

Upfront

The Goods Sweet Dreams

26

Holistic Health

Menopause, Naturally How to navigate this rite of passage without resorting to prescription drugs. BY LYNN MURRAY WILLEFORD

Food/Nutrition

Is It Safe to Eat Meat? How to avoid mad cows, Salmonella and antibiotics—and still enjoy the holiday meal. BY SANDRA GORDON

42 Spirit

Renewal of Faith A spiritual awakening is reviving Judaism's long-neglected mystical side, prompting disaffected Jews to return to the fold. BY ALAN REDER

Life Lessons

Invisible Woman When we turn away from someone who is old, ill or disabled, we wind up turning away from ourselves. BY FINY HANSEN

Walking the Talk Kathryn Cliatt and June Racicot Two nuns believe that healing the Earth starts with liberating women and embracing "feminine energies." BY AMY LAUGHINGHOUSE

Tea Time

All around the world, this ancient brew and its pleasurable rituals are enjoying a resurgence—and providing tea drinkers with a slew of healthy benefits. BY AMANDA GARDNER

Tending the Winter Garden Year's end is also year's beginning. For fresh inspiration, harvest the abundant wisdom of winter gardens-indoors, in body and in spirit. BY JOYCE McGREEVY

58 Way of the Warrior

Though the martial arts started as fighting methods, they are now some of the best ways to develop a strong body, a healthy mind and a deep spirit. BY MILDRED LEINWEBER DAWSON

62 Journey to the Mountain

"When I accepted the honor of apprenticing to an Ecuadoran shaman, I had no idea just how challenging the path would be." Here is part two of DENISE LANCTOT's story.

ter guide

73 Sights & Sounds

74 Books: Our year-end roundup of the best in fiction, nonfiction and poetry. 82 Music: Modern-day Renaissance man, musician Taj Mahal; plus a selection of some of the year's noteworthy

in every issue 8 Editor's Letter

CDs. BY BOB GENOVESI

- 10 Contributors
- 12 Forum

on the cover

| MENOPAUSE QUESTIONS | 26 |
|---------------------------|----|
| SAFE MEAT | 34 |
| DRINK TEA! | 50 |
| LESSONS IN SOUL-TENDING | 54 |
| GUIDE TO THE MARTIAL ARTS | 58 |
| 77 NEW BOOKS & CDs | 73 |

MENOPAUSE QUESTIONS? HERE ARE THE ANSWERS

