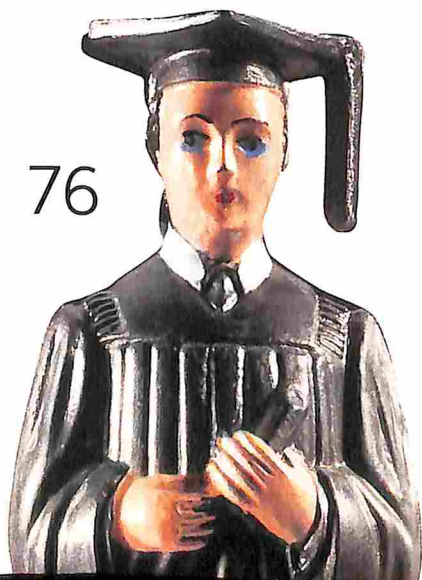


contents

DEPARTMENTS

- 13** Upfront
- 22** The Goods
Everything Old Is New Again
- 24** Nutrition Bytes
Flax facts; snack on soup; no kidding.
- 26** Healthy Bytes
To vaccinate . . . or not; drumming for health; de-stress at your desk.
- 28** Food/Nutrition
Essential Oils A beginner's guide to the tastiest, healthiest cooking oils. BY SHOBA NARAYAN
- 36** Holistic Health
Natural Allergy Remedies Alternatives to prescription allergy drugs may alleviate your itchy eyes, scratchy throat and runny nose—permanently. BY LAMBETH HOCHWALD
- 42** Travel
Cajun Cadences For foot-tapping music and heartfelt hospitality, head for the bayous of south central Louisiana. BY SHIRLEY MOSKOW
- 50** Spirit
Memo to President Bush Adopt this spiritual agenda and you may help unite our divided nation. BY MICHAEL LERNER
- 54** Life Lessons
Crisis Calls When we open our hearts to the suffering of others, we discover that the capacity for compassion is boundless. BY DOUG GENEROLI
- 82** Good Reads
New books explore why psychology needs spirituality, plus selected fiction and nonfiction.
- 88** Tuning In
Composer Tim Janis's healing music; CD shorts.



- 120** Walking the Talk
Beka Serdans, Patient Advocate Having a mysterious illness hasn't stopped this determined nurse from helping others. BY SANDRA HURTES

FEATURES

- 58** Taking Vows
In 1988 Kate Wheeler went to Burma to become a Buddhist nun. Here she explores why the experience still resonates in her life today.
- 62** Grow Your Own . . . Community
Like plants sprouting up through concrete, community gardens nationwide are thriving despite sometimes fierce political pressures. BY CYNTHIA VAN HAZINGA
- 66** 10 Environmental Health Quandaries
Toxic pesticides. . . harmful kitchen cleaners. . . sick buildings. . . Here are common-sense solutions to these environmental-health concerns, along with advice on where to learn more, buy safe products and take a stand. BY DIANE DI COSTANZO
- 72** Queen of the Stress Busters
Anyone who has seen one of her PBS specials, read her books or attended one of her workshops knows that Loretta LaRoche has a very funny way of dealing with stress. BY PATRICIA LYNDEN
- 76** The College in Your Computer
Pundits say online education is the wave of the future. But what is Web learning really like? Our reporter explores the experiences of nine real-life cyber-students. BY LAURA WILLIAMS

IN EVERY ISSUE

- 6** Editor's Letter
8 Contributors
10 Forum

ON THE COVER

- | | |
|---------------------------------|----|
| HEALTHY COOKING OILS | 28 |
| NATURAL ALLERGY RELIEF | 36 |
| SPIRITUAL AGENDA FOR BUSH | 50 |
| LIFE AS A BUDDHIST NUN | 58 |
| HOW TO START A COMMUNITY GARDEN | 62 |
| PROTECT YOURSELF FROM TOXINS | 66 |
| THE HEALING POWER OF LAUGHTER | 72 |
| LEARNING ON THE WEB | 76 |

Cover Photographer: Richard Schultz
Hair and Makeup: Coco Grace/TEAM
Writer Kate Wheeler at the Mount Auburn Cemetery in Cambridge, Massachusetts, a meditative spot close to home.



NATURAL ALLERGY RELIEF | SPIRITUAL AGENDA FOR BUSH

THE JOURNAL FOR HOLISTIC LIVING

New Age

Protect Yourself
From Everyday Toxins

How to Start a
Community
Garden

Loretta LaRoche
On the Healing
Power of Laughter

**Special
Report:**
Learning on
The Web

Healthy
Cooking Oils

Kate Wheeler
Reflects on Life
As a Buddhist Nun

MARCH/APRIL 2001

DISPLAY THROUGH APRIL 30

\$4.95US \$5.95CAN

04>



0 71486 03782 8