgeous. Not only is she gorgeous but she's also talented, hard working, and has a great personality. She gives off these super chill and laid back vibes while being goofy and making others laugh at the same time and who doesn't love a beautiful girl who remains humble? Vanity's start in the modeling industry was rocky. Starting out without a manager or any guidance, she found it hard to find professionals to work with. It took her a lot of fake promises and dreams from people who acted as managers and managers who couldn't give her what she needed. However no matter what problem came her way, she never gave up, made excuses or let things get in her way. After going through obstacles Vanity found an amazing manager (Fleek Models) and started her professional modeling career at the age of 19. By age 20 she was being featured in music videos, magazines, and promoting concerts and events! At the age of 21 she became a promotional model for the alcoholic beverage company Remy Martin and modeled at one of the best photographer conventions in the world! Not only does Vanity love to get behind the camera, but she also loves dancing and music! When shes not spending her time taking pictures, Vanity is working as an Entertainer at the World Famous "Roxys" in Illinois or playing her violin and jamming to some of the hottest tunes. Although modeling, dancing, and music takes up most of her time she still finds it easy to make time for her "bae" who shes been in a relationship with for 3 years now. Most models find it hard to have a relationship while modeling but Vanity has found ways to balance it all, not only does her boyfriend support her %100 but he sometimes even helps with her career! Now how cute is that? Modeling has become a huge part of Vanity's life and she has set out to be the best she can be at it. She's setting her goals and achieving them and she believes she can become a extremely successful model if she continues at what she's doing. Vanity thinks you can accomplish anything you want to, all you have to do is work for it! No matter what you do, rather it's modeling or becoming a doctor you always have to remain confident, positive, and dedicated. Never let anyone tell you that you can't!





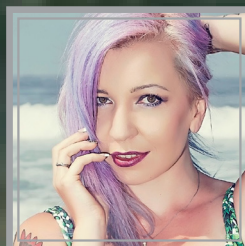
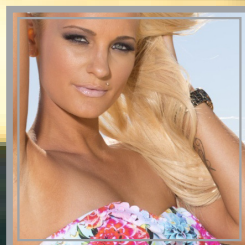
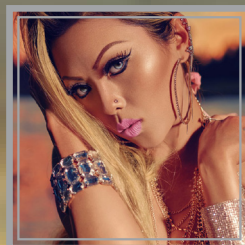
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MICHAEL
KELLER

I'm Tiina K, professional model from Finland, living in San Diego, CA. I started modeling when I was living in London, and have been modeling for 7 years so far. I do fashion, glamour, nude, erotic, life art, and tv-extra work. I love seeing the results from my photo shoots, and modeling gives me confidence, it's the best job ever.



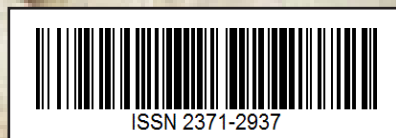
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