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COULD ANIMALS BE THE NEW SHRINKS?

A MARTHA STEWART PUBLICATION

JANUARY | FEBRUARY 2013 wholeliving.com

The Natural Way to Lose Weight

Almased®'s unique all-natural formula combines soy, yogurt and honey to improve the body's metabolism and burn fat

ow three little ingredients—soy, yogurt and honey—can help you get the most out of life. Almased® combines fermented soy, probiotic yogurt and enzyme-rich honey to create a holistic meal replacement that speeds up the metabolism, improves energy levels and helps burn fat while retaining muscle mass.

Whether used as a quick weight loss regimen or as a meal replacement to maintain healthy weight, Almased is an all-natural supplement that has been proven to help maintain overall good health.

Research shows, even used once a day

as a meal replacement, Almased is effective in actively supporting veight loss and a healthy blood pressure and insulin level while simulating the fat-burning mean olism. When used as directed Mmased helps take off excess pounds, and keep them off in a gradual and healthy way.

White other dietary supplements of an contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented soy, yogurt and honey, for a formula so safe that even people with diabetes can use it. Only Almased nourishes the body as it stimulates healthy, long-term weight loss.

25 Years of Scientific Research

Years ago, Hubertus Trouillé, a German holistic therapist, created a weight loss supplement using just three nourishing ingredients: high quality fermented soy, probiotic yogurt and enzyme-rich honey. Unlike other supplements that simply suppress appetite, this patented formula increases the body's metabolism, maintains muscle mass and helps the body burn fat more effectively. Since then, thousands of nutritionconscious consumers have made Almased part of their healthy lifestyle.

All-Natural Formula

Adding Almased to your daily routing can help you reach your weight loss goal or simply maintain your body's good health. The all-natural formula is non-GMO, glutenfree and contains no artificial flavors, fillers, added sugars or preservatives.

$9\ ways\,Almased^{\scriptscriptstyle{(\! B)}}\,works\,in\,the\,body^*$



- Nourishes the body with a unique formula of fermented soy, yogurt and honey.
- 2. Speeds up the metabolism and improves energy levels.
- **3.** Burns body fat without reducing muscle mass.
- Reduces appetite by promoting a healthy ghrelin
- level, the hormone which regulates hunger.
- **5.** Supports blood sugar and thyroid function.
- **6.** Promotes a healthy leptin level, which is linked to insulin resistance and considered a cause of metabolic disorders, such as diabetes.
- 7. Promotes a balanced insulin level while stimulating fat reduction and inhibiting storage of fat.
- **8.** Promotes healthy cholesterol and trigylceride levels.
- **9.** Promotes healthy blood pressure.

Need help with your diet? Contact Silke at **nutritionist@almased.com** or call **1-877-256-2733** ext. 3. Silke Ullmann is a licensed, registered dietitian who provides nutritional guidance for Almased.

^{*} These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. As always, consult your doctor or health care team before beginning any weight loss program or reducing your dosage of current medications.



For more information about Almased®, call toll-free 1-877-ALMASED (1-877-256-2733) or visit www.almased.com. Look for Almased in health food and GNC stores. You can also pick up your free Figure Plan Guide there, or download it from our website.

Extremely Low Glycemic Load: 4 Low Glycemic Index: 27

think

MIND

Mull it over. Anyone who's ever put her foot in her mouth knows that hasty decision-making tends to result in regret. Now researchers at Vanderbilt University know why. They found that when monkeys were trained to make instant decisions, their brains changed the way they processed information to value speed over accuracy. Breathe deeply and count to three. Now, opinionate.

BODY

Move toward clarity. Research reveals that exercise matters more than we might have thought. Over time, our bodies accumulate bits of cellular debris that are thought to contribute to aging and possibly to diseases like diabetes and cancer if they aren't flushed out. But scientists in Texas found that exercise helped mice scrub that intercellular waste. Jump for it!

SOUL

Know your strengths. In this season of resolution juggling, some degree of failure is almost inevitable. But a study published in *Psychological Science* shows that simple self-affirmation renders us emotionally receptive to our errors and therefore better at performing in the future. Looking for long-term results? Think about all the good stuff you've already accomplished.



HUNGARY

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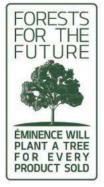
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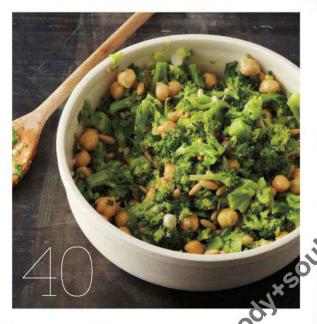


the Real Way

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S Calonia | September of September of 1990 | S



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For *Everything* Your Heart Desires



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cardiovascular health is for a longer, happier life. From the very beginning, our product lines have centered on heart healthy nutrients including the most complete line of natural-source vitamin E products. Today, the Carlson line has grown to also include antioxidants, fish oils and special formulas, each carefully formulated to provide targeted heart health support.









IT'S HUMAN NATURE to crave both Continuity and change. We want to hold on the good things—our families, our memories, our youthful glow. But we're also constantly seeking new experiences and plotting ways to improve various facets of our lives.

This is certainly true when it comes to our health, especially at the beginning of a new year. As our resolutions attest, many of us are eager to adopt cleaner eating habits and hoping to recapture the energy—and the jiggle-free thighs—we once had. Our bodies may be our temples, but even the most magnificent houses of worship need a good sprucing up from time to time.

Which is why you should join me and thousands of *Whole Living* readers in our fifth annual Action Plan, a three-week whole-body detox ("Back in Action," page 40). The best part: We've done all the strategizing, compiled each of the daily menus, and laid out the process in easy-to-follow steps. By removing most of the major food allergens (including dairy, gluten, and shellfish) and incorporating loads of nutrient-dense vegetables, fruits, and legumes, the Action Plan allows the body to reboot in a healthy way. (We've also included weekly guidelines for exercise—a manageable mix of gentle stretches, mellow cardio, and strength-training routines.)

As past-year participants well know, the Action Plan is a genuinely effective way to break bad eating habits, lose weight, get energized, and—perhaps most important—prove to yourself the you really can make healthy changes it is not, however, for the fainthearted. It requires determination and, yes, a little bit of sacrifice. But the rewards are beyont dispute.

The 2013 program is itself a mix of the farriar and the new. If you've tried it before, you'll recognize its elimination-style setup in Week 1, the kick-starter. As Weeks 2 and 3 progress, a wider range of ingredients is reintroduced to establish a healthy, balanced, lean diet that all of us would be wise to follow year-round.

We've also made some exciting changes this year based on your feedback: more big-batch and make-ahead recipes, as well as streamlined ingredient lists to make shopping and cooking for each week a lot simpler.

The most impressive thing about the Action Plan? It's delicious, start to finish. Whether you're sipping pineapple-spinach juice or savoring avocado and black bean tacos, you're going to love every meal.

So here's to 2013! May it be your healthiest and happiest year yet.

Alanna Stang, Editor-in-Chief

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MARY ELLEN MARK ANIMAL MAGNETISM

A world-renowned photographer, Mark shoots regularly for magazines around the globe and has published 18 books. She says she "adores" animals, and even hosts an annual holiday "dog party" for her friends and their pets. Her latest book, *Prom*, came out in 2012 and was basis for a documentary directed by her husband, Martin Bell. The couple live in Machattan.



ELIZABETH HESS

ANIMAL MAGNETISM
The author of him Chimpsky:
The Chim of Who Would Be
Human Ness writes often about "the intersection between humans and animals." But even she was Surprised at the number of species being used these days for therapy. Hess lives in Columbia County, New York, with her husband and their one-year-old American pit bull terrier, Boyd, a therapy dog in training.



MARISA ACOCELLA MARCHETTO WHOLIER THAN THOU

Illustrator, writer, and cartoonist Marchetto attributes her bemused fondness for the natural-products world to having spent much of her youth in her father's New Jersey health food store. She is the author of the graphic memoir Cancer Vixen, and her cartoons appear in The New Yorker, among other magazines. Her next book, a graphic novel, is due out later this year.



CARMELA CIURARU GREATER GOODS: BOOKS

Brooklyn-based Ciuraru is the author of Nom de Plume: A (Secret) History of Pseudonyms. She writes about books, art, and culture for such outlets as the Los Angeles Times, ARTNews, and O, the Oprah Magazine. A longtime bibliophile, she collects new and rare first editions and continues to install ever more bookcases in her home.



JOHNNY MILLER SCENTS OF WARMTH

A native of Lawrence, Kansas, Miller entered the Parsons School of Design, in New York City, intending to concentrate on documentary work. (He even had a gig assisting fellow contributor Mary Ellen Mark.) A senior thesis shooting the various objects his dad had collected during his tour of duty in Vietnam turned Miller on to the beauty of the still life, and he's been at it ever since.



VALERIE FRANKEL THE YEARNING CURVE

A writer since the age of 13, best-selling author Frankel says that while she has yet to truly master the Tao of rhythmic breathing during sex, she did once win a Clarion Award for an article she wrote about posing nude. In addition to her magazine work, the Brooklyn-based mother of two is working on two novels and a memoir about having fun after the age of 40.



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WHAT'S ON THE WEB

MAKE A FRESH START

GET IN ON OUR 2013 ACTION PLAN

Mapped out meal by meal, our three-week healthy detox program makes it easy to rehab your diet and still love what you eat. This year the plan features more than 45 delicious recipes (snacks included, of course) designed to keep energy levels up. Even better, a bulk of the meals are big-batch, so you can maximize your time in the kitchen. Join us to kick off your healthiest year yet! wholeliving.com/action-plan

BOOST YOUR IMMUNITY

Think a winter cold is inevitable? It doesn't have to be. Stave off the usual sore-throat, runny-nose, and crumpled-tissue routine with our tips for preventing (and treating) colds and flu. We're compiling our favorite feel-good recipes, supportive stretches, and health tips on Pinterest. pinterest.com/wholeliving/prevent-colds

FACE UP TO WINTER

Between the wind and the biting temperatures, our skin takes a beating this time of year. Battle the elements with our skin-care guide, which includes a complexion-brightening coconut mask, a DIY lip balm, and a soothing orange-spice foot soak. wholeliving.com/winter-skin

READER POLL HITTING RESET

We asked: What is your New Year's resolution?

43% GET SOME EXERCISE EVERY DAY

23% COMPLETE THE 2013
WHOLE LIVING ACTION PLAN

11% ORGANIZE AND CLEAN UP MY DESK/CLOSET/LIFE

9% STEP UP MY VOLUNTEER WORK

9% SPEND MORE TIME UNPLUGGED FROM MY MOBILE DEVICES

5% NO RESOLUTIONS FOR ME!





@WholeLiving
is posting on Instagram!
Follow us for an inside
look at what we're finding,
cooking, eating, seeing,
and doing.

YOU SAID IT

READER TO READER

How do you encourage others to be eco-friendly?

This month's winner:

When I see family or friends purchasing items with a lot of wasteful packaging or throwing away things that can be recycled, I remind them that "away" is a place. When you throw something away, it doesn't just disappear; it usually ends up in a landfill. I carry my own shopping bags and keep a reusable cup in my car, always remembering that away is a very real, very ugly place that I don't want to contribute to. SHERYL C., Cedar Rapids, IA

Get Under Their Skin

I appeal to people's vanity and talk about how being ecofriendly can benefit their looks and health. I mention how harsh cleaning chemicals release vapors that damage the lungs and age the skin, and that eating organic not only benefits the earth, but also our complexion and cells in our bodies. What we do now affects not only us, but also the resources our children will have. We have to do more to protect the earth.

MELINDA M., Colorado Springs, CO

Go for Glass Action

About six years ago, our family started a glass-recycling program in our neighborhood. Since we

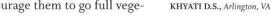
were making monthly trips to the recycling center an way, we thought it would make sense to ask our neighbors if we could bring their glass, too. While many friends we ealready collecting glass, some were not. Once they saw how easy it was, they started participating. We even got calls om friends of friends who wanted to join in. We make one big trip each month and save everyone gas while also making a difference. AMY M., Birmingham, AL

Drop That Hint

Simply sharing thoughts in everyday conversations can plant seeds of change in others. I meet a lot of pescatarians, and I encourage them to go full vegetarian to help limit overfishing. Socializing and speaking up can really change people's minds, no matter how little influence you might think you have in their lives. SARA M., Columbus, GA

Show, Don't Tell

My husband and I are on a mission to green our loved ones through leading by example. We recycle, avoid running the faucet, eschew plastic bags when we shop, take our lunch to work, give things away on Freecycle, use cloth napkins, and buy local and organic food when possible. The challenge is to show others that being green doesn't have to mean breaking the bank.





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RECENTLY TWEETED

Looking forward to the cleanse for lots of good gluten-free, vegan recipes again! I use them all year!

-@NITNEYRAE











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NUARY FEBRUARY 2013 WHOLELIVING.COM / 15



= eco-friendly



PROGRESS REPORT



SMASH HIT

Yet another reason to uncork a bottle: A University of California-Davis study recently found that grape pomace (the fancy name for the mashed-up a uns and stems left over from the wins and grape-juice-making process) and serve as an efficient starter for et and biofuel.

ONTRACK

Amtrak's next step toward creating a high-speed rail network in the Midwest, the Lincoln Service lineconnecting Chicago and St. Louis—will reach speeds of up to 110 mph. (Ridership on Amtrak's four Illinois routes already has grown nearly 75 percent over the past six years.)

Instead of cutting down a 100-year-old oak tree to make way for planned urban expansion, city leaders voted to dig up the quarter-ton tree and move it 1,500 feet to a park

WE'RE ALL EARS

THE WALT DISNEY COMPANY, ONE OF THE WORLD'S LARGEST PUBLISHERS OF CHILDREN'S BOOKS, HAS VOWED TO USE **ONLY RESPONSIBLY** SOURCED OR RECYCLED PAPER AND TO MINIMIZE ITS PAPER USE OVERALL.

THE LATEST GOOD GREEN NEWS FROM COAST TO COAST

BY SARAH ENGLER



Bedroom

What could be dreamier than a space outfitted for the ultimate in relaxation?

BY ANDRIANA VERDI



SLIP INTO SOMETHING SOFT
It doesn't get much cozier than menswearinspired brushed organic cotton pj's. We
love the natural linen trim. \$81, coyuchi.com



SHES SOME LIGHT

Not only does it look great, but this bedside lamp feature srecycled glass and antique bronze freings. \$129, ballarddesigns.com



GO FOR SURFACE CHARM
The sleek, streamlined Linea nightstand is constructed of responsibly harvested teak.
\$399, crateandbarrel.com



SET THE MOOD

Let the day's worries melt away to the scents of blood orange and goji berries with this coconut-wax candle. \$26, anthropologie.com



STEP INTO SPLENDOR
These organic wool slippers are so beyond comfortable, we're half-tempted to wear them into bed. \$70, etsy.com



REST EASY

Nothing to worry about with a mattress pad crafted from organic cotton percale. From \$144 for twin-size, thecleanbedroom.com



TALK ABOUT SHEET MUSIC!
Harvest-to-market organic cotton bedding in cool colors and patterns is the stuff of dreams.
From \$79 for twin-size, westelm.com



DRINK IT ALL IN

Thirst quenching is always stylishly in reach with this recycled carafe and cup. \$45, brookfarmgeneralstore.com



TAKE A FRESH BREATH
The handsome, ultraquiet Sense air purifier, with HEPA filter, eliminates nearly all allergens, pollen, and dust. \$479, blueair.com for stores



One small pill. No fishy smell or aftertaste. MegaRed, the better Omega-3 choice.



Now MegaRed® brings you more ways to support even more areas of your health. Easily-absorbed MegaRed® Omega-3 Krill Oil and MegaRed® Extra Strength support your heart health and more.* For additional heart health support, try new MegaRed® Blood Pressure.* And for powerful joint comfort, look for new MegaRed® Joint Care instead of glucosamine and chondroitin.* All in one small pill per day, with no fishy smell or aftertaste.

For more information, visit www.SchiffMegaRed.com

^{*} THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

^{\$} Supportive, but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.

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THE LOWDOWN ON DOWN

You don't need parkas or pillows stuffed with feathers plucked (painfully) from live ducks or geese to get that warm and fuzzy feeling this winter. But be aware that the crueltyfree alternatives come with their own eco-impacts. BY SARAH MURRAY

66

The biggest problem with down is its traceability. You can't tie a product back to a single source. That's why people should look at

99

alternatives.

-DAVID BYER, SENIOR CORPORATE LIAISON, PETA

BETTER BISTELLOWS

PROS

It's harvested by hand from the nests of eider ducks instead of placked from the chests of caged ones.

most organic o vn alternatives, nylon endlessly recyclable.

POLYESTER

NYLON

EIDERDOWN

from recycled plastic bottles, which diverts waste from entering the landfill.

COTTON

and polyester. A type of rayon derived from

TENCEL

MILKWEED

KAPOK **FIBERS**

This material can be made

Its production does not require petrochemicals or as much energy as nylon

wood-pulp fibers, it requires only one-fifth of the land needed to grow cotton.

A natural material. this "floss" is found in the seedpods of plants.

The giant kapok trees found in rain forests can grow without pesticides. CONS

It's expensive and needs to be harvested ethically, meaning it must be replaced by hay to keep the nest's eggs insulated.

Nylon production generates nitrous oxide, a greenhouse gas that's at least 300 times more potent than carbon dioxide.

Polyester production requires a large amount of water for cooling.

Cotton crops need tons of water and (if not organic) tend to be heavily sprayed with pesticides.

The processing stage involves a large amount of energy and also entails the use of low levels of chemicals

Milkweed depletion threatens the monarch butterfly, which lays its eggs on the plant.

Careless fiber collection can threaten the fragile ecosystem of the rain forest.

OF THE GLOBAL TOTAL OF DOWN FEATHERS IS PRODUCED IN CHINA.

-CHINA DAILY

TAKE A GANDER

A few companies are going out of their way to source cruelty-free down:



GOOD GEAR

To avoid live-plucked down, Patagonia purchases feathers only from birds raised for meat.



HOUSE RULES

Ikea is developing animal welfare standards and works with Compassion in World Farming.



BaskCompany

THE GATHERING

The Canadian outerwear company Bask uses eiderdown that is ethically collected from nests.

ONE PILLOW CAN REQUIRE THE FEATHERS OF 34 DUCKS

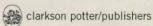


tons of methane-emitting fecal waste is produced annually by the average 3,000-goose farm.

Easy. Flavorful. Meatless.



From the kitchens of *Martha Stewart Living* comes another inspired collection of unbeatable recipes. Here are more than 200 vegetarian and vegan favorites for every day, every season, every occasion.





- 1 Bright winter white goes way fresh in these Fair Trade, organic cotton knits. CABLE GLOVES, \$23, faeriesdance.com
- 2 Even those without cropped coat sleeves will covet elbow-length upcycled cashmere glovelettes. BURNING TORCH GLOVES, \$143, burningtorchinc.com
- 3 Free your texting digits and keep the rest toasty with this modern take on the mitten. CLAW GLOVES IN OATMEAL, \$120, rogannyc.com
- 4 Simple convertible flaps put custom coverage just a button away. SHIRALEAH GLOVES, \$20, shopbossa.com
- 5 With a quilted leather trim and mini-buckles, these heathered gloves are an instant classic. LAUREN RALPH LAUREN RIDING GLOVES, \$68, bloomingdales.com
- 6 We heart these oh-so-soft beauties that keep fingers functional. OMBRE HEART GLOVES, \$99, autumncashmere.com
- 7 The artist behind these handloomed merino warmers uses dyes made from her own plants. CORNELIA BLUMLI FOR EILEEN FISHER, \$88, eileenfisher.com
- 8 A fleece lining means these color-blocked suede standouts are extra warm. WOMEN'S GLOVES, \$89, benetton.com for stores

"When I found out the first ingredient in Tiger's food wasn't real meat I switched her to BLUE."

Is your big name cat food fooling you? You probably didn't know that many well-known cat foods don't have real meat as their first ingredient. BLUE, on the other hand, always starts with real chicken or salmon, followed by wholesome whole grains, garden veggies and fruit. Plus, BLUE contains our exclusive LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals. And your cat can enjoy all of this naturally healthy goodness for only pennies a day more.





One Small Step

The surfenthusiasts behind the People's Movement have figured out that creating cool footwear can help clean up the oceans by CLAIRE TRAGESER

KEVIN FLANAGAN doesn't like to call his shoes "environmentally friendly." Doing so would mean there was no room for improvement. Instead, he prefers "environmentally friendlier," and he continues to look for ways to lighten the footwear's impact on the planet.

Flanny, as he's known, is CEO of the People's Movement, a company he cofounded in 2011 with his brother-in-law Mark Wystrach and a childhood friend, Chris Swortwood. It all started when another friend returned from a trip to China and went on about the canvas sneakers he'd seen on migrant workers there. Unable to find a similar style in America, he enlisted Wystrach, an actor and musician, to create a design using naturally dyed organic cotton; they called it the People's Shoe.

Once Flanagan (a former marketing executive at a surf-apparel company) and Swortwood (previously president of a venture capital firm) joined the ranks, business took off. Today the line includes sneakers in

VITALS

AGES (Left to right) Mark, 33; Kevin, 42; and Chris, 41

LOCATION Solana Beach, California

OCCUPATION
Founders of
the People's
Volument, an
co-friendly
line of shoes
and accessories
(thepeoples
movement.com)

3

FACTS ABOUT THE PEOPLE'S MOVEMENT

1 THEY NAME STYLES AFTER THEMSELVES These include the "Flanny" high-top and the "Marcos" and "Sworty" low-tops.

2 THE OFFICE HAS AN OLD ORGAN Someone plays it when the company has a big win.

3 THEY'RE RESOURCEFUL An organic hair salon next door serves as their focus group. about 20 styles—some of which have landed on the feet of the famous (Ellen DeGeneres, Chris Martin) and graced the pages of *Vogue*—as well as wallets, T-shirts, and a ballet slipper sold at Nordstrom.

In their LEED-certified Southern California offices, just steps from the ocean, there are no cubicles to be found. A rainbow of shoes lines one wall, and Movement's small team perches on recycled-cardboard chairs, tapping away on laptops.

The People's Movement strives to maintain its "proletariat shoe" ethos, says Wystrach, creating styles that appeal to moneyed hipsters and working-class folks alike (a pair starts at \$85)—but the company is expanding its message. "I want people to know that 'Movement' stands for moving away from old, environmentally harmful ways of thinking and manufacturing," he adds.

The Movement guys believe that the biggest eco-sin in modern manufacturing is plastic, so their "Clean Act" sneakers come packaged in discarded bags that washed up on Bali beaches, some of them printed with faraway addresses. "That just drives home the point that single-use plastics never go away," Flanagan says.

All of the shoes bear the same wraparound-arrow design (the one on the Clean Act model is made from upcycled plastic), and one dollar from each sale goes to the Plastic Pollution Coalition, a California-based nonprofit.

Movement currently is working on a style that incorporates trash collected from nearby harbors, and another design that is completely biodegradable. "The dream," says Flanagan, "is to leave the planet cleaner for our kids than our parents left it for us."



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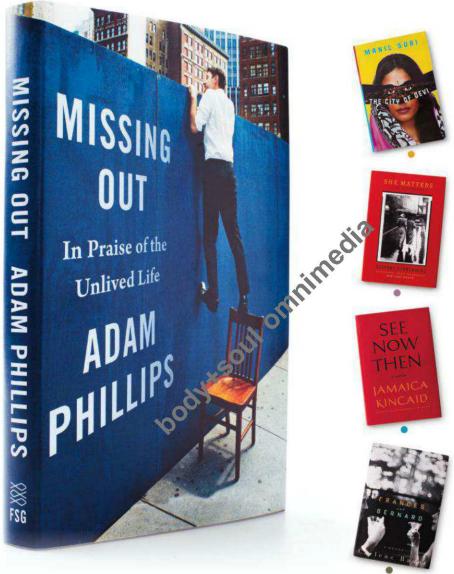
You enjoy.

Learn about our sustainability and conservation efforts that start at our farm and continue in your kitchen. We're more than Sweet and together, we do good.

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floridacrystals.com





ON OUR NIGHTSTAND

Sliding Doors

This thoughtful self-helper argues that reflecting on what might have been detracts from our satisfaction with what is BY CARMELA CIURARU

AS ADAM PHILLIPS, an acclaimed British psychoanalyst, notes in Missing Out: In Praise of the Unlived Life (Farrar, Straus & Giroux), much of our "so-called mental life" is spent fantasizing about what we don't have but wish we did. We are haunted by thoughts of what might have been, whether romantically or in our career choices. "In our unlived lives," he writes, "we are always more satisfied, far less frustrated versions of ourselves." The author argues against indulging in such wistful thinking. He urges readers not to dwell on supposed missed opportunities, which might have ultimately disappointed us anyway. "The myth of our potential can make of our lives a perpetual falling-short, a continual and continuing loss," he says. This wise and instructive book provides new ways of defining the self, and offers inspiring notions about fulfillment and acceptance. Above all, Phillips reminds us that to yearn for the unlived life is to sabotage the one we have.

THE CITY OF DEVI MANIL SURI (W.W. NORTON)

The author is a mathematics professor who writes like a poet. His thrilling third novel follows Sarita, a statistician determined to find her physicist husband after he vanishes in Mumbai as nuclear annihilation looms. Joining her is Jaz, a gay Muslim on a haunting quest of his own. Amid this searching materializes the patron goddess Devi Ma, determined to save her city.

SHE MATTERS SUSANNA SONNENBERG (SCRIBNER)

Breakdowns and breakups are recalled in this memoir, but the author is describing the messy vicissitudes of female friendship, and the women who have shaped her identity. These starkly candid portraits brim with grief, longing, disappointment, and, above all, indelible love.

• SEE NOW THEN JAMAICA KINCAID (FARRAR, STRAUS & GIROUX)

Living in a Vermont village, Mr. Sweet, a brilliant, inscrutable composer, comes to loathe his wife, a writer and the mother of his two children. Kincaid fans will find it impossible to read this brilliantly rendered story of a deteriorating marriage without thinking of her divorce from composer Allen Shawn.

• FRANCES AND BERNARD CARLENE BAUER (HOUGHTON MIFFLIN HARCOURT)

This novel in letters is based on the friendship of novelist Flannery O'Connor and poet Robert Lowell, but Bauer's characters are entirely her own. The beautifully imagined correspondence, spanning a decade, ranges over themes of love, creativity, and suffering.



veggies healthy.

We make them delicious.

It's not easy to improve on nature's goodness. But we found a way to make vegetables even tastier and more satisfying. GARDEN LITES vegetable soufflés are slow-baked in small batches with all-natural

ingredients, including two full servings of veggies. And while they're low in calories, you'd never know it. Try one for your next meal or eat it like a snack. Find out more at GardenLites.com/wholeliving.











BUILDING BLOCKS

Colorful, stackable shipping containers are the eco-friendly construction material du jour. From hotels to stores to food trucks, here are some of our favorite takes on the global phenomenon known as cargotecture. BY MARISA ROBERTSON-TEXTOR

25HOURS HOTEL HAFENCITY, HAM-**BURG, GERMANY** Nestled along gold-spired old town, this cozy mari-time-themed hotel makes clever use of salvaged yellow-and-black con-tainers. On the ground floor, Heimat restaurant serves regional delicacies

sauna offers masthead views of the vast Elbe River flowing steadily toward the North Sea. From \$160 a night, 25hours-hotels.com

DEL POPOLO, SAN FRANCISCO
This ingenius pizza-mobile comprises a shipping container framed with glass doors and mounted on a truck bed. Inside, a 5,000-pound wood-burning oven turns out a 12-inch pie (with toppings like

Friday and makes occasional appearances on nights and weekends. delpopolosf.com for locations

who first gained fame for transfertung overlooked materials—inventubes, seatbelts, tarpaulins—involveek, utilitarian messenger bacs have taken the container trend to new heights by stacking the boost to construct their Lego-like & 5-foot-tall flagship store. freiting on TOLT-Micon DONALD PARK AND CAMPLE ROUND, CARNATION, WASH-INCON PERCHADON TO TOUT-MICON PERCHADON TO TOUT-MICON PERCHADON TO TOUT-MICON TOUT-MICON TO TOUT-MICON TO TOUT-MICON TO TOUT-MICON TO TOUT-MICON TO TOUT-MICON TO TOUT-MICON TOUT-MICON TO TOUT-MICON TOUT-MICON TOUT-MICON TOUT-MICON TOUT-MICON TOUT-MICON TOUT-MICON TO TOUT-MICON TOUT FREITAG SHOP, ZURICH The brows

public-use vacation rental. The which has a wraparound deck and sleeps four, is furnished with reclaimed materials and boasts radiant heat and LED lighting. From

NATIONALS FAIRGROUNDS, WASH-INGTON, D.C. America's first Major League Baseball stadium to earn LEED certification hit a grand slam last spring with the opening of its colorful container- and picnic-table-strewn fairgrounds just across the street. In April, the attraction will reopen to serve tailgating ball fans and to host non-game-day happy hours, food-truck festivals, and art installations. fairgroundsdc.com





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With Prenatal Gels Plus DHA you can give your child the greatest gift of all – a healthy start.

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pody#soul orns

Turns out protecting skin in winter requires more than applying a Kabuki mask's worth of moisturizer. "Everyone thinks all you need to do is slather on more cream, but it's also about changing your habits to heal the skin," says Barbara Reed, a dermatologist in Denver. High indoor heat, electric blankets, and hot showers all contribute to dryness—one more incentive to dial down the thermostat and cut those showers short. BY OLESSA PINDAK**

dermae.com



S



body soll omnimedia

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Developed by skincare specialists, derma e®'s complete fragrance-free regimen for sensitive skin features soothing natural aloe and Pycnogenol®, derived from pine bark extract. This powerful, clinically-proven antioxidant helps fight wrinkles, soothe irritation, and support collagen and elastin health. The result: a vibrant, more youthful appearance — naturally.

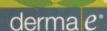
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MENT OF THE REAL PROPERTY.





Blues Beater

Rose-Colored

Tammy Fender Très Rose Bath Gel is heavy on the rose hip seed and Bulgarian rose oils. \$80, tammyfender.com

Luxurious and decadent,

Lather Blues Buster Bath Gel was made for short, dark days: The happinessinducing smell of bergamot, basil, and grapefruit is our new go-to cure for seasonal sluggishness. \$10, lather.com

THE ILLUSIONIST

Two to three scoops dissolved in the tub will turn bathwater milky and boost skin-softening.

> organic milk bath

> > NET WI 2002

BODY FOOD

aloe vera, and chamo-

Wheat germ, olive oil,

mile make this a treat for the senses and the skin.



Milk Made

Osmia Organics Milk Bath uses milk acids, essential oils, buttermilk powder, and ground oats to soften us up. \$50, osmiaorganics.com

Warming Wonder

Thymes Lotus Santal **Bubble Bath combines** the warm scents of cocoa orchid, clove bud, patchouli, and sandalwood. Packed with glycerin, it hydrates as you bathe. \$21, thymes.com

Sleep Seducer

Jolting color aside, the Kneipp Deep Sleep Valerian & Hops Mineral Bath Salt is soothing stuff, with essential oils just right for taking the edge off of an insane week. \$19, kneippus.com



THE PROBLEM: Chapped Lips

Clumped-up scales, painful cracks—there's nothing pretty about lips that have gone to the parched side. But a perfect pout is in sight.

WHAT IT IS The top layer of skin is made up of dead skin cells. When they dry out, lips can begin to flake.

WHAT CAUSES IT Cold winter air and dry indoor heat, plus repeated wetting (licking) of lips, says Francesca Fusco, assistant clinical professor at the Mt. Sinai School of Medicine, in New York City.

READ YOUR LIPS

They may be crying for help

- SLICK ON PROTECTION If your lips get dry only in the winter, cover them with a balm before stepping outside to prevent the winds from wicking away moisture.
- CHECK THE MEDICINE CHEST Antihistamines, decongestants, retinoids, antidiarrheal meds, and vitamin B deficiencies can all dry lips. Taking a B supplement may help.
- SEEK OUT A PRO If your lips are swollen or the skin around them is red or itchy, contact dermatitis could be the culprit. Oozing or pussing could indicate a bacterial infection. See a dermatologist.

KEEP CALM AND CARRY BALM

Find good ones (and stash them everywhere).



Soft, not waxy, JOHN
MASTERS ORGANICS
LIP CALM contains
jojoba, borage, and olive
oils to moisturize lips—
the light natural tangerine
flavor is a bonus. \$6,
johnmasters.com

BURT'S BEES ULTRA MOISTURIZING LIP TREATMENT is a fastacting moisture balm that blends kokum and shea butter with vitamin E. \$5, burtsbees.com

EOS POMEGRANATE RASPBERRY SMOOTH SPHERE LIP BALM

is made with certifiedorganic shea butter and jojoba oil. The ball rolls easily into any pocket or purse. \$3, target.com

JOSIE MARAN ARGAN HIGH GLOSS LIP QUENCH blends murumuru butter with argan and jojoba oils to keep lips hydrated and glossy. \$16, josiemaran.com

A KISS BEFORE DRYING

Flakes can be gently removed from the lips with a soft toothbrush or damp washcloth. To make a basic exfoliating scrub, blend a teaspoon of brown sugar with a few drops of olive oil. Rub the mixture over your lips, carefully wipe it off, and then apply a thick layer of moisturizing balm.

FOOD

KEY INGREDIENT HONEY

Some things, like sugar, we love for what they can do. Others, like honey, we love for what they are. Sure, there's alchemy at work every time you drizzle some of that slow-moving liquid gold over a plate of Sunday pancakes or a wedge of blue cheese. But unlike other sweeteners, honey isn't just a means to an end; it's an end unto itself. After all, who doesn't sneak a spoonful out of the jar every now and then just because it tastes—and feels—so good? BY MARISA ROBERTSON-TEXTOR >>>

Soot With South of the International Control of the International Control

STING OPERATION

Honeybees are thought to have been domesticated in the classical world, and archaeologists have discovered the remains of ancient clay-and-straw hives in present-day Israel, suggesting that commercial honey production is at least 3,000 years old. As far back as 350 B.C., Aristotle recommended honey as a salve for wounds and sore eyes.

STICKY FIGURES

The number of managed honeybee colonies in the U.S. has decreased from more than 5 million in the 1940s to 2.7 million today.



DRONE $(dr \bar{o}n)$

A stingless male bee; aircraft or ship guided by remote control

MEMBERS OF THE CONGREGATION

Last year, an Episcopalian bishop officially blessed the 15,000 bees that reside on the grounds of New York City's Cathedral of St. John the Divine. In 2011, two years after it was established, the White House beehive produced 225 pounds of clover honey.

HAIL TO THE CHIEF



SPICED HONEY BOURBON

Bring ½ cup water to a boil. Add 2 tsp of your favorite honey, ¼ cup bourbon, and lemon juice and crushed red pepper flakes to taste.

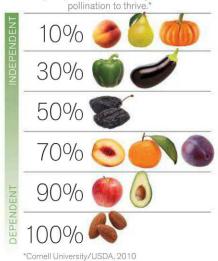


THE SECRET LANGUAGE OF BEES

In 1973, Karl von Frisch won a Nobel Prize for determining that bees communicate the location of food sources by tailwagging through the air. Research suggests they also wag their way to consensus on where to build new hives.

WINGS OF DESIRE

Many crops require some degree of bee pollination to thrive.*



55,000 MILES

MAKE ONE POUND OF HONEY

-The British Beekeepers Association



demanded to be

buried in a coffin

filled with honey.

CROWNING GLORY

Studies show that the more males a queen bee mates with, the healthier and more productive her hive. Sometimes a gal's gotta do what a gal's gotta do.

KNOW YOUR HONEY

Seeing the flavor for the trees...



TUPELO

In the kitchen

Its creamy texture (the real stuff never granulates) and pear-like flavor make toast shine.



CHESTNUT

In the kitchen Aromatic and

nuanced, it demands pride of place on the cheese board.



EUCALYPTUS

In the kitchen Bold, with a

slightly astringent aftertaste, it adds an intriguing note to salad dressings.



CLOVER

In the kitchen

Keep this neutral pantry staple on the table for last-minute enhancements.



BACKIN

our Bodies Reflect our Lives. One of the surest ways to keep them looking and feeling their best? Eating clean. This almost-too-delicious-to-be-true plan promotes a diet heavy on cruciferous vegetables, who a grains, and lean proteins and is free of processed foods and a slew of common allergens (see "Six to Skip," right) "We're tuning up the liver by supplying it with the nutrients it needs most," says Susan Blum, M.D., founder of the Elum Center for Health in Rye Brook, New York, whom we enlicted to oversee this year's cleanse. What to expect for your afforts? Weight loss, increased energy, sound sleep. And creater self-knowledge: "By gradually reintroducing foods," Blum says, "there's an opportunity to learn how certain ones may trigger the body."

HOW THIS CLEANSE WORKS

GO STEP BY STEP

We built this plan around a simple base diet of lentils, fruits and vegetables, and nuts and seeds; these (plus oils and seasonings) are the only ingredients allowed for the first week. The subsequent weeks introduce variety, including fish and glutenfree grains in Week 2 and eggs in Week 3.

2.

DEVISE A STRATEGY

We realize that making all of the plan's recipes is no easy feat. So we've streamlined things this year with weekly meal-by-meal plans. To ease prep, some recipes have a make-ahead component (check the menu for a symbol), and most recipes make big batches (), so you'll always have a selection of leftovers in the fridge.

IT ALL STARTS NOW! Pick a day in January to commit to the plan. Join us at wholeliving.com/action-plan.

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MAKE IT YOUR OWN

While there are 45 recipes in the cleanse, you can certainly improvise meals; simply follow the ingredient guidelines for each week. You can also carry over your favorite dishes as you enter a new week. Do keep in mind that while you should keep portions modest, counting calories is not part of the program. "This is not a calorie-restricted diet," Blum says. "This is about food choices."

SIX TO SKIP

THREE WEEKS WITHOUT THESE LIVER-BULLYING FOODS IN YOUR SYSTEM WILL HAVE YOU FEELING LIKE NEW

PROCESSED ANYTHING

Too many unhealthy, refined ingredients and additives will weigh down your body.

ADDED SUGARS

White cane sugar and fructose are highly addictive and suppress the immune system. Reset your palate so that less-cloying foods satisfy cravings. (Honey is OK in small amounts.)

DAIRY

Digestive upset, diarrhea, heartburn, and chronic ear and sinus infections are all linked to this common allergen.

GLUTEN

By now we know this wheat protein is difficult for many people to digest. Under-the-radar sensitivities can cause reactions as varied as brain fog and bloating.

ALCOHOL

Particularly burdensome, booze enters the bloodstream and heads straight for the liver, where harmful free radicals are generated as it metabolizes.

COFFEE

Life without this stimulant may reveal that you're seriously fatigued. Offset headaches by switching to black or green tea (yes, it's allowed!) a week before the detox.

RECIPES BY SARAH BRITTON, SARA FORTE, AND LOUISA SHAFIA
TEXT BY LINDSAY FUNSTON PHOTOGRAPHY BY BRYAN GARDNER



WHAT'S ON THE MENU

Not exactly the kind of bland stuff that springs to mind when you think "detox cuisine," is it? Thank Sarah Britton, the Copenhagen, Denmark-based holistic nutritionist behind the blog My New Roots (mynewroots.blogspot.com), whom we tapped for the second year in a row to create her always-fabulous food. Breakfasts are juices and smoothies, which are easy on digestion. For lunches and dinners, you'll see lots of liver-boosting cruciferous vegetables and lentils ("They're the legume that's most easily digested," Blum says of the latter). To ensure success this week, plan your meals and then prep whatever you can ahead of time (cook lentils, roast beets). Head to wholeliving.com/action-plan for the recipes not pictured.



BLUEBERRY-MINT SMOOTHIE



CAULIFLOWER RICE" STIR-FRY



ROASTED PORTOBELLOS WITH KALE



MANGO-TAHINI SMOOTHIE



ROASTED BEETS ON GREENS



RED LENTIL AND SWEET **POTATO STEW**

Stew =

With Kale

GET MOVING

"The tendency is to sit still and not exercise this week," says Laurice Nemetz, a movement therapist and the owner of Wellness Bridge, in Westchester County, New York, who developed the exercises for this Action Plan. "But gentle movement will actually ward off achiness from the detox." Since you're scaling back protein, focus on stretching and mellow cardio, such as walking. Skip strength training and anything that's strenuous or done in a heated room. like Bikram: "Your body is busy handling the cleanse," Nemetz says.

FIVE MORNINGS THIS WEEK Stretch for 10 minutes.

THREE DAYS THIS WEEK Complete 30 minutes of gentle to moderate cardio. -ANDREA BARTZ

MEAL BY MEAL DAY 2 DAY 1 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7 BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST Mango-Tahini Cucumber-Blueberry-Pineapple-Mango-Tahini Blueberry-Green Smoothie Pear Juice Mint Smoothie Spinach **Smoothie** Lemonade Mint Smoothie Juice LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH **Roasted Beets** Red Lentil and French Lentil Creamy French Lentil Cauliflower **Roasted Beets** Salad 49 5 **Broccoli Soup** Salad "Rice" Stir-Fry on Greens **Sweet Potato** on Greens **63** = Stew DINNER DINNER DINNER DINNER DINNER DINNER DINNER French Lentil Cauliflower Roasted **Red Lentil and** Roasted Creamy Creamy **Broccoli Soup** "Rice" Stir-Fry **Portobellos Sweet Potato** Portobellos Salad **Broccoli Soup**

With Kale =

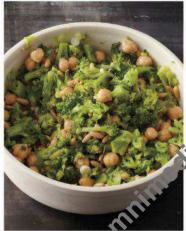


WHAT'S ON THE MENU

Sara Forte, the author of *The Sprouted Kitchen* cookbook and the popular blog of the same name, brings her everyday healthy cooking credo to the plan this week, with gluten-free whole grains like quinoa and brown rice and heartier proteins like wild Alaskan salmon and sardines. Coming off last week's light fare, you'll begin to build back your strength and feel satisfied. Many of Forte's dishes are interchangeable (her baked sweet potato, for example, works as breakfast or lunch). Cook the grains and make the big-batch kale salad ahead. Go to *wholeliving.com/action-plan* for the recipes not pictured.



CARDAMOM QUINOA PORRIDGE



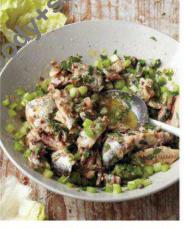
BROCCOLI AND CHICKPEA SALAD



BAKED SALMON WITH COCONUT BROTH

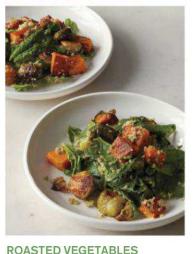


BANANA-OAT PANCAKES



LEMON-HERB SARDINE SALAD

With Quinoa =



WITH QUINOA

Salad



GET MOVING

The carbs and seafood should lift your energy, so it's time to step up the intensity of your exerciseand step outside. Being in nature makes working out a pleasure. But if the goals this week seem too rigorous, simply continue with the moves from last week.

FOUR MORNINGS THIS WEEK

Stretch for 10 minutes and take one yoga class.
"Try a yoga discipline that's different from the one you're used to," Nemetz suggests.
"It's good to get a little outside your comfort zone."

THREE DAYS THIS WEEK

Complete 30 minutes of cardio at a low to moderate intensity, ideally outdoors. Think ice-skating, hiking, or gentle crosscountry skiing.

—A.B.

MEAL BY MEAL **DAY 10 DAY 11 DAY 12 DAY 13** DAY 14 DAY 8 DAY 9 BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST Cardamom Cardamom Banana-Oat Banana-Oat **Baked Sweet** Cardamom Cardamom Quinoa Quinoa Pancakes = **Pancakes Potato With** Quinoa Quinoa Porridge = Porridge Greens = Porridge Porridge LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH Sesame Kale **Baked Salmon** Sesame Kale Black Bean-**Baked Sweet** Roasted Lemon-Herb Salad @ With Coconut **Brown Rice** Vegetables Potato With Sardine Salad Salad **Patties** With Quinoa Broth Greens DINNER DINNER DINNER DINNER DINNER DINNER DINNER Lemon-Herb **Baked Salmon** Black Bean-Broccoli Broccoli Sesame Kale Roasted With Coconut **Brown Rice** Vegetables and Chickpea Sardine Salad and Chickpea Salad

Salad =

Patties 6 5

Broth 69 5

THE END IS IN SIGHT NOW, AS YOUR NON-CLEANSING DINING PARTNERS WILL UNDOUBTEDLY BE HAPPY TO HEAR! HANG IN THERE, AND RECOMMIT TO WHY YOU WANTED TO CLEANSE IN THE FIRST PLACE.



3

ITSTIME TO

FORM Healthy Habits

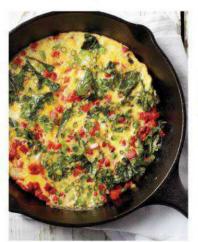
With two full weeks behind you, and, we hope, any negative detox symptoms also relegated to the past, clean eating will start to feel less like a burden and more like a lifestyle. You should feel lighter (you've likely dropped a few pounds) and be conscious of the impacts—better digestion, more energy—of a healthy diet.

KEEP IN MIND Two foods often related to sensitivities reenter the mix this week: soy and eggs. "Eggs are very commonly associated with gut-related digestive symptoms—reflux, gas and bloating, diarrhea, and constipation—so pay close attention," Blum advises. "This is information-gathering time."

ADD BACK Organic, non-GMO soy (tofu, edamame) and eggs

WHAT'S ON THE MENU

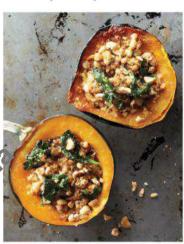
The time has come to cement your newfound healthy eating habits into a cooking regimen that will really last, Louisa Shafia, the author of Lucid Food, developed these easy, clever recipes (we're still marveling at her brilliant bake-ahead tofu slabs) to power you through this last week and inspire you to continue on a clean-eating plan. Supplement them with your favorite dishes from the past two weeks. Before the week starts, cook a pot of brown rice, bake those tofu slabs, and wash, stem, and tear greens and store them in an airtight container. Head to wholeliving.com/action-plan for the recipes not pictured.



ROASTED RED PEPPER AND KALE FRITTATA



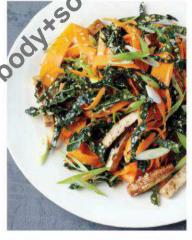
O BLACK BEAN



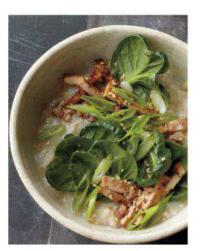
STUFFED ACORN SQUASH



BANANA-APPLE BUCKWHEAT MUFFINS



SHAVED CARROT SALAD WITH **BAKED TOFU**



SPINACH, TOFU, AND BROWN RICE BOWL

GET MOVING

Now that you're enjoying a nourishing and sustainable diet, lock in an exercise schedule that you can keep up all year.

FIVE MORNINGS THIS WEEK Stretch for 10 minutes.

THREE TIMES THIS WEEK Complete one 60-minute and two 30-minute cardio sessions.

THREE TO FOUR TIMES THIS WEEK Strength train (aim for 60 minutes total, spread out over a few sessions). Mix it up: "If you always do the same exercise," Nemetz says, "you'll grow strong in some muscles but weak in others." Ask a gym trainer to introduce you to the weight machines, sign up for a rock-climbing class, or head to a playground to hit the monkey bars. —A.B.

MEAL BY MEAL **DAY 15**

D	D	-	٨	W	_	٨	C	т

Roasted Red Pepper and Kale Frittata

LUNCH

Shaved Carrot Salad With Baked Tofu

DINNER

Stuffed Acorn Squash 5

DAY 16

BREAKFAST

Muesli Cereal

LUNCH

Stuffed Acorn Squash

DINNER

Poached Egg With Rice and Edamame @

DAY 17

BREAKFAST

Banana-Apple **Buckwheat** Muffins 25

LUNCH

Shaved Carrot Salad With **Baked Tofu**

DINNER

Halibut With Roasted Beets

DAY 18

BREAKFAST

Banana-Apple **Buckwheat** Muffins

LUNCH

Avocado and **Black Bean** Tacos

DINNER

Spinach, Tofu, and Brown Rice Bowl (2)

DAY 19 BREAKFAST

Muesli Cereal

LUNCH

Poached Egg With Rice and **Edamame**

DINNER

Stuffed Acorn Squash

DAY 20 BREAKFAST

Roasted Red Pepper and Kale Frittata

LUNCH

Stuffed Acorn Squash

DINNER

Halibut With Roasted Beets

DAY 21

BREAKFAST

Muesli Cereal

LUNCH

Spinach, Tofu, and Brown Rice Bowl

DINNER

Avocado and Black Bean Tacos

make ahead big batch

WHOLELIVING.COM / 47

WEEKS 1, 2, AND 3: SNACK ATTACK

We admit it: This super-clean menu will have your stomach rumbling a little more than you're used to. The good news is that we've got a wide range of satisfying snacks (all of which can be made ahead) for healthy nibbling throughout the plan. Make a few each week, and you'll be ready when those slumps hit.



ROASTED BEET HUMMUS MAKES 6 SERVINGS 0 0 0 0

Purée 1 chopped clove garlic, 1/3 cup chopped roasted beets, 1 cup cooked white beans, 2 Tbsp lemon juice, and 2 Tbsp extra-virgin olive oil. Season with coarse salt and freship ground black pepper. Serve with fenne Refrigerate in an airtight container up to 3 days. PER ¼-CUP SERVING: 98 cals; 5 g fat (1 g sat fat); 11 g carb; 150 mg sodium; 3 g protein; 2 g fiber*



CREAMY WANGO POPS

Bleng 6 cups slightly thawed frozen rtango, 1/4 cup light coconut milk, 2 Tbsp o ange juice, 2 Tbsp honey, and 1 tsp vanilla extract until smooth. Fill ice-pop molds and freeze.

PER SERVING: 81 cals; 0 g fat; 20 g carb; 3 mg sodium; 1g protein; 2g fiber



ROASTED SPICED PUMPKIN SEEDS MAKES 4 SERVINGS 🔮 😲 🧿

Heat oven to 350°. On a baking sheet, toss 1 cup shelled pumpkin seeds, 2 Tbsp lime juice, and 1 tsp chili powder. Season with coarse salt. Bake, stirring once, until golden, 18 to 20 minutes. Store in an airtight container up to 2 weeks.

PER 1/4-CUP SERVING: 257 cals; 21 g fat (3 g sat fat); 6 g carb; 153 mg sodium; 11 g protein; 2 g fiber



COCONUT TRAIL MIX MAKES 8 SERVINGS (1) (1)

Combine 1/2 cup each shelled pistachios, chopped unsweetened dried apricots. toasted unsweetened coconut flakes, and chopped toasted almonds in a bowl. Store in an airtight container up to 2 weeks. PER 1/4-CUP SERVING: 139 cals; 12 g fat (4 g sat fat); 5 g carb; 2 mg sodium; 4 g protein; 3 g fiber



STRAWBERRY-COCONUT SMOOTHIE MAKES 1 SERVING (V) (I) (G) (I)

Blend 1 cup slightly thawed frozen strawberries, 1 banana, 2 Tosp light coconut milk, 1 tsp lemon juice, and 3/4 cup water until smooth.

PER SERVING: 175 cals; 2 g fat (2 g sat fat); 42 g carb; 17 mg sodium; 2 g protein; 6 g fiber



STEAMED GREEN BEANS WITH LEMON MAKES 4 SERVINGS (1) (1)

Steam 4 oz trimmed green beans until bright green and crisp-tender, about 5 minutes. (Refrigerate in an airtight container up to 3 days.) To serve, drizzle with extra-virgin olive oil, season with coarse salt, and squeeze with lemon.

PER SERVING: 20 cals; 1 g fat (0 g sat fat); 2 g carb; 142 mg sodium; 1 g protein; 1 g fiber



TOO STRAPPED FOR TIME TO PREPARE SNACKS? NUTS AND FRUIT MAKE AN IDEAL ON-THE-RUN FIX. AIM FOR AROUND 200 CALORIES WITH NUTS (BEWARE OF OVERLOADING ON THESE HEALTHY FATS) AND TWO PIECES OF FRUIT A DAY.



SPICED CASHEW CREAM WITH FRUIT MAKES 2 SERVINGS (1) (6)

Soak ½ cup raw cashews in ½ cup hot water for 30 minutes. Transfer to a blender with ½ tsp ground cinnamon and 1 tsp honey and blend until smooth. Season with coarse salt and refrigerate in an airtight container up 1 week. Serve with apple and/or pear slices.

PER ¼ CUR SERVING: 210 cals: 14 a fat (3 a sat fat):

1. Head oven to 350°. Brush an 8-by-8-in the pan with coconut or extra-virgin 10 ye oil and line with parchment paper. 2. Combine 3 cups gluten-free rolled oats, ½ cup unsweetened dried cherries, ½ cup unsweetened dried dates, 2 tsp ground cinnamon, and 1 tsp coars

PER ¼-CUP SERVING: 210 cals; 14 g fat (3 g sat fat); 18 g carb; 146 mg sodium; 6 g protein; 2 g fiber



BAKED SWEET POTATO CHIPS MAKES 4 SERVINGS @ @ @ 0

Heat oven to 400°. On two baking sheets, toss 1 peeled, very thinly sliced sweet potato with 1 Tbsp extra-virgin olive oil and season with cumin, paprika, and coarse salt. Arrange in single layers and bake, flipping halfway, until crisp and golden, 20 to 25 minutes. Store in an airtight container up to 2 days.

PER ½-CUP SERVING: 60 cals; 4g fat (1g sat fat); 7g carb; 158 mg sodium; 1g protein; 1g fiber



CHERRY TATE OAT BARS

1. Heaven to 350°. Brush an 8-by-8into pan with coconut or extra-virgin oats, 1/2 cup unsweetened dried cherries, 1/2 cup unsweetened dried dates, 2 tsp ground cinnamon, and 1 tsp coarse salt in a medium bowl. In another bowl, combine 1/2 cup smooth natural almond butter (at room temperature), 4 Tbsp ground flaxmeal, 1/2 cup unsweetened applesauce, 1/3 cup honey, 3 Tbsp orange juice, and 1/4 tsp vanilla extract and stir to combine. Add wet mix to dry one and stir to combine. Press mixture evenly into pan with your fingers and bake on middle rack until golden brown and firm, 30 minutes. Let cool completely, then remove from pan and cut into 9 squares. Store bars in an airtight container up to 3 days.

PER 1-BAR SERVING: 295 cals; 9 g fat (0 g sat fat); 46 g carb; 125 mg sodium; 9 g protein; 7 g fiber

MORE SNACKS! Head to wholeliving.com/action-plan.

MIRACLE BREWS

Sip on these two detoxifying drinks throughout the day. Plan to make the Cleansing Broth at the start of each week (to drink and for use in the recipes).



CLEANSING BROTH
MAKES 8 CUPS (7) (9) (9) (9)

In a large pot, cover 1 large chopped onion, 6 chopped carrots, 1/2 head chopped celery, 1 halved head garlic, and 2 chopped large sweet potatoes with 12 cups water and bring to a boil. Reduce heat and simmer 20 minutes. Add 4 cups spinach and 1 bunch fresh parsley and simmer 5 minutes more. Season with coarse salt and freshly ground black pepper. Strain liquid; discard vegetables. Store broth up to 5 days in an airtight container in the fridge or freeze up to 3 months.

PER SERVING: 69 cals



GOLDEN ELIXIR SERVES 1 (2) (3) (3)

In a mug, stir together 1 cup hot water, 1 Tbsp lemon juice, 1/8 tsp each turmeric and ground ginger, and cayenne and honey to taste until combined.

PER SERVING: 12 cals

WEEK 1 RECIPES: CLEAN THE SLATE















These back-to-basics recipes will kick-start your system to begin the process of flushing out toxins. Breakfasts are juices and smoothies. No juicer? Head to wholeliving.com/action-plan for blender-friendly recipes. Prepping ahead, including roasting beets, cooking lentils, and making cleansing broth, is key.

1. GREEN LEMONADE

MAKES 1 SERVING Ø @ @ O

Press 1/2 chopped lemon, 2 cups baby spinach, 1 chopped cucumber, and 2 cored and chopped sweet apples through a juice extractor. Stir and serve immediately. PER SERVING: 216 cals*

2. CUCUMBER-PEAR JUICE

MAKES 1 SERVING @ @ @

Press 1 cored and chopped pear, 1 inch sliced fresh ginger, 1 chopped cucumber, and 3 chopped stalks celery through a juice extractor. Stir and serve immediately. PER SERVING: 165 cals

3. PINEAPPLE-SPINACH JUICE

MAKES 1 SERVING Ø Ø @ O

Press 1 cup baby spinach, 5 cups chopped romaine, and 3 cups chopped pineapple through a juice extractor. Stir and serve immediately.

PER SERVING: 281 cals

4. BLUEBERRY-MINT SMOOTHIE

MAKES 1 SERVING @ @ G CO

Blend 1 cup frozen blueberries, 1/2 avocado, 1/4 cup orange juice, 1/2 cup fresh mint leaves, 1 tsp lemon juice, and 1/2 cup water until smooth.

PER SERVING: 262 cals

5. MANGO-TAHINI SMOOTHIE

MAKES 1 SERVING @ @ @

Blend 1 cup slightly thawed frozen mango, 1 Tbsp tahini, 1 Tbsp lime juice, and 1/2 cup water until smooth.

PER SERVING: 213 cals

6. CAULIFLOWER "RICE" STIR-FRY MAKES 2 SERVINGS 🔮 💿 🔞

1. Pulse 2 cups cauliflower florets in a food processor until finely chopped. 2. Heat 1 Tbsp coconut or extra-virgin olive oil in a large skillet over medium heat. Add 1/2 sliced red onion and 2 minced cloves garlic and cook, stirring, until tender, about 6 minutes. Add cauliflower and season with coarse salt. Stir in 1/4 cup Cleansing Broth

(see page 49) and steam, covered, until broth has evaporated and cauliflower is tender, about 6 minutes. Transfer to 4 owl and cover. 3. Wipe pan and heat. Tbsp oil over medium-high heat. Add sliced red onion and cook, stirring, roll tender, about 5 minutes. Add 2 mind on cloves garlic, 1 Tbsp minced fresh and cook 1 minute. Add 2 cups br (c) oli florets, 1 julienned large carrot, and ½ diced (stemmed, seeded) red by pepper and cook, stirring, until ter 10, about 5 minutes. Season with salt. Smove from heat and add juice of 1/21 emon. 4. For each serving, top cauliflower vin vegetables and sprinkle with 1 Tbsp shelled pumpkin seeds and 1 Tbsp fresh cilantro leaves.

SECOND HELPING: Refrigerate in an airtight container up to 2 days.

PER SERVING: 300 cals; 20 g fat (3 g sat fat); 25 g carb; 283 mg sodium; 9g protein; 8g fiber

7. ROASTED BEETS ON GREENS MAKES 4 SERVINGS 0 00

1. Heat oven to 400°. Wrap 2 bunches trimmed beets in foil and roast until tender, about 1 hour. Let cool, then peel and dice. 2. Whisk together 3 Tbsp extra-virgin olive oil, juice of 1 lemon, 2 tsp honey, 1 minced clove garlic, and 1 tsp each fennel and caraway seeds. Season with coarse salt and freshly ground black pepper. Toss with beets. 3. For each serving, toss 1 cup dressed beets with 1 cup baby spinach and 1/4 cup fresh parsley leaves. Season with salt and pepper and top with thinly sliced red onion.

SECOND HELPING: Refrigerate marinated beets in an airtight container up to 3 days.

PER SERVING: 222 cals; 11 g fat (2 g sat fat); 29 g carb; 359 mg sodium; 5 g protein; 8 g fiber

8. ROASTED PORTOBELLOS WITH KALE MAKES 2 SERVINGS @ @ @

1. Combine 1/4 cup apple cider vinegar, 1 Tbsp honey, 2 chopped cloves garlic, and 1 Tbsp extra-virgin olive oil in a bowl. Season with coarse salt and freshly ground black pepper. Arrange 4 stemmed

portobello mushrooms in a baking dish. Drizzle with vinaigrette, cover, and marinate, turning occasionally, at room temperature for at least 30 minutes (or overnight in the refrigerator). 2. Meanwhile, heat 1 Tbsp oil in a large skillet over medium heat. Add 1/2 thinly sliced red onion, 2 thinly sliced cloves garlic, and a pinch red pepper flakes and cook, stirring, until softened, about 5 minutes. Add 6 cups thinly sliced kale, season with salt, and cook, covered, until bright green and soft, about 4 minutes. 3. Heat oven to 400°. Roast mushrooms, flipping once, until tender, about 30 minutes. Serve topped with kale.

SECOND HELPING: Refrigerate cooked mushrooms in an airtight container up to 2 days. PER SERVING: 334 cals; 16 g fat (2 g sat fat); 42 g carb; 246 mg sodium; 12 g protein; 7 g fiber

9. RED LENTIL AND SWEET POTATO STEW MAKES 4 SERVINGS (1) (1) (3)

1. Heat 2 Tbsp coconut or extra-virgin olive oil in a large pot over medium heat. Cook 1 tsp each ground cumin and turmeric and 1 Tbsp curry powder until fragrant, about 1 to 2 minutes. Add 1 diced large onion with a few pinches coarse salt, and cook, stirring, until tender, about 6 minutes. Add 4 minced cloves garlic and 2 Tbsp minced fresh ginger and cook, stirring, until tender, about 2 minutes. Add 2 peeled and diced sweet potatoes and 1 diced (stemmed, seeded) red bell pepper and cook 1 minute. 2. Add 11/2 cups rinsed red lentils and 6 cups Cleansing Broth. Bring to a boil, then reduce heat and simmer until lentils are tender, 20 to 25 minutes. Season with salt and freshly ground black pepper. Top with chopped fresh cilantro before serving.

SECOND HELPING: Refrigerate stew in an airtight container up to 3 days.

PER SERVING: 458 cals; 10 g fat (1 g sat fat); 70 g carb; 879 mg sodium; 23 g protein; 16 g fiber

MORE RECIPES! Head to wholeliving.com/action-plan.

WEEK 2 RECIPES: FOCUS ON AWARENESS















After a disciplined week, you're more than ready to build on the base diet with different legumes and beans, gluten-free whole grains, and seafood (but not shellfish, a common allergen). Cook grains at the start of the week to save time. You can also work any of last week's recipes into the plan.

1. CARDAMOM QUINOA PORRIDGE MAKES 2 SERVINGS 00 00 G

1. In a saucepan, bring 1/2 cup rinsed quinoa, 3/4 cup unsweetened almond milk, 1/2 cup water, 1/2 tsp vanilla extract, and 1/4 tsp each coarse salt and ground cardamom to a boil. Reduce heat and simmer, covered, until liquid is absorbed, 15 minutes. 2. Remove from heat and let rest 5 minutes, then fluff with a fork. 3. For each serving, top 1/2 cup quinoa with 1/2 cup almond milk, 1/2 sliced pear, and 2 Tbsp toasted sliced almonds. SECOND HELPING: Refrigerate cooked quinoa in an airtight container up to 3 days. per serving: 304 cals; 11 g fat (1 g sat fat); 44 g carb; 298 mg sodium; 9g protein; 7g fiber

2. BANANA-OAT PANCAKES MAKES 2 SERVINGS @ @

1. In a bowl, combine 1/2 mashed banana, 1/2 cup unsweetened almond milk, 3 Tbsp flaxmeal, and 2 tsp coconut oil and let stand until thick, about 10 minutes. 2. Whisk in 1/2 cup oat flour, 1/2 cup unsweetened shredded coconut, 1/4 cup orange juice, 1/2 tsp baking powder, 1/2 tsp ground cinnamon, and a pinch coarse salt. (Batter will be thick.) 3. Heat 2 tsp coconut oil in a cast-iron skillet over medium heat. Working in batches, spoon in 1/4 cup batter and flatten into 3-inch rounds with a spatula. Cook until golden, flipping once, about 6 minutes per side. Serve with orange segments and honey.

SECOND HELPING: Refrigerate pancakes in an airtight container up to 3 days.

PER SERVING: 423 cals; 30 g fat (21 g sat fat); 34 g carb; 312 mg sodium; 6 g protein; 7 g fiber

3. BROCCOLI AND CHICKPEA SALAD MAKES 4 SERVINGS (1) (3)

1. Steam 4 cups broccoli florets until just tender, 5 to 7 minutes. Once cool, chop and combine with a 15-oz can drained and rinsed chickpeas, 5 sliced scallions, 1/2 cup chopped fresh parsley, and 1/3 cup toasted pine nuts. 2. In a bowl, combine 1 minced clove garlic, 2 tsp Dijon mustard, 1 tsp honey, 1 Tbsp grated lemon zest, and 1/4 cup lemon juice. Slowly add 6 Tbsp extra-

virgin olive oil, whisking to emulsify, and season with coarse salt and freshly ground black pepper. 3. Drizz proccoli mixture with dressing and a pet seasoning. SECOND HELPING: Refrige of salad in an airtight container up to 2 days.

PER SERVING: 497 color 11 g fat (5 g sat fat); 46 g carb; 526 mg sodia as 14 g protein; 13 g fiber

4. LEMON PERB SARDINE SALAD MAKES 2 SERVINGS @ (1)

Cobine 2 Tbsp extra-virgin olive oil, tsp Dijon mustard, 1 Tbsp rinsed capers, grated lemon zest, juice of 1 lemon, 2 Tbsp chopped fresh parsley, 1 Tbsp chopped fresh tarragon, and 2 finely diced stalks celery in a bowl. 2. Gently fold in two 4.4-oz cans olive-oil-packed (drained) sardines and season with coarse salt and freshly ground black pepper. Serve on lettuce. SECOND HELPING: Refrigerate salad in an

PER SERVING: 395 cals; 28 g fat (4 g sat fat); 4 g carb; 1,004 mg sodium; 31 g protein; 1 g fiber

5. BAKED SWEET POTATO WITH GREENS MAKES 2 SERVINGS @ @ @ 0

airtight container up to 3 days.

1. Heat oven to 400°. Bake 2 pricked sweet potatoes until tender, about 45 minutes. 2. Heat 1 Tbsp extra-virgin olive oil in a large skillet over medium heat. Add 1 thinly sliced small onion and cook until tender, about 6 minutes. Add 1 stemmed and chopped bunch Swiss chard and cook, stirring, until bright green and wilted, about 5 minutes. Season with coarse salt. 3. To serve, split potatoes and top each with the greens and 1/2 sliced avocado. Season with cayenne, salt, and a squeeze of lemon. SECOND HELPING: Refrigerate potatoes and greens in an airtight container up to 2 days. PER SERVING: 352 cals; 21 g fat (3 g sat fat); 41 g carb; 412 mg sodium; 6 g protein; 12 g fiber

6. ROASTED VEGETABLES WITH QUINOA MAKES 2 SERVINGS (1) (1) (3)

1. Heat oven to 425°. On a rimmed baking sheet, toss 3 cups diced butternut squash

and 2 cups trimmed and halved brussels sprouts with 2 Tbsp melted coconut or extra-virgin olive oil and season with coarse salt and 1 tsp smoked paprika. Roast, rotating pan, until golden and tender, 25 to 30 minutes. 2. Make sauce: Pulse 1 clove garlic, 2 Tbsp tahini, 3 Tbsp apple cider vinegar, 2 Tbsp extra-virgin olive oil, 2 Tbsp water, and 1/4 cup each chopped fresh chives, parsley, and cilantro in a food processor until smooth. Season with salt and freshly ground black pepper. 3. In a large bowl, toss roasted vegetables with 1 cup cooked quinoa and 2 Tbsp sauce. 4. For each serving, toss with 11/4 cups baby spinach and adjust seasoning.

SECOND HELPING: Refrigerate mixture and sauce in separate airtight containers up to 3 days. PER SERVING: 481 cals; 20 g fat (3 g sat fat); 74 g carb; 269 mg sodium; 13 g protein; 16 g fiber

7. BAKED SALMON WITH COCONUT BROTH MAKES 2 SERVINGS @ [

1. In a small pot, bring 1 smashed clove garlic, 1/2 thinly sliced small red chile, 1 chopped stalk lemongrass (outer layers removed), 1/2 cup Cleansing Broth (see page 49), and 1 cup light coconut milk to a boil. Reduce heat and simmer until fragrant, about 20 minutes. Strain; discard solids. Keep warm. 2. Heat oven to 375°. Rub two 5-oz skinless fillets wild salmon with 1 Tbsp extra-virgin olive oil and season with coarse salt. Bake until just cooked through, about 10 minutes. 3. Meanwhile, heat 1 Tbsp oil in a skillet over medium-high heat. Add 1/2 sliced red onion, 1 cup thinly sliced carrots, and 1 sliced head baby bok choy and cook, stirring, until tender, about 5 minutes. 4. For each serving, top 1/2 cup cooked brown rice with salmon fillet and vegetables. Ladle with broth, garnish with sliced scallion, and squeeze with lime. SECOND HELPING: Refrigerate fish and broth in an airtight container up to 1 day. PER SERVING: 616 cals; 28 g fat (10 g sat fat); 48 g carb; 530 mg sodium; 43 g protein; 9 g fiber

MORE RECIPES! Head to wholeliving.com/action-plan.

WEEK 3 RECIPES: FORM HEALTHY HABITS















Evaluate the ways in which your relationship with food has changed over the past two weeks. (We didn't claim it would be easy.) You'll learn more smart make-ahead strategies this week, like baking a sheet pan of tofu for salads and soups, so you can make this cleanse part of your everyday meal plan going forward.

1. ROASTED RED PEPPER AND KALE FRITTATA MAKES 1 SERVING @ @ (1)

1. Heat oven to 350°. In a small ovenproof skillet, heat 1 Tbsp extra-virgin olive oil over medium heat. Add 1 sliced scallion and 1 cup chopped kale and cook, stirring, until just wilted, about 2 minutes. Add 1/4 cup diced roasted red pepper and cook until heated through. Season with coarse salt and freshly ground black pepper. 2. Pour 2 whisked large eggs over vegetables and transfer skillet to oven. Bake until eggs are cooked through, about 5 minutes.

PER SERVING: 315 cals; 24 g fat (5 g sat fat); 10 g carb; 439 mg sodium; 15 g protein; 2 g fiber

2. BANANA-APPLE BUCKWHEAT MUFFINS MAKES 4 MUFFINS 10 G

1. Heat oven to 350°. Place four baking cups in a muffin tin. 2. In a bowl, whisk together 1/4 cup buckwheat flour, 1 tsp baking powder, 1/2 tsp ground cinnamon, and 1/8 tsp coarse salt. In another bowl, whisk together 2 large eggs, 1/2 mashed banana, and 1/4 cup honey. Mix the wet ingredients into the dry, then fold in 1/2 finely diced (peeled and cored) sweet apple (such as Honeycrisp) and 1/4 cup chopped walnuts. 3. Fill the batter to the tops of the lined cups and fill remaining cups halfway with water. 4. Bake 30 minutes, or until a tester comes out clean. Let cool on a wire rack. SECOND HELPING: Store muffins in an airtight container up to 2 days.

PER SERVING: 195 cals; 8 g fat (1 g sat fat); 29 g carb; 193 mg sodium; 6 g protein; 2 g fiber

3. SHAVED CARROT SALAD WITH BAKED TOFU MAKES 1 SERVING @ @ 0

In a large bowl, whisk together 2 tsp rice vinegar, 1 tsp toasted sesame oil, 1 tsp honey, 1 tsp toasted sesame seeds, and 1 sliced scallion. Add peeled ribbons of 1 carrot, 1 cup thinly sliced kale, and 1/2 cup thinly sliced Baked Tofu (recipe follows). Season with coarse salt.

PER SERVING: 160 cals; 7g fat (1g sat fat); 22 g carb; 264 mg sodium; 5 g protein; 4 g fiber

BAKED TOFU

MAKES 16 SLABS Ø Ø @ @

1. Press 14-oz package drained free ofu for 20 minutes. Slice into 1/4-in thick slabs and transfer to a large b 1.2. Whisk together 2 Tbsp tamari an 1.2 Tbsp extravirgin olive oil and seas a with coarse salt and freshly ground back pepper. 3. Drizzle dressing over tofu and marinate 20 minutes, tossing occasion lly. 4. Heat oven to 350°. Arrange tofu on an oiled baking sheet and bake 10 minutes. Flip and bake 30 minutes more Le Sool.

SEO NO HELPING: Refrigerate tofu in an airtight

container up to 3 days.

OER 2 SLABS: 76 cals; 6 g fat (1 g sat fat); 1 g carb; 292 mg sodium; 6 g protein; 1 g fiber

4. AVOCADO AND BLACK BEAN

1. In a medium bowl, mash 1/2 avocado with 1/2 minced clove garlic, 1 Tbsp lime juice, and a dash cumin. Season with coarse salt and freshly ground black pepper. 2. Toast two corn tortillas over a gas burner, turning, until lightly charred. Divide avocado mixture between tortillas and top with 1/2 cup thinly sliced kale, 1/4 cup cooked black beans, and 2 Tbsp toasted sunflower seeds. Season with coarse salt.

PER SERVING: 418 cals; 21 g fat (3 g sat fat); 49 g carb; 386 mg sodium; 12 g protein; 15 g fiber

5. STUFFED ACORN SQUASH MAKES 2 SERVINGS @ @ G

1. Heat oven to 400°. Brush 1 halved and seeded acorn squash with 1 tsp extravirgin olive oil and season with coarse salt and freshly ground black pepper. Roast cut side down until tender, about 30 minutes. Flip and set aside. 2. Heat 1 Tbsp oil in a medium skillet over medium heat. Add 1 diced large onion and cook, stirring, until tender, about 6 minutes. Add 1 tsp chopped fresh sage, 1 tsp fresh thyme, 1/3 cup cooked white beans, 1/3 cup cooked quinoa, and 1 cup chopped kale. Cook, stirring, until greens wilt, about 2 minutes. Season with salt and pepper. 3. Divide stuffing between

squash halves and roast until golden, 15 to 20 minutes. 4. For each serving, sprinkle with 1 Tbsp chopped toasted hazelnuts, drizzle with 1 Tbsp oil, and squeeze with lemon. SECOND HELPING: Refrigerate stuffed squash in an airtight container up to 3 days.

PER SERVING: 372 cals; 20 g fat (3 g sat fat);

46 carbs; 167 mg sodium; 8 g protein; 8 g fiber

6. POACHED EGG WITH RICE AND EDAMAME MAKES 1 SERVING (1) (3)

1. In a medium skillet, heat 1 Tbsp extravirgin olive oil over medium heat. Add 1 sliced clove garlic and a pinch red pepper flakes and cook until fragrant, about 30 seconds. Add 2 cups chopped kale and cook, stirring, until wilted, about 2 minutes. Add 1/2 cup thawed frozen edamame beans and cook until heated through. Season with coarse salt. Transfer to a bowl with 3/4 cup cooked brown rice and top with 1/4 cup shredded red cabbage. 2. In a small pot, bring 2 inches water to a boil and reduce to a simmer. Crack 1 large egg into a teacup and gently slide into water. Cook until white is just set but yolk is still loose, 3 to 4 minutes. Remove with a slotted spoon and serve over rice and vegetables. Season with salt and red pepper flakes.

PER SERVING: 537 cals; 24 g fat (4 g sat fat); 59 g carb; 310 mg sodium; 23 g protein; 10 g fiber

7. SPINACH, TOFU, AND BROWN

1. In a small saucepan, bring 1/2 cup cooked short-grain brown rice, 2 tsp freshly grated ginger, 1 minced clove garlic, and 3 cups water to a boil. Cook, stirring occasionally, until thickened, about 25 minutes. Season with coarse salt. 2. Top with 1/2 cup thinly sliced Baked Tofu, 1/2 cup baby spinach, 1 thinly sliced scallion, and 1 Tbsp toasted sesame seeds.

PER SERVING: 262 cals; 12 g fat (1 g sat fat); 28 g carb; 473 mg sodium; 12 g protein; 6 g fiber

MORE RECIPES! Head to wholeliving.com/action-plan.

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Simply the Champ



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LINDSEY BJORGE OF SPRING LAKE PARK, MINNESOTA

The Just 5 Cooking Challenge is a celebration of simplicity and creativity, and the 2012 winner captures the spirit perfectly. It's chicken the way nature intended combined with fresh, appealing flavors that family and friends will enjoy again and again.

From more than 250 entries and 20 finalists, this recipe stands alone as the winner of the 2012 **Just 5 Cooking Challenge**. Congratulations, Lindsey!

Marsala Chicken with Roasted Garlic and Caramelized Burst Tomatoes

MAKES 3 SERVINGS

2 medium heads garlic 1½ cups grape cherry tomatoes 2 Tbsp olive oil

1 cup dry Marsala wine 2-3 (14 oz) Just BARE® Hand-Trimmed Boneless Skinless Chicken Breasts

Coarse salt and freshly ground pepper to taste

2 Tbsp butter

3 Tbsp capers

Heat oven to 400°F. Break garlic heads into cloves, then peel each one. Toss in an oven-safe pan with tomatoes and olive oil.

Heat pan on stovetop over medium heat for about 2 minutes; stir in ½ cup Marsala wine. Transfer pan to oven. Roast about 30 minutes, stirring occasionally, until tomatoes are very tender and garlic is golden. Lightly smash tomatoes with back of spoon.

Meanwhile, place chicken between two pieces of plastic; flatten with a rolling pin or flat side of a meat mallet until about V_4 -inch thin. Season with salt and pepper.

Heat butter in large skillet over medium-high heat. Add chicken; sauté about 6 minutes or until browned and no longer pink in center. Stir capers into skillet; cook and stir 1 minute. Pour in remaining ½ cup wine; reduce heat and simmer about 5 minutes.

Serve chicken with caper sauce, topped with roasted garlic and tomatoes.





This recipe and all the finalists are being featured in a new digital cookbook coming soon from Just BARE Chicken. For more details, visit JustBAREChicken.com or facebook.com/justbarechicken.

TICKER EVERYTHING IS ILLUMINATED

A dispatch from the damned-if-you-do files: Compact fluorescent lightbulbs (CFLs), the eco-friendly twisted tubes that are rapidly replacing incandescent bulbs, may have a dark side. Researchers measured the amount of ultraviolet emissions in CFLs from various manufacturers and found significant levels of skin-cancer-causing UVA and UVC leaking from cracks in the lights' phosphor coatings. The bulbs' coiled design introduces more spots where the protective layer can flake off. (Incandescent lights pose no such threat.) Investigators are looking into LED lights as skin-safe options; for now, choose dome-shaped CFLs, avoid using them at close distances, and put a glass cover on overhead bulbs. BY ANDREA BARTZ >>>

THE MORE, THE VEGGIER
Diners who tucked into a pasta
lunch with small helpings of
three different vegetables on the
side ate a half-serving more of
produce than those who got the
same total amount of just the
veggie (even when it was meir
favorite kind). So go on, diversify.



GIVE THE POOL SAY A HUG Like most stereotypes, the "men aren't rora mic" cliché doesn't hold up well to scrutiny. Fully 63 percent of men and women want more romance in their relationship—but 44 percent of men, versus 29 percent of women, said it bothers them "a lot" that their partner isn't more lovey-dovey, according to a 70,000-person survey that's the basis for the book *The Normal Bar*, out in February.

NOTE TO TREADMILL: WE'RE DIALING IT BACK

It sounds like a headline out of Bizarro World: Exercise less, lose just as much weight. But that's the conclusion of a study in the *American Journal of Physiology*. Men who did a daily 30-minute workout of their choosing lost as much body fat after 13 weeks as those who logged an hour a day. The shorter workouts may have left subjects with energy to be more active later on.

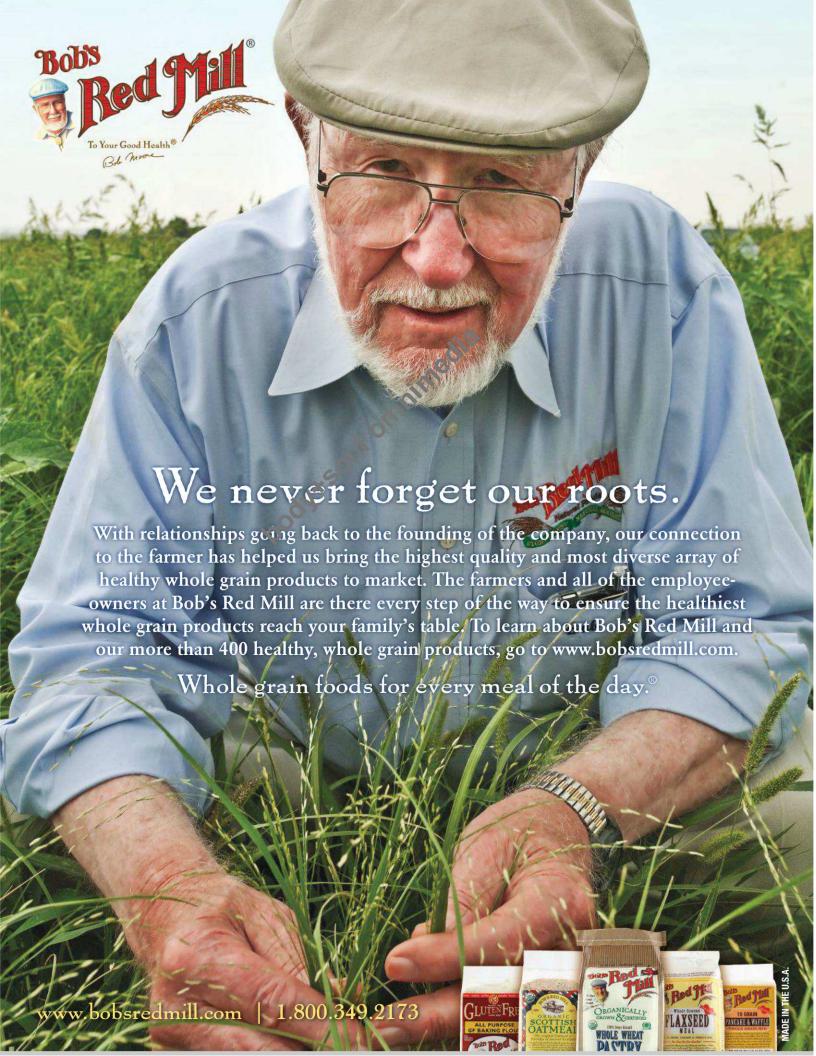
75%

How much more likely a fast eater is to develop diabetes than a more leisurely diner is. Talk about a slow-food movement. BECAUSE WE STILL FEEL THOSE STOMACH CRUNCHES Women who completed just six 40-minute workouts had significant improvements in body image—even though they hadn't yet seen any physical results.

GRIN REALITY

People who plastered on smiles had lower heart rates while recovering from stressful activities than those who kept their expressions neutral, a study in Psychological Science foundand the bigger the smile, the better the result. Maybe those weirdos grinning through the traffic jam are on to something.





HEART

We can't grarantee break-proofing, but it does pay to treat it well by MELISSA DALY

WHAT IT IS A 3½-by-5-inch muscular pump behind the fifth and sixth left ribs.

WHAT IT DOES Receives blood from all over the body, sends it to the lungs for oxygen, and then dispatches it back out.

WHY IT'S IMPORTANT By providing cells and organs with the oxygen, nutrients, and hormones they need to function, a beating heart is genuinely the life of the party.

The heart beats



billion times over a 70-year life span.

IS YOUR HEART TRYING TO TELL YOU SOMETHING?

- > FLUTTERING The occasional skipped-beat sensation usually isn't serious, says Martha Gulati, M.D., director of women's cardiovascular health at Ohio State University. Still, see a doctor to rule out atrial fibrillation, a quivering heartbeat that can raise the risk of stroke.
- > WEAKNESS, ACHES, SHORTNESS OF BREATH About 40 percent of women having a heart attack don't experience chest pressure, arm pain, or any of the symptoms usually cited. Instead, they may have jaw pain or shortness of breath or feel weak or ill, says Gulati. In either case, call 911.
- > HEADACHES Hypertension, a risk factor for heart disease, typically presents no symptoms. Headaches—perhaps from tight arteries restricting blood flow to the brain—are one tip-off.

3 THINGS YOU CAN DO FOR IT

For added protection (beyond cardio sessions):

- AVOID PHTHALATES A recent study suggested that these endocrine disruptors may also hamper the heart's efficiency by altering its metabolism. Avoid cooking or storing food in plastic.
- BREATHE CLEAN AIR Higher levels of pollution appear to increase the risk of heart attack and cardiovascular disease, research shows. Inhaled particles may trigger systemic inflammation, disturb heart rhythms, or release toxins into the bloodstream. More research is needed to confirm the theories; in the meantime, home air cleaners with HEPA filters may help.
- DODGE STRESS Intense emotional or physical stress can cause rapid and severe heart-muscle weakness (known as "brokenheart syndrome"). Meditation may help stave it off.

Input fat, an

WOODSON

MERRELL, M.D.

Chairman of the

Integrative Medi-

cine, Beth Israel

Medical Center,

New York City

Department of

COLD-WEATHER WELLNESS

Input from our experts on feeling good, burning fat, and staying healthy all winter

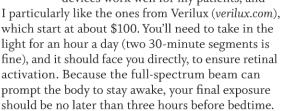
Q: EVERY YEAR, MY MOOD SLUMPS IN JANUARY AND FEBRUARY. SHOULD I SEEK TREATMENT?

A: Full-spectrum light, the kind the sun provides during the summer, activates the retina and in turn keeps levels of beneficial neurotransmitters up. In the dark winter months, many people have trouble getting enough sunlight to maintain a balance of neuro.

chemicals. The result can be a significant

dip in mood and energy.

Mild seasonal affective diso der (SAD) is generally treatable with life-tyle interventions: namely, gettine more full-spectrum light and exercise. Aim to get 15 minutes of direct sunlight first thing in the morning maybe a walk before work—where our body most needs the wake-up cues. If you can't do that, or it doesn't seem to help after a week or two (given the faint light in winter), consider investing in a light-therapy box that's at least 10,000 lumens. I've seen these devices work well for my patients, and



Thanks to its general antidepressive effects, regular exercise also helps combat the condition, though it's most effective when introduced alongside increased light exposure. Studies of people with clinical depression show that cardiovascular exercise ups energy and mood and can in some cases work as well as antidepressants. Aim to sweat three or more times a week—preferably in the sun.

If these steps don't alleviate your symptoms, talk to your primary care doctor about finding a therapist or psychopharmacologist. A holistic psychiatrist might pair lifestyle changes with therapy and anti-depressants or natural treatments such as inositol, St. John's wort, or SAMe—supplements that have been shown to improve mood.

Q: WHEN I GO SKIING, I'M IN SWEATY UNDER-WEAR ALL DAY. AM I RISKING INFECTION?

A: Trapped heat and moisture certainly can disrupt the balance of vaginal yeast. Candida could take advantage of the situation and overgrow, which might result in a yeast infection. (Your risk of developing

bacterial vaginosis, on the other hand, is not affected by warmth or moisture.)

When you're hitting the slopes, wear cotton panties (the fabric breathes better than synthetics do) and, if possible, change into a clean pair at lunch. If you're regularly plagued by yeast infections, probiotics might help. Certain strains are shown to be effective in maintaining vaginal health: Look for Lactobacillus rhamnosus or Lactobacillus reuteri, which you can find in supplements such as Fem-Dophilus (\$26, jarrow.com). (These strains help

control bacterial vaginosis, as well.) Try a daily probiotic all season long or whenever you're most susceptible to infections—for many women, that's the week before their period, when hormonal changes make the vagina more hospitable to yeast.



HARTZOG, M.D.
Staff gynecologist, the Continuum
Center for Health and Healing,
New York City

Q: I'VE HEARD THAT CONSUMING APPLE CIDER VINEGAR SPEEDS WEIGHT LOSS. IS IT TRUE?

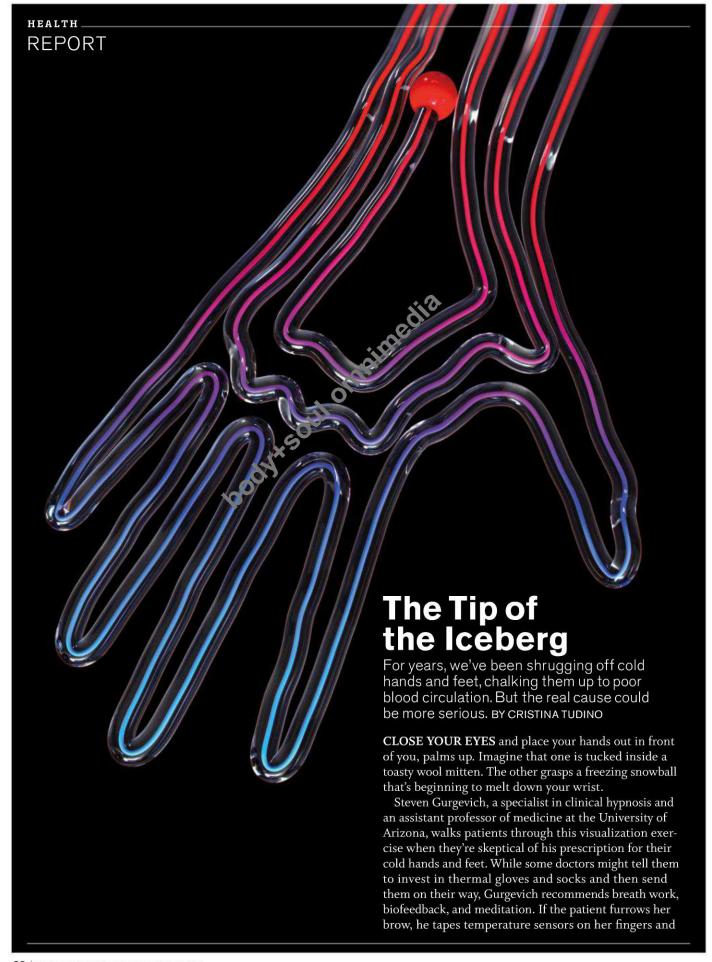
A: Weirdly, there seems to be some truth to the rumor. The apple cider vinegar fad resurfaces every few years, but the real power lies in vinegars of all kinds. A recent Japanese study found that acetic acid, the

CYNTHIA SASSRegistered
dietitian and the
author of *S.A.S.S! Yourself Slim*

main component of vinegar, may help to control blood pressure levels and also curb fat accumulation. The lippuckering condiment has been shown to boost satiety, so you feel fuller longer, and one study found that obese adults who consumed two tablespoons of apple cider vinegar (in a beverage with water and sweetener) before lunch and dinner lost two pounds over a four-week period without making any other changes.

My take: Enjoy vinegar as a seasoning in at least one meal every day—not just cider, but balsamic, Champagne, brown

rice, or red wine. Toss it with extra-virgin olive oil in place of bottled dressing; marinate bean salads in the stuff; and use vinegar to season fresh, grilled, or baked fruit. Just don't chug it straight—the acid can wear away tooth enamel and burn the esophagus.



breaks out the imaginary mittens and snowballs. As the patient watches in disbelief, the mitten hand invariably heats up, often as high as 97 degrees, while the one with the would-be snowball falls to as low as 77. (The surface of the skin typically hovers around 90 degrees.) "They're using imagination," he says, "but the results aren't imaginary."

Gurgevich is one of a growing number of clinicians who see cold extremities not as an indication of poor blood circulation but rather as a big red (or icy-blue) flag that the body is under duress. Yes, a small number of people do have subpar circulatory systems. But in the vast majority of cases, physicians now realize, freezing extremities are a tip-off that the body is responding to trouble by trying to protect the vital organs, in part by clamping down blood vessels in the periphery. And whether the trouble is physiological or emotional, if it's left untreated, cold limbs won't thaw no matter how many layers you pile on; they may even get worse.

layers you pile on; they may even get worse.

Ellen Glickman knows this well. When the Oniobased exercise physiologist was diagnose the years ago with Raynaud's disease, a condition that causes the blood vessels to constrict pair to my, she was convinced she'd developed it as a result of extended exposure to cold. But over the years, she's now come to believe that internal issues may have played as big a role as external ones. "It may have been the stressor of moving from one climate to another, a new job, or getting divorced," she says.

Glickman didn't come to this conclusion by studying up online. As a staff member at Kent State University, she has devoted her career to studying the impact cold-air exposure has on the human body, and to investigating how we can better regulate our temperatures. Until recently, she had spent the majority of her 30-year career in a lab cooled to 40 degrees (she calls it a "meat locker"), examining cold extremities from the outside in, and gathering information on how body composition, age, and race impact subjects' ability to thermoregulate.

BITTER-COLD BIOLOGY

One thin. Clickman knows for sure: Women's extre vives begin to feel cool long before men's do. Why For starters, their core temperature is higher than men's, and their skin temperature is lower, so while their vital organs tend to stay warmer, women's fingers and toes feel colder. The skin on those areas is literally thinner, too, so females feel the cold faster. And the latest research indicates that women are more prone to vasoconstriction in anxiety-provoking situations.

Even if stress isn't the primary cause of polar limbs, scientists are finding that it can exacerbate physiological health concerns that leave hands and feet chilly. For example, having low iron levels, which is far more common among women, can make a person feel colder because she has less oxygen-carrying capacity in her bloodstream,

HAPPINESS IS A WARM RUN And other ideas for pushing the digits into overdrive

EAT FOR HEAT

It's common sense to eat things that are hot. Jennifer Tufenkian, a naturopathic physician in Portland, Oregon, also suggests incorporating warming spices like cinnamon, ginger, and cayenne. And keep portions small: "After a heavy meal, your body devotes blood to digestion," integrative doctor Jim Nicolai says.

UNWIND THE MIND

Mind-body techniques that trigger the relaxation response dilate blood vessels. Gurgevich says imagining something warm that involves water (a hot shower, lying on a beach) can be especially effective. For DIY biofeedback, he recommends equipment from Thought Technology (thought technology.com).

TRY SUPPLEMENTS

A blood test will identify an iron deficiency, which can be treated with supplements. Omega-3 fatty acids can improve cardiovascular health, and a B vitamin complex can help increase vasal dilation, says Nicolai. Ginkgo biloba, a mild blood thinner, may also help increase blood flow to the fingers and toes, he says.

TAP THE BOILER

Taking a hot bath always helps; Tufenkian suggests adding Epsom salts to boost circulation. Or consider a warm foot soak before bed. which can raise core temperature and even facilitate sleep: make sure the water is 95-100 degrees and add aconite or powdered ginger to increase the warming sensation.

GET PINNED

"Acupuncture can open the energy blockages that are impeding circulation," savs Brenda Hood. associate professor at the National College of Natural Medicine, in Portland, Oregon. Five or fewer treatments spaced one to two weeks apart should do the trick, though more may be needed depending on the cause.

Ask the Pet Experts

A healthy diet and exercise are the foundation to my dog's health, but what else can I do to keep my pet happy and healthy?

Dental care is a major consideration too. Without attention to their dental care, 70% of dogs and cats will start to show signs of oral disease, which, if left untreated, can lead to a shorter life. A safe and natural choice for your pet's oral care is a daily dab of TropiClean's Fresh Breath Clean Teeth Gel. The best part?

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REPORT

explains Jim Nicolai, M.D., medical director of the Andrew Weil Integrative Wellness Program at Miraval, in Tucson. Even migraines could be behind frigid digits. The lightning-fast vasoconstriction that occurs in the brain often accompanies reduced blood flow elsewhere in the body.

Experts now realize that gastrointestinal issues can also contribute to cold limbs—particularly irritable boy. I syndrome, which plagues twice a many women as it does men. "When your body is devoting energy to the digestion process, it's shunting blood toward those areas and away from the extremities,"

serious medical conditions. Holistic practitioners are increasingly turning to mind-body techniques like the ones Gurgevich uses to warm up his patients' limbs. In addition to hypnosis, visualization, and breath work, meditation appears to be extremely effective: In a much-cited 1980s experiment by Harvard University researcher Herbert Benson, Buddhist monks in deep states of meditation were able to crank up their body temperatures enough to dry wet sheets wrapped over their shoulders in a 40-degree room. Biofeedback has also been shown to be effective in treating cold extremities.

IF THE STRESSOR IS LEFT UNTREATED, COLD HANDS AND FORT WON'T THAW NO MATTER HOW MANY LAYERS YOU FILE ON; THEY MAY EVEN GET WORSE.

Nicolai says. Glickman, who suffers from migraines and is "a complete, unmitigated disaster in terms of GI issues," as she puts it, now believes those conditions played into the development of her Raynaud's. Today, she screens subjects for these preexisting conditions, and if she finds them, she opts not to expose the sufferers to her low-temperature laboratory.

In a minority of cases, cold hands and feet can signal a serious cardiovascular or autoimmune disorder. People with high blood pressure and high cholesterol have difficulty achieving adequate blood flow, and in those suffering from diabetes, the nerves have trouble telling the blood vessels to dilate or constrict. In addition, "autoimmunity creates inflammation at many sites, including blood vessels, which can cause constriction," Nicolai notes.

BATTLING THE BRRR

Given that the hands and feet are a barometer of whole-body health, treating cold extremities means tackling the underlying problem. First on the list should be a visit to a doctor to rule out Whatever the root cause, cold hands and feet benefit from exercise. "The more muscle you have and the more you move," says Nicolai, "the more efficient your body can be at circulating blood." As in so many other health conditions, sleep (or the lack thereof) also has an impact on the temperature of extremities. "Insomnia is a stressor," Nicolai says. "When your body isn't getting adequate sleep, it's living in disharmony."

As for Glickman, she no longer spends time inside her cold chamber, and instead watches her study participants from a webcam in her lab. She has also stopped jogging outside during the winter and wears three pairs of gloves when it's chilly out. And she's working with specialists to control her migraines and GI issues. (For the moment, she's stopped short of embracing mind-body techniques. "I'm not sure that a type A person like myself will take well to biofeedback," she says.) And she urges other women to take their cold digits equally seriously. "You can't deal with poor thermoregulation on just one level," she says. "Migraines, IBS, stressors-they're all linked."

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The Yearning Curve

A new book mines ancient Chinese writings for insight into curing our modern sexual woes. One woman hits the sheets to do as the Taoists do. BY VALERIE FRANKEL

OUR SEX-OBSESSED reputation notwithstanding, Americans aren't all that busy getting busy. According to a 2008 survey by condom manufacturer Durex, the United States ranks 23rd out of 26 nations for sexual frequency. On average, my fellow countryfolk do it a piddling once every four days. And 43 percent of American adult females report sexual problems, according to a 2008 study published in the journal *Obstetrics & Gynecology*.

Once every four days? If my husband, Steve, and I had done it twice in one week, it would've been a 2012 record! When the two of us met, a decade ago, we were sexually ravenous. But lately we're down to several episodes a month at best. It's not that we aren't attracted to each other. I look at him across the dinner table and think, "Handsome!" every night. But after a full day of stress related to work, the kids, and the house, sex often seems like just another chore. God, that sounds horrible. Sex is a lot of fun when we actually do it. But getting there takes some effort.

So when I heard about *Sex Again*, the new sex-help book by acupuncturist and Chinese herbalist Jill Blakeway (Workman Publishing), I figured what the hell. (The title is meant to inspire a joyous rekindling. But when I first read it, I thought, "Sex...again?") The subtitle, *Recharging Your Libido—Ancient Wisdom for Modern Couples*, sounded promising. Make love like a Chinese Taoist monk from 3,500 years ago? Why not?

The object was to get chi, or life force, flowing, and to balance yin-yang energies. Generally speaking, yin energy is passive, and yang is aggressive. Too much of one or the other—in you or your relationship—can cause problems in the bedroom. "Good sex comes from and/or takes you to a state of balanced energy," Blakeway writes. "You

can get up to whatever erotic high jinks you like, but without the exchange of energy between partners, sex will never be deeply satisfying." Deep satisfaction was defined as "whole-body orgasms." Sold.

To help clients at her YinOva Center, in New York City, go from No Sex to Good Sex, Blakeway began scouring ancient Chinese texts "by the original Taoist thinkers," she explained when I contacted her. Apparently, sex was one of the Taoist bards' favorite topics. Combining her patients' needs with the texts' ideas, Blakeway devised a plan to revitalize a tired lust life in six weeks. The practices in the book seemed straightforward enough, with lots of breathing, thinking, and touching. "They're simple but effective," she said. "They create an energetic connection

QUEST

that's critical not only for your sexual experience but for the relationship itself."

Steve readily agreed to try it. Hmm...too readily? A laid-back, yin-ny guy, he wouldn't necessarily complain outright about our sex life. I wondered if he'd been unhappy for a while. That activated my yang impulse to take control. I tore into the plan like a lion (or a Rabbit, as I'd later learn).

WEEK ONE: KISSING AND BREATHING

"Sex is like a muscle," Blakeway told me. "You lose it if you don't use it." People fall out of the habit of having sex. To get back into it, you had to start

THAT FIRST NIGHT, JUST MAKING OUT FELT AWKWARD. doing it, no matter how tired you were feeling. Since getting to first base was more than half the battle, Blakeway prescribed kissing. Steve and twere to snog in bed, and to give each other unexpected kisses throughout the day.

Kissing had all but disappeared from our routine. That first night, just making, it felt awkward. But after a few minutes, we call the vector and smooched like we used to. The point can't necessarily to stoke the nether flames in a rather to connect and touch on an emotional (and energetic) level. "Sweet," said Steve. It was. Cute and cozy.

We kissed unexpectedly at the supermarket, in the drugstore, on the street. Ninja smooching wasn't hot, but it was fun, and funny. We laughed and smiled at each other dozens of times throughout the day. And we embarrassed our daughters in public, which had its own pleasures.

Step two of week one was to **Synchronize Breathing.** Tuning into each other's bodies would be "harmonizing chi." We lay in bed facing each other with our palms flat on each other's chests and practiced mirroring inhales and exhales. After a few minutes, I felt relaxed and started to yawn. "I thought this was supposed to make you feel sexy, not sleepy," Steve grumbled.

WEEK TWO: THE LOOP AND THE SQUEEZE

Homework this week: Move chi to our groins via two practices with lively names.

The Loop. This is a visualization exercise. Imagine a bowl filled with warm oil nestled in your pelvis. On the inhale, picture the oil rising through your spine to the top of your head (as if sucked up by a straw). Then exhale, and see the oil flowing down the front of your body until it trickles back into the bowl. The oil represents chi. Lying on our backs before going to bed, Steve and I did the Loop each

night for about 10 cycles. Like kissing and synchronized breathing, looping was pleasant enough, but not exactly arousing.

The Squeeze. I knew this as doing Kegels. I used to pump my pelvic-floor muscles religiously after my children were born, so they were in decent shape. Steve flexed his love muscles, too. By the end of the week, we tried the advanced variation of doing a full Loop with a quick Squeeze at the end. Concentrating on the pelvis did give me a few tingles, but I was still waiting, a bit impatiently, ter a major increase in desire. Then, on night six of week two, I got a hit. I had a vivid erotic dream: Jon Hamm and I were naked, eating a cake with our hands. I know it sounds weird. But this dream was smoking hot, I swear, and I woke up breathing heavily, a bit amazed at the intensity. Without doing any overtly sexual acts, Jon Hamm had revived my libido. Now what about Steve?

WEEK THREE: EXPLORING AND MASSAGE

This week, Steve and I were supposed to go all the way. But before he put his yang in my yin, we had to balance our energy with foreplay. Ordinarily, we spent about five minutes on this, most of it attending to the relevant body parts. Steve usually played aggressor and I was the receiver. So this time, I took the yang role as active giver.

The Explore. The task was to slowly touch every part of one's partner, from forehead to toes, to uncover new erogenous zones (bypassing the major hot spots for now). At first, Steve seemed bored as I labored over his earlobes. I enjoyed the Explore— Steve has beautiful skin, and I don't behold it enough. When I got to his thighs, he said, "That's good. There, and around the ankles." It took 20 minutes, but he'd finally relaxed enough to give me direction. I kept going until I'd done every inch. We found a few spots (inside of elbows, wrists, sacrum). "It felt good, but not sexy," he concluded. So we moved on to the sexy parts. When it was Steve's turn to be active again, man, was he. Even if he didn't consciously enjoy the Explore, on a subconscious level, being yin for a while apparently had supercharged his yang.

The Partner Massage. My turn to yin: Steve gave me a 30-minute massage, which I loved. (I might be gifted at just lying there and taking it.) While I submitted, I Looped-n-Squeezed. The breathing prevented mental drift, and my skin felt particularly sensitive. When we moved on to the main event, I was truly astonished by my profound

response. Blakeway had promised whole-body orgasms, a release from head to toe. Yeah, we were skeptical at first, too. But: Promise made good.

WEEK FOUR: NINE AND NINE

Continuing on with our remarkably smooth sailing, we tackled a new technique for an old friend—thrusting. During the **Nine and Nine**, a 2,000-year-old strategy, the man does nine shallow thrusts and one deep one. Then eight shallow, two deep. And so on, until one shallow, nine deep. It was a rare man who lasted that long. Steve didn't. We got to Five and Five before he had, as he said, "the best ejaculation I've had in years."

"For men, counting makes them last longer," Blakeway explained when I grilled her on the technique's magic. "For women, the variation of pattern keeps the nerve endings sensitive. Waiting for the deep thrust gives them something to look forward to." All I can say is: Nine and Nine-alarm fire

WEEK FIVE: SOMETHING NEW

On the docket this week: something completely new, or just something we hadn't to be in so long, it would seem novel. For ideas, Blakeway included a tastefully illustrated guide of sexual positions. The Taoists like animal names. Tiger: aka Doggie. Dragon: Missionary. Rabbit: Reverse Cowgirl. Crane: Sitting on a chair. Mandarin Ducks Joined: Spooning. Cicada: From behind, woman flat on her belly. Fish: Woman on top.

Since I'd had a ball-busting day at work, I felt abundantly yang that night. Steve had had a quiet day off and was in a yinny mood. To balance our energies, Steve would take the yang role, and I'd assume a yin position. The choices seemed to be Tiger or Cicada, both of which had been out of our repertoire for some time. In the end, I made a loud chirp that resounded for what seemed like forever.

A few nights later, we tried another novel idea: the **Quickie.** It happened while the pasta water boiled and the kids did their homework downstairs. We stole into the bedroom, locked the door, and went at it like Mandarin Ducks on crack. It was fairly hilarious, and so fast, there was no way I could manage a whole-body orgasm, let alone a fraction. But it was fun.

WEEK SIX: CHI EXCHANGE

The final week was devoted to energy exchange. We were OK at Loop-n-Squeeze breathing in sync, apace with Nine and Nine thrusting in the Dragon

position (a sentence I never thought I'd write). We decided to try the advanced technique of turning our two bodies into a single breathing organism, totally connecting our energy. While I inhaled, he exhaled, and vice versa. We attempted this during sex, concentrating mightily. But after a few seconds, we lost track of who was supposed to be inhaling and exhaling. I felt frustrated: In the olden days (six weeks ago), all we did during sex was moan.

"The intention is to get people having sex, not to turn them into Taoist sexual athletes," Blakeway told me. "Dor't worry about perfect breathing. Just remember that he's sending chi into you, and you're receiving it and sending it back into him. Just trang the technique deepens the connection." Shand a point: When my focus was on my breath, twasn't worried about jiggly bits or the cracked ceiling paint. Breathing kept me in the moment, and wide open to sensual input. And that made sex much, much hotter.

Steve and I had success, but would this work for anyone? For context, I called a sex expert with a Western bent. "There is a psychological basis for the Taoist practices," said Stella Resnick, Ph.D., a Beverly

Hills—based clinical psychologist and certified sex therapist and the author of *The Heart of Desire*. "Balancing yin-yang energy is like taking turns. Sex gets stale when one of the partners is always assertive and the other is always sub-

WE STOLE INTO THE BEDROOM AND WENT AT IT LIKE MANDARIN DUCKS ON CRACK.

missive." And as for chi? "Breathing and relaxing allows your blood to move freely," she added. "You're more likely to have a whole-body orgasm if you let your body open to the flow of blood and energy."

So is it energy exchange or foreplay? Yin-yang balance or sexual variation? Chi or blood? Both the Eastern and Western vocabularies tell us to relax, connect, and mix it up. I can certainly attest to the notions' efficacy. For a month and a half, Steve and I thoroughly enjoyed the benefits.

And then, by week eight, life came roaring back. Real-world demands and stress thwarted desire. I told Blakeway, "We're back to No Sex Again."

"Sex is an antidote to the stress of modern life and trouble in a marriage," she said. "No matter how tired you are, once or twice a week is doable."

Steve and I are making a real effort to keep sex in the Loop (as it were) of our lives. When I count the days and realize it's been a while, I don't panic. I just start back at the beginning, with a kiss.



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10 THOUGHTS

"YOU CAN'T STOP THE WAVES, BUT YOU CAN **LEARN TO SURF."**

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like eau de chemicals.

RESOLVED: ember how a feel every series. SOMETIMES BEING IN THE FOG

great we feel ever time we exercise

Luther King Jr., for being as relevant as you've always been. PERPETUAL TODAY-IS-

(see page 76).





Call us sentimental, but we think there's something downight romantic about the way all those sherbet-bright oranges, lemons, papefruits, and limes show up in the produce aisle just when we're needing them most. Whit the wind is whipping and we haven't seen the grass for weeks, who couldn't use a little harm-weather fling to remind her of sunnier times? Whenter stirred into a salsa or layered beneath a crown of meringue, these seasons beauties remind us there's nothing quite to affirming as a bracing citrus kiss.

TEXT BY JOCELYNO. ZUCKERMAN RECIPES BY SHIRA BOCAR PHOTOGRAPHY BY MARCUS NILSSON

CARA CARA ORANGE

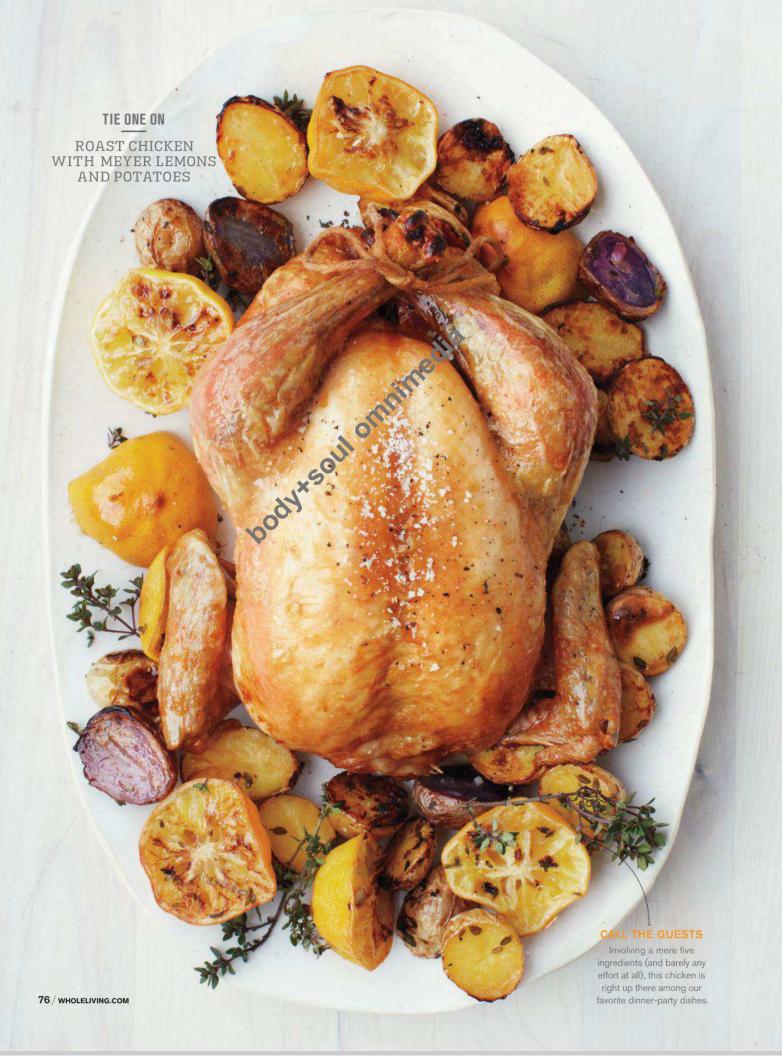
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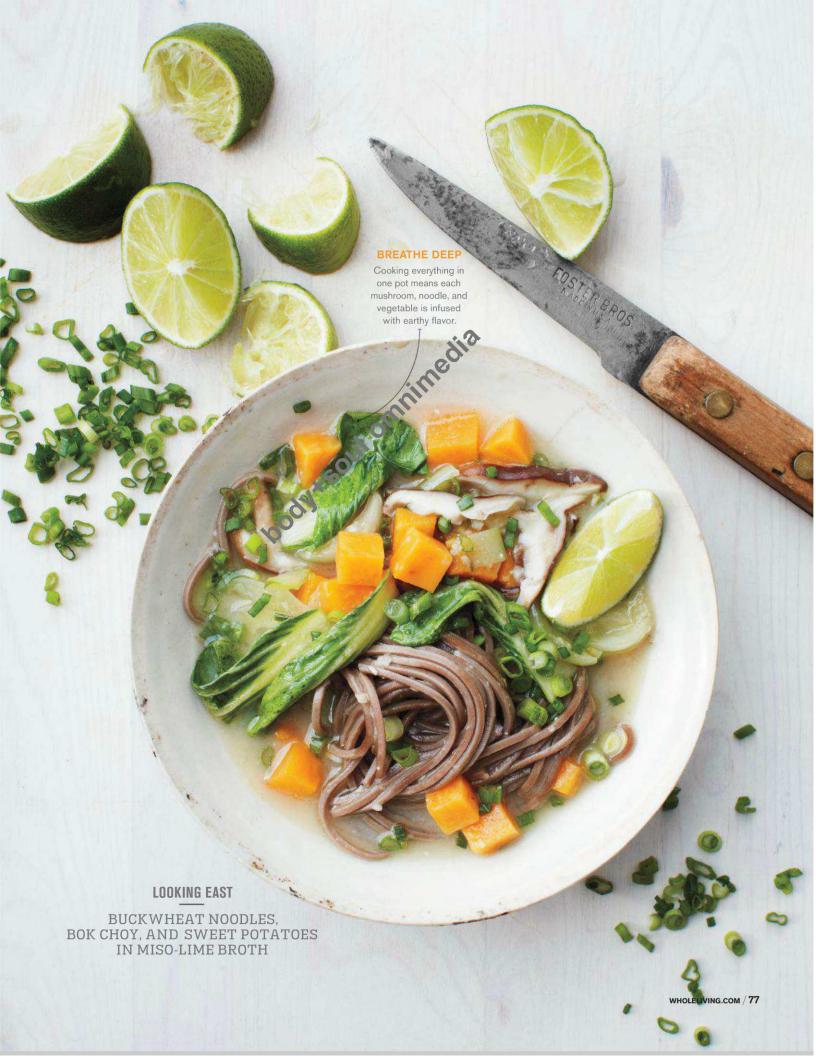












CHARRED CAULIFLOWER WITH CLEMENTINES AND OLIVES



CARAMELIZING cauliflower takes it to a whole new level. Olives and clementines lend salty, citrusy swagger.

- 1 head cauliflower, trimmed and cut crosswise into ½-inch slabs
- 3 Tbsp extra-virgin olive oil
- Coarse salt and freshly ground black pepper
- 2 clementines, zested and segmented
- 1/4 cup Kalamata olives
- 1 tsp white wine vinegar
- 2 Tbsp chopped fresh flat-leaf parsley
- 1. Preheat oven to 450°. Arrange cauliflower in a single layer on a rimmed baking sheet and brush both sides with 2 Tbsp oil. Season with salt and pepper. Roast, flipping once, until tender and golden, about 25 minutes. Transfer to a serving platter with clementine segments and olives. 2. Meanwhile, make vinaigrette: clementine zest and season with salt. Driz-Whisk remaining oil with vinegar and zle over cauliflower, clementines, and olives and sprinkle with parsley.

PER SERVING: 182 cals; 14 g fat (2 g sat fat); 0 mg chol; 13 g carb; 396 mg sodium; 3 g protein; 4 g fiber

CRUSHED PINEAPPLE-ROSEMARY LIMEADE

SERVES 6 (0) (0)



WHO SAYS "ades" are only for the summer months? This sultry take on the sidewalk-stand classic suits any season.

- 1 pineapple, peeled, cored, and chopped (6 cups)
- 1/4 cup honey
- 2 sprigs fresh rosemary, plus more for garnish
- 1 cup lime juice (from about 8 limes) 12 oz club soda
- Ice, for serving
- 1. Pulse pineapple in a food processor until very finely chopped (but not puréed). 2. Muddle honey, rosemary, and lime juice in a sturdy pitcher until fragrant. Add pineapple and club soda and stir to combine. Serve over ice and garnish with rosemary. PER SERVING: 135 cals; 0 g fat; 0 mg chol; 36 g carb; 15 mg sodium; 1 g protein; 3 g fiber

CARA CARA ORANGES WITH TOASTED HONEY **MERINGUE**

SERVES 6 (1) (3)

JEWEL-LIKE slabs of orange topped with a broiler-kissed meringue are as delicately delicious as they are beautiful to behold.

- 3 Cara Cara oranges, peel and pith removed from 2
- 1/4 cup honey
- 1/4 tsp coarse salt
- 2 egg whites, at room temperate
- 1 vanilla bean, seeds scraped, or 1 tsp pure vanilla extract
- 1. Preheat broiler. Slice peeled oranges into crosswise rounds. Zest and juice remaining oranges not two separate small bowle and control of the control of bowls and set aside. Whisk honey, salt, and egg whires in the bowl of an electric mixer set over a pot of simmering water until heavy is dissolved and mixture is hot to the touch. Remove from heat and whisk ectric mixer on high speed until shiny, Off peaks form, about 7 minutes. Add vanilla and whisk until just combined. 2. Divide meringue among six shallow ovenproof dishes, fashioning dollops with a spoon. Transfer dishes to a rimmed baking

sheet and broil until meringue is just toasted, about 1 minute. Remove and set alongside citrus rounds, drizzling with juice and sprinkling with zest. Serve immediately.

PER SERVING: 83 cals; 0 g fat; 0 mg chol; 19 g carb; 66 mg sodium; 2 g protein; 2 g fiber

SEARED HALIBUT TACOS WITH GRAPEFRUIT-AVOCADO SALSA

SERVES 4 6 (1)



WE'RE BIG fans of the way citrus pairs with creamy avocado. This colorful salsa would be equally at home with chicken.

- 1 Ruby Red grapefruit, segmented and cut into 1-inch pieces
- 1 avocado, diced
- 2 Tbsp diced red onion
- 2 Tbsp chopped fresh cilantro, plus sprigs for garnish
- 1/2 jalapeño, seeded and finely chopped
- 1 Tbsp lime juice

Coarse salt and freshly ground black pepper

- 1 Tbsp vegetable oil
- 4 4-oz fillets halibut, skin removed
- 8 corn tortillas
- 1 cup shredded Napa cabbage

1. Make salsa: Combine grapefruit, avocado, onion, cilantro, jalapeño, and lime juice in a medium bowl. Season with salt and set aside. 2. Heat oil in a large skillet, preferably cast-iron, over medium-high heat. Season halibut generously with salt and pepper and sear, undisturbed, until golden brown, 2 to 3 minutes. Flip and continue cooking until golden and flaky, 2 to 3 minutes more. Remove and let cool slightly, then flake with a fork. 3. Toast tortillas over a gas burner, turning, until lightly charred, about 1 minute. Top with fish, salsa, and cabbage.

PER SERVING: 395 cals; 15 g fat (2 g sat fat); 36 mg chol; 38 g carb; 278 mg sodium; 27 g protein; 6 g fiber

ROAST CHICKEN WITH MEYER LEMONS AND POTATOES

SERVES 4 @ (1)



BECAUSE of their thin skin, Meyer lemons can be eaten whole. Arranging the halves on the platter alongside the potatoes adds an extra dimension of color and flavor.

- 1 whole chicken (about 4 lb), left at room temperature for 30 minutes, giblets reserved for another use
- 2 Tbsp extra-virgin olive oil

Coarse salt and freshly ground black pepper

- 4 Meyer lemons, halved
- 2 lb baby potatoes, halved or quartered if large
- 2 Tbsp fresh thyme leaves, plus sprigs for garnish
- 1. Preheat oven to 450°. Arrange chicken on a rimmed baking sheet. Rub with 1 Tbsp oil and season with salt and pepper. Tie legs with twine and transfer to middle rack. Roast, turning once, until golden brown and a thermometer inserted in thigh reads 165°, about 50 minutes. Remove and let stand 15 minutes before serving. Pour pan juices into a small container and skim fat. 2. While chicken roasts, toss lemons and potatoes with remaining oil and thyme in a medium bowl and season with salt and pepper. Arrange in a single layer on a rimmed baking sheet and transfer to lower rack. Roast, flipping occasionally, until tender and golden brown, about 40 minutes. Serve with chicken and pan juices.

PER SERVING: 608 cals; 15 g fat (3 g sat fat); 180 mg chol; 46 g carb; 316 mg sodium; 71 g protein; 7 g fiber









BUCKWHEAT NOODLES, BOK CHOY, AND SWEET POTATOES IN MISO-LIME BROTH

SERVES 4 0 0 0 0 0

COLD COMING ON? This aromatic broth, brimming with vegetables, is just the fix.

- 2 Tbsp extra-virgin olive oil
- 1 Tbsp freshly grated ginger
- 4 scallions, whites and greens separated and thinly sliced
- 3 cloves garlic, minced
- 4 oz shiitake mushrooms, trimmed and thinly sliced
- 1 sweet potato, peeled and diced
- 4 oz buckwheat noodles
- 2 heads baby bok choy, sliced in ½-inch pieces

1/2 cup sweet white miso

1 Tbsp lime juice, plus lime wedges for serving

Coarse salt

tein; 8 g fiber

1. In a medium pot, heat oil over medium heat. Add ginger, scallion whites, and garli and cook until fragrant, about 2 minutes Add shiitakes and cook until tender, sout 2 minutes. Add sweet potato and toss to coat. Add 6 cups water and bring to a boil, then reduce heat and simmer until sweet potatoes are tender, 6 to 8 minutes. 2. Meanwhile, cook buckwheat noodles according to package instructions. Drain and rinse well with cold water. Set aside. 3. Add bok choy to soup and cook until leaves are just wilted and stems are crisptender, about 2 minutes. Stir in cooked noodles. 4. Remove 1 cup hot broth and whisk with miso until smooth, then stir into soup. Add lime juice and season with salt. Serve with scallion greens and lime wedges. PER SERVING: 333 cals; 9 g fat (1 g sat fat); 0 mg chol; 53 g carb; 1,377 mg sodium; 13 g pro-

A ZEST ALL THEIR OWN

Not all citrus is created equal. Lemons, grapefruits, oranges, and limes come with their own flavor profiles, geographies, and personal histories. Experiment in the kitchen to discover their individual quirks and charms. BY MARISA ROBERTSON-TEXTOR

MEYER LEMON

ORIGIN: China

SEASON: January—March
DESCRIPTION: Introd & a to
the United States by Circultural
explorer Frank N. Leyer, who
found it growing a China in 1908,
it has a sween and more delicate
flavor that the standard Eureka
lemon. As thin skin possesses the
high ange-yellow gloss of a farma sn egg yolk, and its succulent
tesh is beautifully aromatic.

In classical Rome, lemons were treated as a decorative curiosity only—they hadn't yet made their way into cooking. In fact, there was no Latin word for lemon. The citron, originally from Persia and best known to us in its candied form, was the first citrus to reach Europe, which explains why the entire family was named after one of its less significant members. Since 1950, California has produced more lemons than all of Europe combined.

CARA CARA ORANGE

ORIGIN: Venezuela

SEASON: December—April
DESCRIPTION: The bright peel of
this medium-size navel orange
gives way to shockingly pink flesh.
It is usually seedless, and its flavor
can be reminiscent of berries, with
a gentle undertone of grapefruit.

The skins of some ripe oranges can revert to green if they're left on the tree during the summer months (when the trees are in blossom). These "regreened" oranges may actually be sweeter than their regular counterparts thanks to the extra ripening time.

RUBY RED GRAPEFRUIT

ORIGIN: Texas

SEASON: November—May
DESCRIPTION: The grapefruit, a
hybrid of sweet orange and pomelo,
was born in the West Indies in the
18th century. The Ruby variety was
discovered as a chance "bud sport,"
or mutation, on a grove in McAllen,
Texas, in 1929.

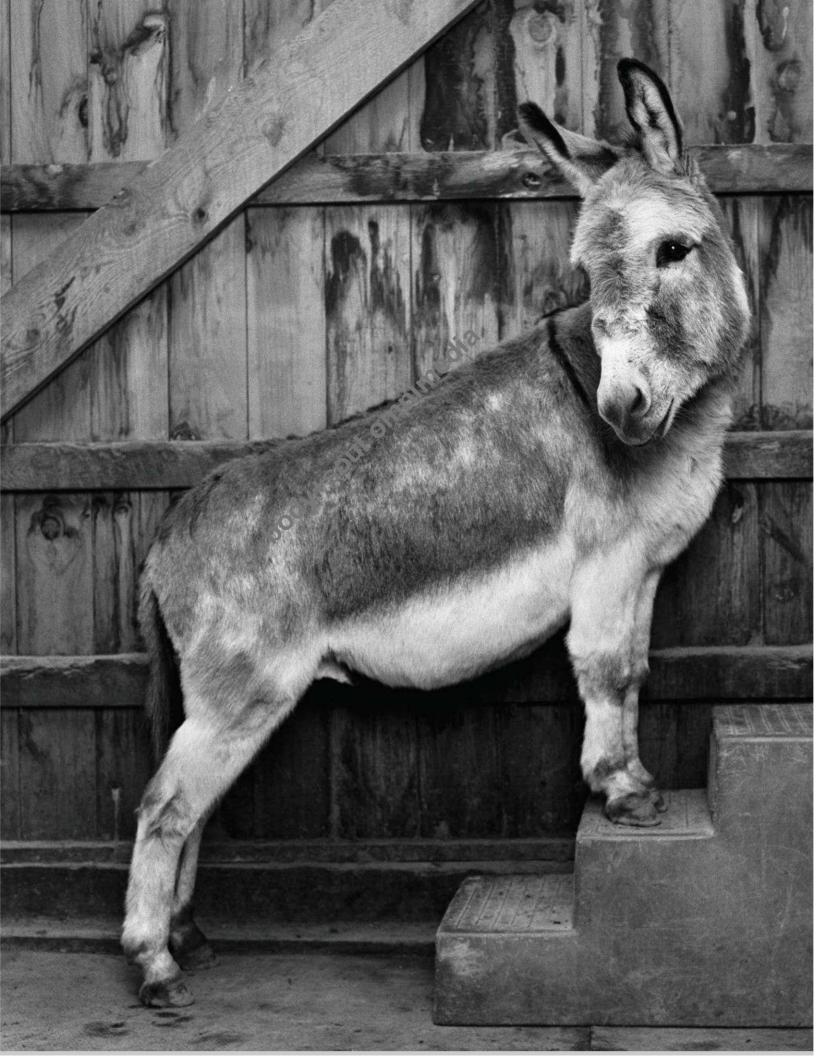
The volatile oils concentrated in specialized pockets of citrus fruit are often flammable. Want proof? Squeeze a grapefruit peel (carefully) toward a candle flame. Botanists calculate that citrus trees go back 20 million years, to the time when Australia and Asia were joined. With longevity like that, the grapefruit, aged about 250, is a spring chicken.

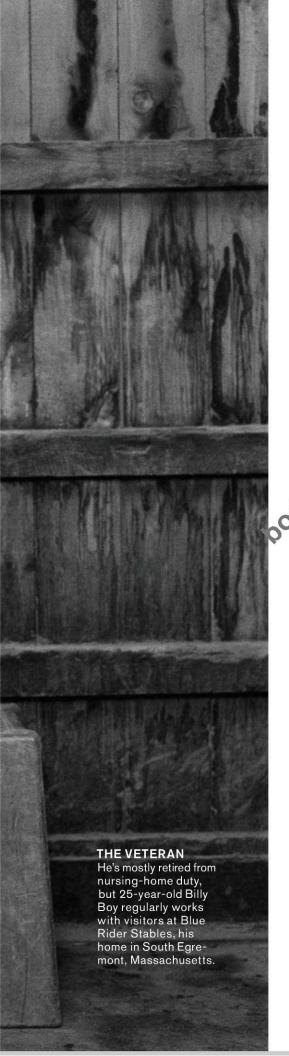
PERSIAN LIME

ORIGIN: Southeast Asia SEASON: Year-round

DESCRIPTION: Like their cousins in the lemon family, limes made their way to the eastern Mediterranean with Arab traders, then to the western Mediterranean with returning Crusaders. The most common lime in the United States, the Persian, is believed to have been introduced to the Mediterranean via Persia, then carried to Brazil by Portuguese traders. Almost always seedless, it's shaped like a lemon and has a thick rind and juicy, pale green pulp.

The Persian lime is believed to be a hybrid of Key lime and citron. The lime of choice in most of the rest of the world—the Key, a "true" lime—is smaller, yellower, and more aromatic than the Persian.





ANIMAL MAGNETISM

AND CAMELS—EVEN PIGS AND
CHICKENS—CAN HAVE A PROFOUND
EFFECT ON PEOPLE IN DISTRESS.

TEXT BY ELIZABETH HESS
PHOTOGRAPHY BY MARY ELLEN MARK

SEVERAL YEARS AGO, my friend Robin Parow, a therapeutic riding instructor, invited me to accompany her donkey, named Billy Boy, on his rounds at a local nursing home in rural Massachusetts. Her enthusiasm led me to believe that Billy Boy's celebrity at this facility was unrivaled by the various golden retrievers and doodles playing the same circuit. I wasn't sure how her claim could be substantiated, but hyperbole or not, an invitation to do a therapy visit with a donkey could not be turned down. Dogs, or at least some dogs, are ideally suited to social work. But I wondered what a donkey might bring to the bedside that a canine couldn't.

When we arrived at the nursing home with Billy, a 35-inch-high Sicilian donkey with large brown eyes and a set of seriously oversized ears, Parow had him on a lead and toted a satchel of bagel chips, apparently enough bait for an hour's work. The donkey descended from the van and made a beeline for the entrance of the building, as if he'd been visiting relatives in the place for years.

With obvious confidence, Billy walked through the front door and clopped across the linoleum floor to the Day Room, where his audience, mostly in wheelchairs, welcomed him with smiling faces and nods of recognition. It wasn't an ambulatory crowd, so no one stood up to rush him. Instead, Billy walked around the room, greeting folks one by one, offering them the chance to stroke his soft, pearly nose. Feeding him chips as they chatted with Parow, the residents



became visibly more animated. When there's a donkey in the room, it's virtually impossible to be gloomy.

Here's the moment I remember best: After spending some time with this group, Billy went on to make bedside visits. I watched him stop at one bed, lift his head over a hospital rail to greet a sleeping woman, and then snort, as if to wake her up. Instead of having a heart attack, which I half-expected, the woman sat bolt upright, her long gray hair flowing around her ancient face, her eyes wide open with delight. She began to scratch the donkey's neck in exactly the right place, and Billy turned to mush in her hands. After Billy and Parow had left the room, I remained a few minutes to chat. "You know donkeys," I suggested. The woman began to tear up. "My husband was a veterinarian, and we had a few," she said. "They were always my favorites in the barn." She had not seen one, let alone touched one,

in the 15 years since she'd sold the place after her husband's death. Together, we laughed about Billy's sweet, barnyard smell, a trace of which he had left behind.

I don't know exactly what happened at the nursing home that day, but I do know that something quite out of the ordinary—and wonderful—occurred. "I'm just the conduit," Parow told me. "I hold the rope and Billy works the room."

Billy is not just any donkey. Originally acquired at 5 years old (for \$500 at an auction in Massachusetts), he immediately demonstrated his genuine affection for people. In 1997 he became the first equine to be registered by the Delta Society (now called Pet Partners) for pet therapy. Parow believes that his trainability and love for humans made him an ideal candidate for therapy work. The two of them trained together for a year before Billy passed a daunting test to become Parow's certified partner. Pet Partners, unique among

national therapy organizations, recognizes the ability and value of multiple species, not just dogs, in this growing field. To qualify, Billy had to walk through a crowd of strangers, respond appropriately to commands such as "come" and "stay," and remain calm if someone tried to mount him or push him around. He aced the test and worked with Parow for more than two years. (Pet Partners retests each humananimal team every two years—and offers them liability insurance.) Today, at the ripe old age of 25, Billy no longer makes therapy visits, but he enjoys life at Blue Rider Stables, in South Egremont, Massachusetts, where he works with his owner, Christine Sierau, to welcome visitors of all ages for therapy sessions. My guess is that he likes the occasional work.

FOR CENTURIES, psychologists, physicians, and nurses, including Sigmund Freud and Florence Nightingale, have

noted the healing effect of animals on humans. Never thoroughly explored or given much credence, their observations still have not made it into the annals of medical history. Today, however, the phrase therapy animal has made it into the vernacular, and it is widely recognized that animals, most commonly dogs, make people feel better in all kinds of subtle, difficult-to-prove ways. As a result, skeptics abound, and

the task before advocates and practitioners of "animal therapy" is not only to clarify precisely what happens when a human and animal bond, but also to prove that whatever is happening benefits the patient and does not harm the animal.

Preliminary, small studies indicate that dogs can lower our blood pressure, decrease stress, calm victims of trauma, elevate mood, increase self-esteem, and decrease antisocial behavior. Several studies on adolescents argue for placing dogs in the classroom, where they have been shown to decrease the amount of aggression displayed by the children and subsequently the number of behavioral problems. Dogs, rather than donkeys, have become the therapy animal of choice largely because there are approximately 70 million of them in our homes—and the vast majority are willing participants in almost any activity. But the pioneering work in animal therapy is hardly exclusive to man's best friend.

"As we get specific about what the client needs, that's when we should begin to search for an appropriate animal," says Stephanie LaFarge, a psychologist with the American Society for the Prevention of Cruelty to Animals (ASPCA) and a member of the Pet Partners board. "Any institution involved in healing, theoretically, should have a range of types of animals available to match up with the client." We are a long way from hospitals offering a choice of a dog or cat to keep us company when we wake up from surgery, but

the 11,000 human-animal teams registered to work by Pet Partners include a stunning variety of critters, most of whom the majority of people would assume belong in barns or up in trees—not in hospitals. Billy Boy opened my mind to other species, but when I heard about a potbellied pig making rounds at a residence for people with HIV and AIDS, I thought I should meet that pig. Pigs might be as smart as dogs, but they're still pigs. This, I had to see.

Sherman is a stout Vietnamese potbellied pig who weighs 110 pounds and is 10 years old. He is about 18 inches tall and has a wiry coat that feels just a little softer than a Brillo pad. At one point during the 1990s, pigs had become such popular pets that they began showing up in animal shelters, placed in kennels right next to the dogs. People brought home care little piglets, about the size of pugs, who eventually are to be large pigs and were subsequently discarded.

But Vietnamese potbellied pigs in particular are known for their intelligence and willingness to bond with humans. Sherman lives in the suburbs of New Jersey with his owner and handler, Priscilla Merta. He is treated as a respected member of the family, and Merta's neighbors are used to seeing pigs, rather than children, playing in her yard before they go into the house for dinner. 'I built him a ramp so he

"I built him a ramp so he could climb into bed next to me," she says with a laugh. For a while, she had two pigs in her bed at night, but Sammy, a gift from her late fiancé, recently died of old age.

Merta and Sherman have been visiting Newark's Broadway House, New Jersey's only residential treatment center for HIV/AIDS patients, for more than five years. This fact alone is a testimony to the success of their visits. As Dorothy Gooden, an extracurricular-activities assistant at Broadway House, tells me, "Sherman gets people here incredibly excited." As Merta puts it, "Meeting Sherman is a completely unique experience, and residents respond positively to his presence."

I arrive at Broadway House just as Merta and Sherman are getting out of a truck. Merta is an attractive 40-year-old with an earthy, sunny demeanor. "Meet Sherman," she says, introducing me to a short, squat, round creature with a cute wet nose. "He's got to pee before we go inside," she adds with a look of slight desperation. Broadway House, originally a 19th-century bank, is a splendid architectural structure surrounded by the disarray of a neighborhood in decline. A few residents are hanging around the door, anticipating Sherman's arrival. "There's that pig," shouts a young woman, maybe 30, alerting the others. "Love to put that pig on a grill today," says her buddy, as he rolls down a ramp in a wheel-chair to greet Merta and Sherman. Merta, ready for anything, shouts, "He's too old! Not tender enough!" Then she



walks up to the fellow so he can give Sherman a pat on the head and a handful of animal crackers, which Merta provides. The gentleman feeds Sherman a few, and then eats the rest himself.

Sherman enters the building at a steady but slow pace. He suffers from arthritis, so Merta doesn't push him to hurry. His short legs carry a heavy load as he chugs along, sniffing and snorting, giving kisses to anyone who wants one. Like E.B. White's Wilbur, Sherman is "some pig."

Residents stream out of their rooms and gather in the

hallway to see him march by, as Merta steers, cajoles, and humors her colleague by feeding him mouthfuls of motivating treats. But food seems way beside the point. Sherman is overtly sensitive to the scene, navigating his way through a maze of sick, depressed people, avoiding some and approaching others. He even makes a wide circle around one man who gives off a slightly threatening vibe. "He's intuitive about people," Merta says quietly to me.

Like Billy, Sherman is trained

to visit bedridden residents in their room, but he's so short that people have to get out of bed o get close enough to touch him. When they do, the staff is genuinely pleased. Merta continually instructs Sherman to offer kisses, and when he gets the chance to deliver, observers launch into laughter, applause, and shouts of "You kissed a pig!"

This is the routine, and it works well enough to get a good percentage of the residents out of bed and out of their rooms. Like a carny trying to attract people to a show, Merta enters an empty, cavernous hall and shouts, "Come on out and see Sherman! Or he'll be disappointed!" A few come around to pat the pig and set off a new round of barbecue jokes. Merta, with the patience of a saint, laughs them off, supplying her own one-liners: "If you've got the eggs, I've got the ham." A contagious laughter lights up the dim halls.

THE LINE BETWEEN THERAPY and entertainment is thin and occasionally hard to see at all. But there's no denying that animal-human teams around the country are doing "therapy"; that is, they are helping people feel better. "It's called therapy if there's a therapist with a treatment program in the room," says the ASPCA's LaFarge, who believes that it is invariably the animal, not the therapist, who is the key player. Others disagree. Tanya Bailey, a social worker who teaches at the University of Minnesota in St. Paul, argues that the public is confused about who is a therapist and who is not. She fears that "the term therapy animal is misleading." It does suggest that the animals themselves are doing therapy. On the face of it, that sounds crazy. But after making rounds with Sherman, I'm not so sure.

In an attempt to inform the public, Pet Partners tries to distinguish the work done by ordinary folks from the work done by professionals. "Animal-assisted activities" (AAA) are those performed by anyone with a trained, tested, and registered animal. "Animal-assisted therapy" (AAT) is a term for professionals who are integrating animals into their treatment practices. LaFarge believes that the future success of both AAA and AAT will be determined by hard data collected during these visits. Regardless of who handles the animal, she insists, empirical evidence will be "the only way to

accurately measure success."

"The work we are all doing with animals is, on some level, therapeutic," says Bailey. "But not always is it therapy." She works with adults and adolescents, who are especially responsive to AAI, or "animal-assisted interactions," as they are called by Bailey and the university, and she integrates a variety of species into her practice, depending on the needs of her clients. Bailey has chickens, llamas, goats, and horses at her disposal, all of whom she

believes can bring withdrawn, closed-down teenagers out of themselves. A stickler for language, Bailey clarifies, "I don't use animals. They are my partners."

One of her current partners is a chicken—a Silkie, to be precise, named Woodstock. According to Bailey, Woodstock is uniquely suited to work with teenage clients, but Bailey determines her schedule based on Woodstock's behavior and attitude. At first, I had no idea what to think about Woodstock. Why would any client want to get close to a chicken when more fuzzy alternatives abound? Turns out, I had a lot to learn about chickens.

Bailey discovered Woodstock's sensitivity to humans serendipitously, which is how their partnership began. Hatched at Bailey's home with a number of other chicks, Woodstock chose to bond with her owner by following Bailey around the yard, not unlike a new puppy. "I have two or three other chickens who are curious about me as a human being because I feed them," Bailey explains. "But they have no interest in hanging out with me or accompanying me to AAI sessions." Woodstock, on the other hand, began separating herself from the rest of the flock to spend time with Bailey. "At the end of the day, Woodstock is a chicken," Bailey points out. She sleeps in the coop, not in Bailey's bed. But from the beginning, Woodstock was so outgoing with people that Bailey began clicker-training her for potential therapy work. Woodstock comes when called, jumps onto chairs, climbs into a basket, and will ring a bell on command. "I could have trained her to do all kinds of tricks," the therapist admits, "but I don't want her to be entertainment. She's a sentient being, with her own preferences."





Over the course of their therapy, Bailey's clients have the opportunity to familiarize themselves with the whole flock in the coop. "They learn about pecking order, group dynamics, conflict resolution in the flock," she says. "These are lessons that are not lost on kids with family issues and disruptive childhoods." But forging a physical relationship with any hen requires trust on both sides; if Woodstock senses something's wrong and becomes frightened, it's over. Bailey is always present and vigilant, watching out for Woodstock as well as her clients. Those who choose to become involved with Woodstock go through an elaborate, step-by-step process to learn about chickens, how to handle them and how to communicate with them. (According to Bailey, most kids have no idea where eggs come from exactly, and they are shocked when they find out.) "When the clients are respectful, Woodstock gets comfortable, and they earn the privilege of holding her in her basket," Bailey explains. In the end, learning about and negotiating Woodstock's routine offers Bailey's clients a chance to set boundaries and construct a positive relationship, with clear rules and rewards. Winning over Woodstock offers a personal sense of accomplishment as well. "They're really pleased," says Bailey. "They've done here exactly what they need to do in the outside world."

Occasionally the therapeutic process is not a smooth one. One afternoon, a client of Bailey's slowly put her hands around Woodstock's neck and asked the therapist what she would do if she were to strangle the bird. "It was all I could do not to react in a quick manner," says Bailey, who remained calm, kept eye contact with the client, and replied, "I hear the question, and it's not a discussion we are going to have." Then she slowly took the basket holding Woodstock away from the client, and no harm was done. But Bailey never gave that client access to an animal again because "she had crossed a line of safety that was non-negotiable."

LINES MUST BE DRAWN to protect the pet partners, of course, but given that young people have a natural affinity for animals, AAA and AAT seem particularly well-suited to their needs. The therapeutic effect of deeply knowing an animal—an uncharted relationship that we are only beginning to understand—is the cornerstone of a unique curriculum at Green Chimneys, a school, farm, and wildlife center in Brewster, New York, for a range of troubled children. The founder and original headmaster, Samuel Ross, who also served as executive director for 50 years, believes that by immersing children in nature, he can help to assuage their traumas while also providing a good education. A pioneer in this field, Ross wants the kids to identify with the animals who live at Green Chimneys. "They don't just learn about animals here," he tells me. "They live with them. The animals are part of the environment." Some of the staff will also occasionally bring their dogs to work. "The students love it," spend time with the horses and ponies, too. Bernstein often holds sessions in the barn, where her students can interest

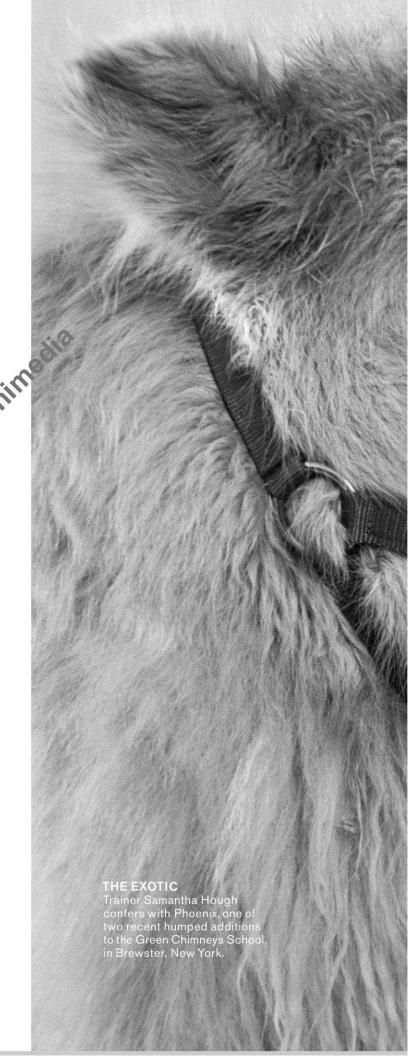
THE AUTISTIC CHILDREN LEARN TO EMPATHIZE WITH THE ANIMAL. THE HOPE IS THEY THIS

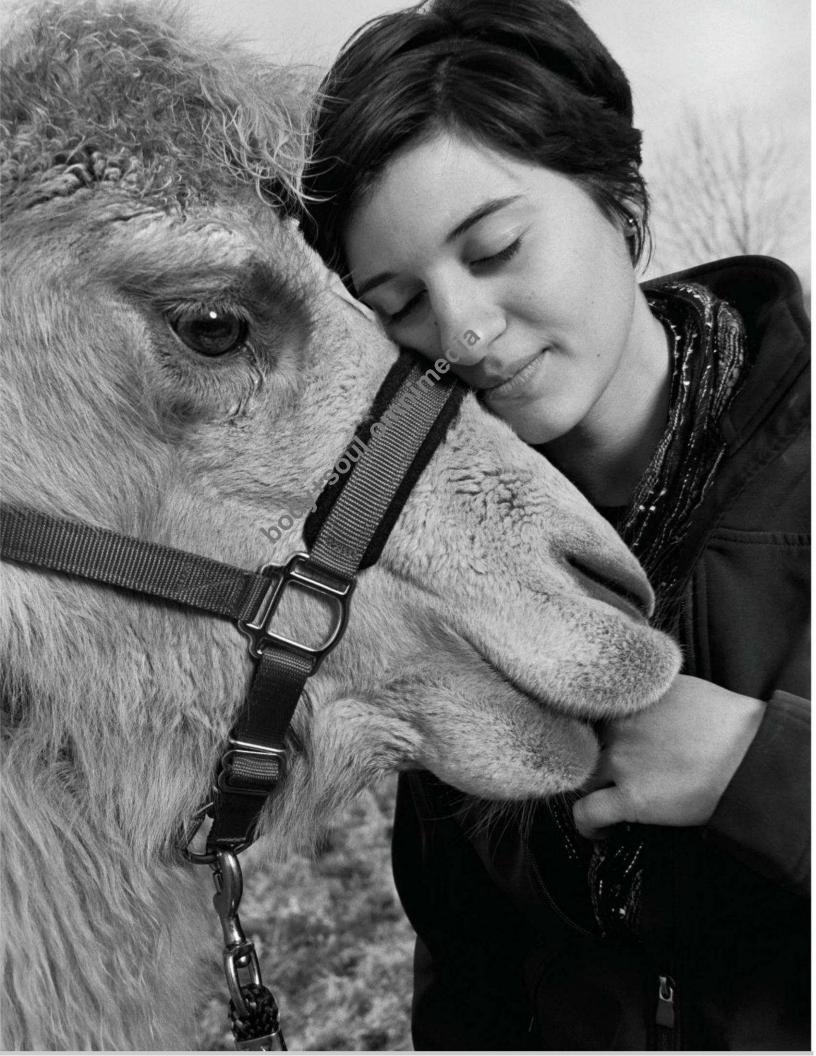
TO FELLOW HUMAN BEINGS.

with the various equines in residence. "The autistic children read the horses' body language and vice versa," she says. Eventually, the child might learn to ride the horse, but a walk on a long lead, or time spent grooming the animal, can sometimes be enough. "They learn to empathize with the animal," Bernstein explains. This ability, she hopes, will translate to their fellow human beings.

The day I visit Green Chimneys, everyone is excited about two Bactrian camels, Sage and Phoenix, who have been given to the school and are to be integrated into the curriculum. Bactrian camels have two humps instead of one, unlike the more common dromedaries. But they're still camels, and they don't exactly fit into the school's barnyard. As it turns out, Michael Kaufmann, in charge of the school's menagerie, sought out these camels after attending a conference in Europe where he learned of their particular value to children with emotional needs. Camels, apparently, are unusually calm creatures who bond intensely with their keepers. "We have children who are reluctant to get involved in anything new," says Kaufmann. "Yet they are not put off by the camels, who sit quietly while they are approached and can be stroked and fed."

(continued on page 101)

















THE OUTER CIRCLE

ON THE FOGGY, FAR-WESTERN EDGE OF SAN FRANCISCO, A CROWD OF DO-IT-YOURSID FERS HAS CREATED AN EASYGOING ENCLAVE THAT PRIZE THE HANDCRAFTED AND THE HIP

TEXT BY LAURA SASER PHOTOGRAPHY BY BROOKE DUTHIE



he Outer Sunset district of San Francisco, next to the Pacific Ocean, rarely sees the sun. Fog hovers over the neighborhood like wet wool socks. Surfers zip up in thick wetsuits and carry their boards past yellow "Tsunami Warning" signs. Unlike in most of the city, the neighborhood isn't hilly or full of pristine Victorians; rather, it hosts a hodgepodge of weather-beaten houses and squat buildings inhabited by Chinese restaurants, laundries, and surf shops.

Over the past five years, a group of thirtysomething surfers, craftspeople, and chefs who appreciate the water's proximity—and apparently don't mind the fog—has transformed several square blocks near the ocean into a do-it-yourself artisan destination. There's been such a renaissance of locavore foods and craft boutiques that the neighborhood is three, ening to turn into a mini, West Coast Williamslurg. "It's not exactly an intentional community," says Dave Muller, who owns the cozy restaurant Outerlands

THE MISTY HIPSTER PARALOSE HAS A COZINESS TO IT. "IF IT WERE SUNNY," SAYS ONE LOCAL, "THERE'D BE A PROMENADE WITH MULTIMILLION-DOLLAR HOUSES ON THE WATER."

with his wife, Lana Porcello. "We just all ended up here, a bunch of surfers who were interested in a simple, creative lifestyle." Many were attracted to a surf shop called Mollusk, which, with its artful display of handmade boards, looks more like an art gallery. And the hip quotient continues to rise with the addition of places like Woodshop, where artists and designers make high-end wooden surfboards and custom furniture from salvaged materials; the General Store, for local and vintage crafts and furniture; Trouble Coffee, for serious caffeine fixes; and, of course, Muller's Outerlands, which he and Porcello opened after dropping out of the fine-dining scene.

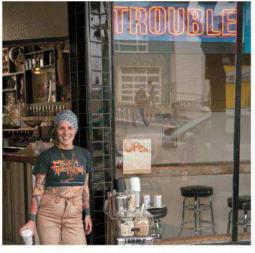
Luke Bartels, a furniture maker, calls the five-squareblock main drag a kind of paradise. "It's a confluence of beach culture and urban life," he says. The Outer Sunset "offers an infinite variety of waves and is right on the edge of a cosmopolitan city." Relative to the rest of San Francisco, the rent is reasonable, and if you have to wear a wool hat in the summer, well, that just adds to the funky handcrafted atmosphere. "The neighborhood has a coziness to it," says Bartels. "If it were sunny, there'd be a promenade with multimillion-dollar houses on the water."

Between the shops selling vintage finds, the studios full of handicrafts, and the slow-food restaurants, the area's inhabitants seem to have created a distinctly analog world—perhaps because so many San Franciscans their age work in high-tech fields. Serena Mitnik-Miller, an artist who owns the General Store with her architect husband, Mason St. Peter, sells local craft, and other gems that she has culled from flea nerkets in far-flung places. "I'm drawn to objects tha are natural and beautiful, and I like the idea of cusing materials, like vintage clothes." Her offerings include Josh Duthie's chairs, reclaimed from the street and given new life with a lot of sanding and perfectly crafted wood seats, along with St. Peter's hand-painted skateboards. Everything looks as though it might have been found in an attic treasure trove, or painstakingly brought to life on a drizzly Sunday.

Up the street, Outerlands was likewise created from salvaged materials. Friends found torn-down wood fencing to put up on the gray, weathered walls, and staffers offer crocheted blankets for people to snuggle under while sipping soup on the deck. "I wanted this to be organic and beachy without being kitsch," says Porcello, who used to serve so many people soup from the beach shack she and her husband live in that they decided to open a restaurant.

The food is local and seasonal, but without the attitude or cost such fare inspires downtown. There are always plenty of soups, of course, in addition to other simple but sophisticated dishes that announce whatever's in season that week. Located way out at the edge of town, Outerlands has become a destination on even the gloomiest of Sundays, when people line up for Dutch pancakes made in a cast-iron skillet and topped with nectarine compote, "eggs in jail," or farro grits and greens. Evenings bring in the locals, who relax after a day of surfing or sanding furniture with beer served in mason jars. The place has become so popular that it's practically taken over the space of what used to be a Chinese restaurant next door, and diners repair to a nearby sidewalk park to wait for tables.

"There's a warmth to the aesthetic here that fits the environment," says Bartels. And on days when the sun does shine, the whole neighborhood empties out, with everyone headed toward the beach, and into the waves.





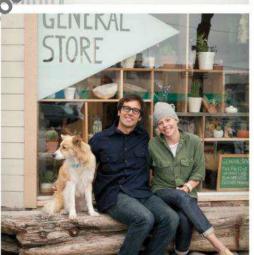














Top row, left to right: Guilietta Carrelli offers a warm welcome at her Trouble Coffee & Coconut Club; Joanne Bartels sews table linens from recycled fabrics; a sampling of art at Serena Mitnik-Miller's studio at the General Store. Second row: signsin-the-making by Jeff Canham at the Woodshop; "branchlers," courtesy of Luke Bartels, one

of the Woodshop's four artist/designers; the ever-popular Outerlands restaurant. Third row: The homemade bread at Outerlands, made by owner Dave Muller, regularly inspires long lines; architect Mason St. Peter and his wife, Mitnik-Miller. Bottom row: Woodshop wares at the showroom in the Outer Sunset; Sara Martins and Luke Bartels admiring the surf at Ocean Beach.











WHERE TO GO The streets close to the beach have become a destination for San Francisco's crafty, foodie types—as well as curious out-of-towners.

cajun Pacific The New Orleans atmosphere and bright mural of the Big Easy at this family-owned restaurant have kept chilly surfers coming back for hot sausage and spicy jambalaya for years; many stayed in the neighborhood wave what chef Charles Maddox would serve up next. 4542 IRVING ST. 415-504-6652, cajunpacific.com

GENERAL STORE This quirky, carefully curated shop, created by Serena Mitnik-Miller and Mason St. Peter, features furniture, clothing, jewelry, and household items made mostly by local artisans.

4035 JUDAH ST. 415-682-0600, shop-generalstore.com

JUDAHLICIOUS A raw-food, juice-fast, and vegan outpost, the spot was originally slated to be a Starbucks until neighbors protested.
3906 JUDAH ST. 415-665-8423, judahlicious.com

MOLLUSK SURF SHOP Part craftsman's gallery, part board store, part community center, this shop began attracting wave chasers to the neighborhood when it opened in 2005 with the motto "Beach bums unite." 4500 IRVING ST. 415-564-6300, mollusksurfshop.com

OTHER VENUES This workerowned food co-op has been in the heighborhood since 1974, supporting local, organic foods and small businesses; the market was an anchor for the influx of young locavores. 3930 JUDAH ST. 415-661-7475, otheravenues.coop

OUTERLANDS Cyclists, surfers, and Sunday brunch-goers line up at this café for chef Brett Cooper's locally sourced soups, salads, and homemade breads. **4001 JUDAH ST**. **415-661-6140**, outerlandssf.com

3 FISH STUDIOS Artists Annie Galvin and Eric Rewitzer have opened their painting and printmaking studio (where they make California-themed linocuts and digital prints) for classes and browsing. 4541 IRVING ST. 415-242-3474, 3fishstudios.com

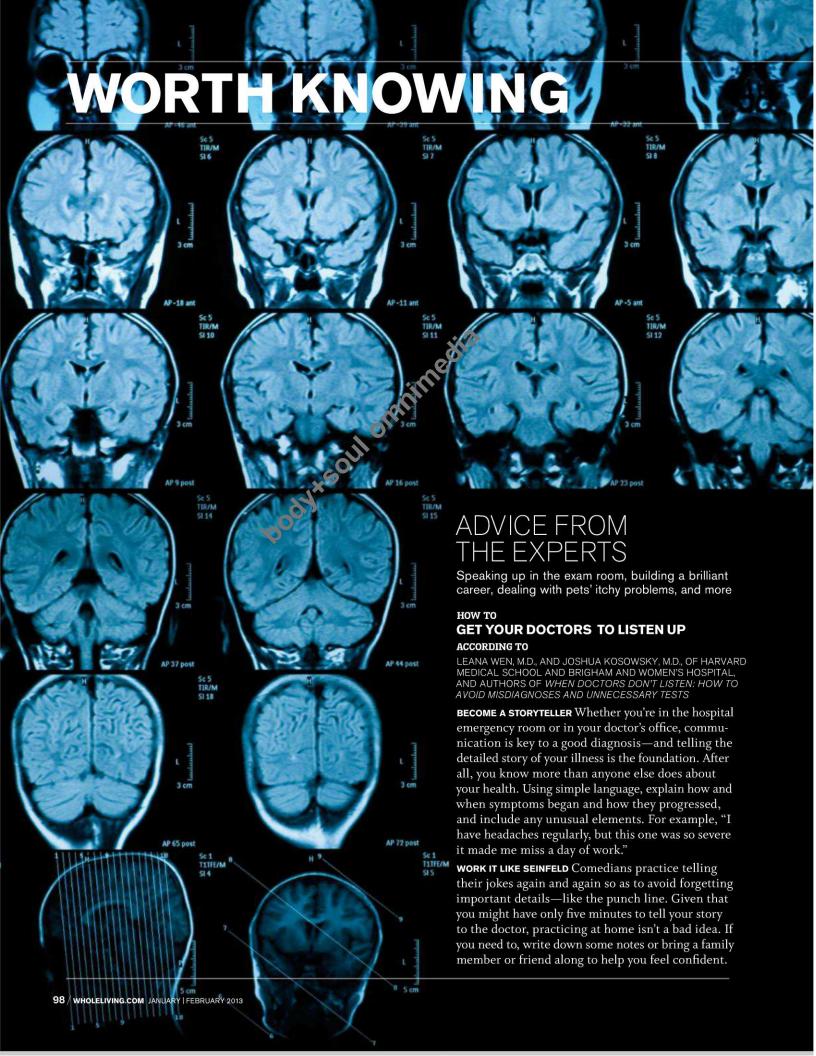
TROUBLE COFFEE & COCONUT
CLUB Neighbors drop by this little
shop for regular helpings of coffee,
coconut water, cinnamon toast, and
punk-rock music. 4033 JUDAH ST.
415-682-4732, troublecoffee.com



TUESDAY TATTOO Surfers and hipsters flock to this tattoo parlor created by Jesse Tuesday and Hannah Wednesday—who specialize in birds, fish, and flowers—for permanent souvenirs of the neighborhood. 4025 JUDAH ST. 415-242-6028, tuesdaytattoo.com

WOODSHOP At this work space and appointment-only showroom, artisans Luke Bartels, Danny Hess, Josh Duthie, and Jeff Canham custom-make chairs, surfboards, and other objects from salvaged and sustainable woods. 3725 NORIEGA ST. woodshopsf.com





DISCOURAGE THE COOKBOOK

Doctors are under a lot of pressure to practice "cookbook medicine," meaning they ask yes-or-no questions and follow scripted paths of treatment based on patients' responses. Answering yes to a doctor's question about chest pain, for example, can lead to a series of tests that may be unnecessary. When you insist on telling your full story, including other relevant things going on in your life (such as the stress of a job loss, the exertion of beginning a new sport, the switch to a new medication), you can help your doctor refine her diagnosis.

BE A COLLABORATOR Let your doctor know from the beginning that you want to be an active partner. At the end of telling your story, ask the doctor what she's thinking. If she isn't listening at first, that's a challenge to the relationship. But give her a chance. The culture of cookbook medicine and giving more tests has been ingrained in medical training. So be assertive, and ask for the reason behind every test that's being ordered: What will it show? What are the alternatives? And do the risks of certain tests outweigh the benefits? CT scans, for example, involve radiation, and studies have shown that each individual scan increases the lifetime risk of getting cancer. And some CTs and MRIs involve contrast dye that could cause kidney damage.

KEEP THE CONVERSATION GOING

Any good relationship requires regular communication. Your input and feedback will help your doctor help you, whether she's choosing between surgery and chemotherapy in treating cancer or weighing lifestyle changes versus medications for addressing high cholesterol.



HOW TO PUSH YOUR CAREER TO THE NEXT LEVE

ACCORDING TO
TARA SOPHIA OHR
CREATOR OF THE PLAYING BIG
WOMEN'S LEADER SHIP PROGRAM,
TARAMOHR, OM
REMEM SER, EVERYONE'S A CRITIC

The tuth is, we could do our were perfectly and some people sall wouldn't like it. This is particularly true as we get to more senior levels in our careers. when there's more subjectivity in decision making and we're shaking up the status quo. We can be more emotionally neutral about feedback when we realize it doesn't tell us about ourselves, but about the person giving it. Say you make a comment in a meeting and it's received negatively. Most of us will immediately think our contribution was stupid or flawed in some way. Instead of seeing it as being about your level of talent or intelligence, see the feedback as a way to learn something about the other people in the room—about what they think is valid and what they don't. It doesn't mean we should dismiss criticism, or make it irrelevant. But we don't have to make it about an assessment of ourselves.

GET RID OF THE "SHOULD" Often we have goals at work that aren't really the things we're passionate

about; they're the things we think we should be going for. If you're pursuing a promotion because you feel like you should, or if you're trying to perform a job you don't really like because you feel like you should, get rid of the should. Then actually consider what kind of work or what approach to your job you would find inherently fulfilling. That's going to open up your natural notivation to find a better fit.

GO FOR THE GASP "The gasp" refers to the things that are so out of your comfort zone that they actually make you gasp a little bit when you think about doing them. It could be starting that business, or writing an article for a publication in your industry. Start proactively looking for those gasp-level actions, and then do them.

TUNE OUT THE INNER NAYSAYER

Women tend to underestimate what they are ready for professionally. If a more senior position opens up and you know you'd love to do that job, or if you have an idea you want to propose about a new direction for the company, question the inner voice that tells you you're not qualified, you're not ready, or you're not good enough. Instead think, Do I want to do that? Is that exciting, fulfilling, or in line with my dreams? And if the answer is yes, then that's a good sign to go for it.

ENLIST SUPPORTERS I recommend finding a source of accountability, someone who knows what you're working on and with whom you can check in regularly. It can be a friend or colleague whom you agree to e-mail, say, once a week and tell you've moved forward on writing the business plan for the company you want to start or whatever. Also, have celebrations along the way to mark milestones, small or large. These give us energy for the steps ahead.





HOW TO TAKE A HOLISTIC APPROACH TO PETS' SKIN ALLERGIES

ACCORDING TO SHAWN MESSONNIER

HOLISTIC VETERINARIAN AND FOUNDER OF PAWS & CLAWS ANIMAL HOSPITAL, PLANO, TEXAS

GO SLOW AND LOW (DOSE) Allergies are the most common cause of skin problems in dogs and cats, causing pets to itch, making the skin turn red, and in many cases predisposing the pet to bacterial or yeast infections. Often inherited, the conditions prompt the body to overreact to environmental allergens such as pollens, molds, and sometimes food ingredients. Corticosteroids are often used to treat such allergies, as they relieve itchiness and inflammation. While oral corticosteroids can be used safely at low doses for short periods of time, long-term use can cause side effects such as weight gain, infections, osteoporosis, and diabetes. Happily, there are many lifestyle changes and supplements that can help. In my practice, many pets have been able to avoid corticosteroids and other serious medications with help from the following regimen. HIT THE TUB Frequent, even daily, bathing is needed to cleanse the skin, remove allergens, kill bacteria and yeasts, reduce redness, relieve itching, and make the pet comfortable. Because some shampoos can dry the skin, I recommend an organic herbal shampoo designed for frequent use. (In my practice this means Dr. Shawn's Herbal Itch Relief Shampoo.)

try supplements Given at high doses (about 10 mg per pound of body weight, twice daily), fish oil can reduce inflammation and itchiness. Antioxidants, too, can help decrease toxins and fight cell damage caused by oxidizing chemicals in the pet's body. I use Proanthozone or Super-Ox. I also recommend herbal supplements that act as natural corticosteroids or antihistamines. Favorites of mine include the Chinese formula Xiao Feng Tang and Total FLM.

with bacterial or yeast infections of the skin or ears, I open or supplements such as Herba (2M) or Olive Leaf Plus. My website, petcare naturally.com, tanks more about where to but upplements.



HOW TO HELP DOGS CONQUER THUNDERSTORM PHOBIA

ACCORDING TO NICHOLAS DODMAN

DIRECTOR OF THE ANIMAL BEHAVIOR CLINIC, CUMMINGS SCHOOL OF VETERINARY MEDICINE, TUFTS UNIVERSITY

KEEP HIM UNDER WRAPS Over the past few years, a number of special wraps, capes, and vests have appeared on the market to treat generalized anxiety and thunder-

storm phobia in dogs. Two of the jackets, the Thundershirt and the Anxiety Wrap, purportedly work by applying gentle, sustained pressure to the animal's torso-like a hug or swaddling—giving him a sense of well-being and comfort. KNOW THE BACKSTORY The theory is not just a bunch of old malarkey. I investigated the effect of "lateral side pressure" in the 1980s with noted animal behavior expert Temple Grandin, as we set out to explore her famous "squeeze bbserved that pigs became relaxed when suspended in the s mechine." She had previously trough at the abattoir, and she designed a padded V-trough that we tested at Tufts University. The result of the study was that, as expected, pigs lightly squeezed in the contraption relaxed in a matter of seconds. However, if the pigs' endorphins were simultaneously blocked by a drug injection, they did not relax nearly as quickly. The experiment showed that endorphin release, caused by lateral side pressure, induced feelings of calm in the animals. As the aforementioned dog wraps also apply lateral side pressure, it seems reasonable to assume that they work by the same mechanism.

the Storm Defender, has an additional feature: an antistatic lining that prevents the buildup of any static electricity from lightning. At the Animal Behavior Clinic at Tufts, we have evaluated the Anxiety Wrap and Storm Defender and found that both appear to reduce signs of distress. The wraps generally cost between \$40 and \$50. For pets suffering from storm phobia, I would say, "If the cape fits, wear it."

Interviews by Nanette Maxim and Amanda Sims

JANUARY | FEBRUARY 2013 -

PRODUCT GUIDE

70 SUNSHINE DAYDREAM Page 73: '50s highball glasses, ABC Carpet & Home, \$30 each, abchome.com for stores

Not every camel would be so pleasantly manageable or able to adjust to life in New York State. Sage and Phoenix were born at Sacred Camel Gardens, a religious retreat north of San Francisco, where they were members of a small herd managed by a caretaker who transported the camels across the country himself, remained at the school for several days to acclimate them, and taught school staff how to care for the animals' specific needs. Sage and Phoenix were selected

for Green Chimneys because, thus far, they are a gregarious, relaxed duo despite all the activity around them.

As to whether they are appropriate as therapy animals, I can only report that the children and their teachers are transfixed by their sweet natures and mysterious humps. Who wouldn't be? Incredibly beguiling with their wide grins, the camels offer lessons

in geography, history, and animal welfare. In one class I observe, the children talk about the animals with the excitement of having discovered a new planet. The challenge of communicating with Sage and Phoenix is entirely new territory for Green Chimneys students, and the complex question of whether the animals brong in Central Asia, rather than in a barnyard (and to whether they've turned the Green Chimneys barnyard into a zoo), will likely inspire more discussion at the school.

Meanwhile, the addition of Sage and Phoenix to Green Chimneys can only deepen debates on the roles animals are assuming in education and therapy. Camels, more so than dogs—or even potbellied pigs—raise the question, Which animals are appropriate for therapy work? Pet Partners refuses to register exotic animals (lions, tigers, and bears, for example), but it does consider birds, small mammals, reptiles, and a variety of livestock.

PERSONALLY, SHOULD I EVER be incarcerated, hospitalized, or stranded on a deserted island, I hope to be accompanied by a dog. The field of therapy animals is populated with thousands of exceptional dogs who pay back the human race with unstinting service. Therapy Dogs International (TDI), founded in England in 1977, lists 24,000 people who have trained their dogs for this work—the largest such registry in the world. Its members include Bonnie Kelleher and her dog Samantha, a local canine star in upstate New York. Kelleher, a postal clerk in Albany, works the night shift, sorting mail; her days are spent training her dogs for agility championships and therapy visits.

Kelleher first saw Samantha five years ago in a shelter. Slightly withdrawn, Samantha is the kind of dog that is usually put on the fast track for euthanasia. A black pit bull, not too large, not too small, with a painterly white stripe down her nose, she has a generic look that renders her virtually

invisible. It takes a dog lover—someone who registers the individuality of a dog—to even notice her in a room. Kelleher and Cydney Cross, president of Out of the Pits (OOTP), a rescue group in the Albany area, have been saving pit bulls for a combined 30 years. Cross picked up Samantha from death row and had her listed for adoption on the OOTP web page for more than a year. The dog was taken to adoption clinics; Kelleher handled Samantha and leash walked

IN ONE CLASS I OBSERVE,

THE CHILDREN TALK

WITH THE EXCITEMENT

OF HAVING DISCOVERED

A NEW PLANET.

her whenever time allowed. any longer," she says.

Samantha is like a superb, undervalued wine. She opens up slowly, but when she does, her charm and energy can fill a room. After I watch her fly effortlessly through an

agility trial one week, winning a blue ribbon, I follow her to a prison for juvenile offenders who have committed violent felonies. Kelleher and Samantha are regular visitors here, along with several other therapy dogs.

As we wait in the prison gym for the young women to arrive, Samantha sits quietly by Kelleher's side, getting ready to focus. Five handlers and their five registered therapy dogs, including Cydney Cross and her dog, Grace, a oneeared pit bull rescued from a Poughkeepsie drug raid, make frequent appearances in this prison. The girls come bursting into the gym to see "their" dogs, hug them, kiss them, and just be near them for one afternoon a month. Good behavior has earned them all, ages 11 to 21, the right to participate in this coveted canine activity. Kelleher instructs Samantha to run around the gym chasing a soccer ball, off leash, and several inmates leap to their feet to join in; Samantha, thin and muscular, retrieves the ball, over and over, leaps through a hoop to amuse the girls, and jogs with them, filling an hour with contagious doggy joy.

When Samantha takes a break to rest, Kelleher points her forefinger and thumb at the dog, mimicking a gun, and shouts, "Bang! You're dead!" To everyone's great amusement, Samantha falls down and rolls onto her side, immobile, until Kelleher brings her back to life. Laughter bounces off the gym walls.

When I ask Dominic Bucci, the enthusiastic young man in charge of recreation at the juvenile prison, what exactly these dogs do for the inmates, he looks at me like I'm a moron. Then he answers. "These girls build walls around themselves when they get here," he says. "The dogs crack through. They bring the girls...home."

Once again, the animals transform the dreary space around them and make everyone in the room feel so much better. Explaining how they do this just doesn't feel necessary.

connections

A guide to the best catalogs, products and websites for living a holistic lifestyle.



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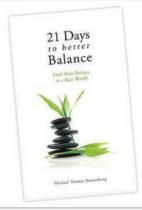
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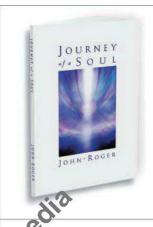
connections



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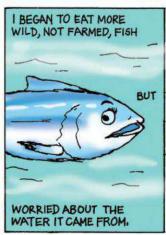
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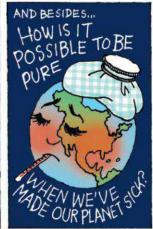














*ME, MARISA ACOCELLA MARCHETTO: CARTOONIST/ACTIVIST/PHILANTHROPIST/ALWAYS-SEARCHING-FOR-THE-TRUTHIST

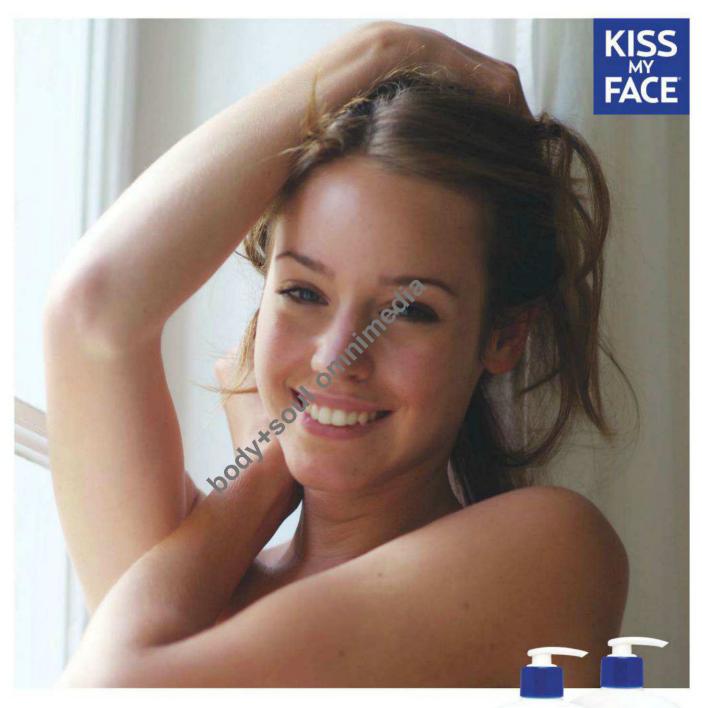




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