

New Age

Departments

Editor's Letter 8

Contributors 10

Forum 12

Upfront 16

Tree-sitting to save a redwood; painted ragas; a cultural oasis in the inner city.

The Goods 30

FUTURE FORECASTS

Health Watch 32

How fidgeting keeps you fit; solving problems in dreams.

Good Health 34

COMING ATTRACTIONS

Fans of magnets say that they relieve many aches and pains.

Nutrition 40

Vitamin K for stronger bones; can drinking beer prevent cancer?

Food 42

HEALING MEALS

Flavorful Chinese recipes can enhance your well-being.

Home 50

HOUSES OF STRAW

A home built with bales is warm in winter and cool in summer.

Spirit 58

LISTENING TO YOUR INNER VOICE

A well-known psychiatrist offers advice on using your intuition.

Family 64

THE WATERBIRTH ALTERNATIVE

Mother and baby benefit from this safe, comfortable method of home birth.

Reflections 152

SPRING FEVER

A pig can get wanderlust when the weather turns warm.



Features

Making the Everyday Sacred 70

BY JALAJA BONHEIM, PH.D.

You don't need special robes to commune with the divine.

The New Health Pioneers 74

BY MALCOLM MACKINNON

Doctors are receiving innovative training at a Tucson clinic run by Andrew Weil, M.D.

A Window Into the Mind 78

BY JIM ROBBINS

An unusual bodywork technique uses breathing and music to heal.

Spirited Journeys

Wilderness Ride 82

BY ROBERT FINCH

An easterner discovers pristine nature in the high peaks of Wyoming.

In the Footsteps of Virginia Woolf 88

BY SUSAN POLLACK

Rediscovering the English novelist during a pilgrimage to her home in Sussex.

Focus On...

Sights & Sounds 101

Dub poet Linton Kwesi Johnson, plus the best of this summer's CDs, books, videos, and spoken-word cassettes.



ON THE COVER

Cover Photographer: David Henderson
Model: Meghan Neville / Maggie, Inc.
Makeup Artist: Maureen Scott
Hair: Michele Roy / Team

Neville is a firm believer in integrative medicine, using herbal supplements and alternative therapies as well as conventional treatments for minor illnesses. An avid outdoorswoman, she hikes, swims, surfs, and skis whenever she can.

may/june 1999

HEALING MEALS | 6 TOP HOLISTIC HOSPITALS

THE JOURNAL FOR HOLISTIC LIVING

New Age

Fast Natural Pain Relief

Dr. Andrew Weil's
New Health Clinic

INTUITION
Tap Your Inner Wisdom

4 Ways to Make Life More Meaningful

Breathing Lessons
That Heal Mind,
Body & Spirit

Get Inspired!
Summer's Best Books, Tapes & CDs

