

* Our 100th Issue!

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alternative

THE ART & SCIENCE
OF HEALTHY LIVING

medicine

100 CELEBRITY HEALTH TIPS

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shares her diet advice
- > The self-discovery secrets
of **DEEPAK CHOPRA**
- > **BILL MAHER** finds a cure
for his colds . . . and more!

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shares her
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ing meetings” to squeeze some exercise into my busy day.

★ **Pay attention to the basics.** To stay balanced, get enough sleep, drink lots of water, eat slowly, and find an exercise that you love and stick to it.

★ **Laugh a lot.** When we have lives laden with responsibility, laughter is a way of stepping outside of ourselves.



Mollie Katzen—author of many cookbooks, including the *Moosewood Cookbook* in 1977, which became one of the top 10 best-selling cookbooks of all time. Her newest *The Vegetable Dishes I Can't Live Without* is due out next month from Hyperion Press.

★ **Eat a plant-based diet.** And eat it leisurely. I don't think anyone has ever binged slowly.

★ **Stay hydrated.** Most people mistake thirst for hunger because they don't drink enough and then end up overeating. Make sure you drink a glass of water first and then reevaluate your hunger. If you still want food, reach for higher-calorie, protein-packed foods like nuts and cheese.

★ **Move as much as you can.** Make movement a central part of your day. That may mean walking up and down the stairs, taking a spin around the block, or doing housework. It will all add up. I like to get into the Zen of the movement and see how good it feels in my body.



Frances Moore Lappé—author of the 1971 classic *Diet for a Small Planet* (Ballantine), which championed vegetarianism and sustainability—also wrote the forthcoming *Getting a Grip: Clarity, Creativity, and Courage in a World Gone Mad*



Inner Balance secrets

- Wake up like a cat. Start the day slowly with a nice long stretch. Need an example of how to do this? Look to your favorite feline for inspiration.
- Stop multitasking. Do one thing at a time, and see how grounded, focused, and present you can become.
- Factor in unstructured time. Build time into your day to do “nothing,” and see what happens—maybe an idea for a screenplay or a spontaneous stroll is in your future.
- Take a media fast. Put down your newspaper, click off the TV, sign off from your email.
- Bring nature to you. Even if you can't get outside, put up an inspiring photo of nature, take a plant to work, or buy a trickling fountain for your room.
- Banish physical tension before it builds up. A few times a day, scan your body for areas of tension and then tighten and release that body part.
- Play hooky from life. Put your responsibilities on hold, and go out to eat alone, enjoy a leisurely morning, and say no to something you really don't want to do.
- Learn to love the line. Look at standing in line as a chance to daydream, breathe, or read a magazine you usually don't have time to read.
- Remember to breathe. Take three deep breaths through your nose, and see how this small action can change the tenor of your day.

(Small Planet Media, October 2007). She received the Right Livelihood Award, sometimes called the Alternative Nobel, in 1987.

★ **Become a vegetarian.** People associate vegetarianism with sacrifice, that you're giving something up. For me, it was like falling in love: I was introduced to wonderful foods, to grains, legumes, seeds, and nuts. Think about it as a sensual discovery.

★ **Connect to a greater purpose.** In life, there's a positive upward spiral of connectedness and purpose, and a negative downward spiral of disconnect-edness and materialism. You need to get on the positive spiral—and choose how you spend your time on this earth.

★ **Have close friends.** There's one thing that's key, and maybe it's not that original, but it's very real to me—and that's to have some really, really close friends. When I meet up with one group, called the ka-yakkers because of a kayaking trip we once took together, we do three-on-one massages and then sing to each other afterward. The physical contact is heavenly.

★ **Always be curious.** What keeps me happy and getting up in the morning is that I'm always learning. The universe gave me the gift to be curious.



Shiva Rea—who started learning yoga at age 14 from a book she found in the library—is now a world-renowned yoga teacher of prana vinyasa flow yoga and yoga dance trance.

★ **Stop drinking coffee.** This might not be a popular tip, but you should go caffeine-free. I'm a 40-year-old mother, [which] means I need to follow my natural energy cycles and sources: You rest when you're tired, and you use food and exercise and inspiration for energy.

★ **Breathe consciously.** Breath is life. Savor each inhale, because without our breath we would perish within minutes. Feel it as a sacred experience of being alive.

★ **Eat food as close as possible to its original state.** And eat as many whole, organic foods as possible. Even if food is processed—like my favorite Bumble Bars—you can still see that it's made of sesame seeds and nuts.

★ **Get plenty of fresh air.** It's important to receive the fresh prana of nature through outdoor activities every day, unless it is brutally cold! Focus on the circulation of your own vital energy through whole-body movements like