

for pain than there is for most of the drugs we prescribe," he says. more scientific evidence that mind-body approaches can be useful leading expert on pain, supports their program. "There is actually medicine and palliative care at Beth Israel Medical Center and a Russel Portenoy, M.D., chairman of the department of pain tions and stress can either initiate the pain or exacerbate it."

chronic pain has an emotional component," says Gatans. "Emo- emotions. "I have come to believe that about 95 percent of tributing factor of pain that so many doctors and patients ignore: Their methods work, they say, because they address a con- difficult-to-resolve cases of chronic pain.

themselves successfully treating some of the hospital's most complementary approaches to chronic pain. Soon they found Center in New York City, where part of their job was to study working in the rehabilitation department at Beth Israel Medical Gatans and Frey began developing their program in 1996 while

physical rehabilitation.

combines mind-body techniques and traditional cure your pain naturally with an innovative plan that Gatans and Alyssa Frey, say they can show you how to licensed occupational therapists in New York City. Jane know how difficult it can be to find relief. But two

IF YOU SUFFER FROM CHRONIC PAIN, YOU

Naturally

STOP PAIN

How to

cure chronic pain—from back pain to headaches— with this simple plan that targets both your body and your mind.

BY HENRY DREHER PHOTOGRAPHS BY JOSHUA DALSIMER

#00300

P.72

3942

TOMATO SOUP
1 tablespoon extra-virgin olive oil

Crunchy homemade croutons add a wonderful texture to this velvety smooth soup.

Cream of Tomato Soup with Herbed Croutons
 SERVES 4

4 G FIBER, 589 MG SODIUM, 4% CALCIUM
 >1 G SATURATED FAT, 45 G CARBOHYDRATES,
 PER SERVING: 214 CALORIES, 7 G PROTEIN, 1 G FAT,

1. Place 1 quart of water, potatoes, garlic, and 2 teaspoons salt in large saucepan. Bring to a boil, lower heat, and simmer until potatoes are tender, 15 to 20 minutes.
 2. Meanwhile, heat soy milk in small saucepan just until it reaches a simmer. Cover to keep warm.
 3. Drain potatoes, reserving 1/2 cup of cooking liquid. Return potatoes and garlic to empty saucepan and add soy milk and lemon juice. Mash with potato masher until creamy, adding some of the reserved cooking liquid if necessary to get the desired texture. Add pepper and more salt to taste.

1. For the soup: Heat oil in medium saucepan over medium-low heat. Add onions, fennel, and garlic and cook until

- GARNISH**
- 2 medium onions, chopped
 - 1/2 medium fennel bulb, chopped fine (about 1 cup)
 - 3 medium garlic cloves, minced
 - 1 1/2 teaspoons dried basil
 - 1 28-ounce can diced tomatoes
 - 4 cups vegetable broth
 - 2 tablespoons long-grain white rice
 - Salt and ground black pepper
- HERBED CROUTONS**
- 1 tablespoon extra-virgin olive oil
 - 4 slices sourdough bread, cut into 1/2-inch cubes (about 2 cups)
 - 1 teaspoon dried basil
 - Salt and ground black pepper
- CHOPPED FRESH DILL**

vegetables are softened, about 7 minutes. Stir in basil and cook until fragrant, about 3 minutes. Add tomatoes, broth, rice, and 3/4 teaspoon salt. Bring to a boil, partially cover, reduce heat, and simmer to marry flavors, about 20 minutes.
 2. For the croutons: Meanwhile, adjust oven rack to middle position and heat oven to 350 degrees. Drizzle oil into small bowl and swirl to coat sides. Add bread and basil and rub against sides of bowl to lightly coat with oil. Season with salt and pepper to taste. Bake on baking sheet, stirring once, until browned and crisp, about 12 minutes.
 3. Let soup cool a few minutes before transferring it to a blender. In two batches (do not fill blender more than half full) blend soup until smooth. Pour soup through a mesh strainer back into pot. Reheat soup and adjust seasonings with salt and pepper to taste. Ladle soup

A CHEF'S SECRETS: Learn smart strategies for fitting comfort foods into your life from TV chef Kathleen Daelmans. See page 103.

Continued on page 102

Afternoon Snack

- 1/2 cup plain low-fat yogurt mixed with or other dried fruit
- 1 cup seedless red or green grapes and pepper to taste.
- 1 teaspoon fresh lemon juice, and salt
- 1/2 cup cherry or grape tomatoes, lightly packed baby spinach leaves with

BABY SPINACH SALAD: Toss 2 cups of more than 140 calories per cup)

Vegetable Soup or any brand that has no and bean soup (like Health Valley 5 Bean

Lunch

- 1 1/2 cups low-fat, low-sodium vegetable
- 1 red grapefruit
- 1 medium banana, sliced
- 6 ounces calcium-fortified orange juice

Midmorning Snack

- 1 serving whole-grain cereal (any brand that has no more than 100 calories per serving) with 1/2 cup low-fat or skim milk
- 1 cup steamed green beans with bread
- 1 cup steamed green beans with ketchup, on two slices whole-wheat

Midmorning Snack

- 1 cup baby carrots (about 18)
- 1/2 cup uncooked quick oats prepared with 1 cup low-fat or skim milk (instead of water), topped with 1 tablespoon maple syrup, 1/4 teaspoon cinnamon, and sprinkled with 2 tablespoons raisins

DAY 7 Breakfast

15% (1,148 MG) CALCIUM
 292 G CARBOHYDRATES, 58 G FIBER, 1,643 MG SODIUM,

DAY 6

57 G PROTEIN, 33 G FAT, 6 G SATURATED FAT, TOTAL NUTRIENTS FOR DAY 6: 1,588 CALORIES, previous page)

- 1 veggie burger (any brand that has no more than 120 calories per serving) with lettuce, tomato, and 2 teaspoons ketchup, on two slices whole-wheat bread
- 1 Cherry-Almond Baked Apple (recipe, previous page)
- 1 cup steamed green beans with 1 teaspoon olive oil

Afternoon Snack

- 1 medium mango, peeled, pitted, and sliced thin, tossed with 1 tablespoon minced crystallized ginger and 2 teaspoons fresh lime juice
- 1/2 cup steamed edamame (green soybeans, found in the freezer case or produce aisle), sprinkled with coarse salt

Dinner

103% (1,028 MG) CALCIUM
 264 G CARBOHYDRATES, 40 G FIBER, 1,142 MG SODIUM,

DAY 5

57 G PROTEIN, 33 G FAT, 6 G SATURATED FAT, TOTAL NUTRIENTS FOR DAY 5: 1,588 CALORIES, previous page)

- 1 veggie burger (any brand that has no more than 120 calories per serving) with lettuce, tomato, and 2 teaspoons ketchup, on two slices whole-wheat bread
- 1 Cherry-Almond Baked Apple (recipe, previous page)
- 1 cup steamed green beans with 1 teaspoon olive oil

DAY 4

106% (1,063 MG) CALCIUM
 236 G CARBOHYDRATES, 42 G FIBER, 1,606 MG SODIUM,

- 1 serving whole-grain cereal (any brand that has no more than 100 calories per serving) with 1/2 cup low-fat or skim milk
- 1 cup steamed green beans with bread
- 1 cup steamed green beans with ketchup, on two slices whole-wheat bread

Catanis and Frey now work in their own clinic in New York City. Integrative Rehab, and what follows is the program they give their patients to practice at home. It can help all types of chronic pain; however, the acupuncture points outlined in "Release Point Energy," page 74, are specifically for back pain, headaches, and neck pain (the most common complaints among their patients).

Practice the program daily. If you do all the exercises consecutively, it takes 30 to 60 minutes (but you can break them up if you like). Depending on the complexity of your pain, you may begin to feel relief in a few weeks or it may take as long as three months.

Fix Bad Posture

Poor posture can play a major role in chronic pain, causing tension along your spine that can make your neck, shoulders, back, and legs hurt, say Catanis and Frey. It also restricts your breathing, reducing the circulation of the blood and oxygen your body needs to resolve inflammation and tension in your musculoskeletal system.

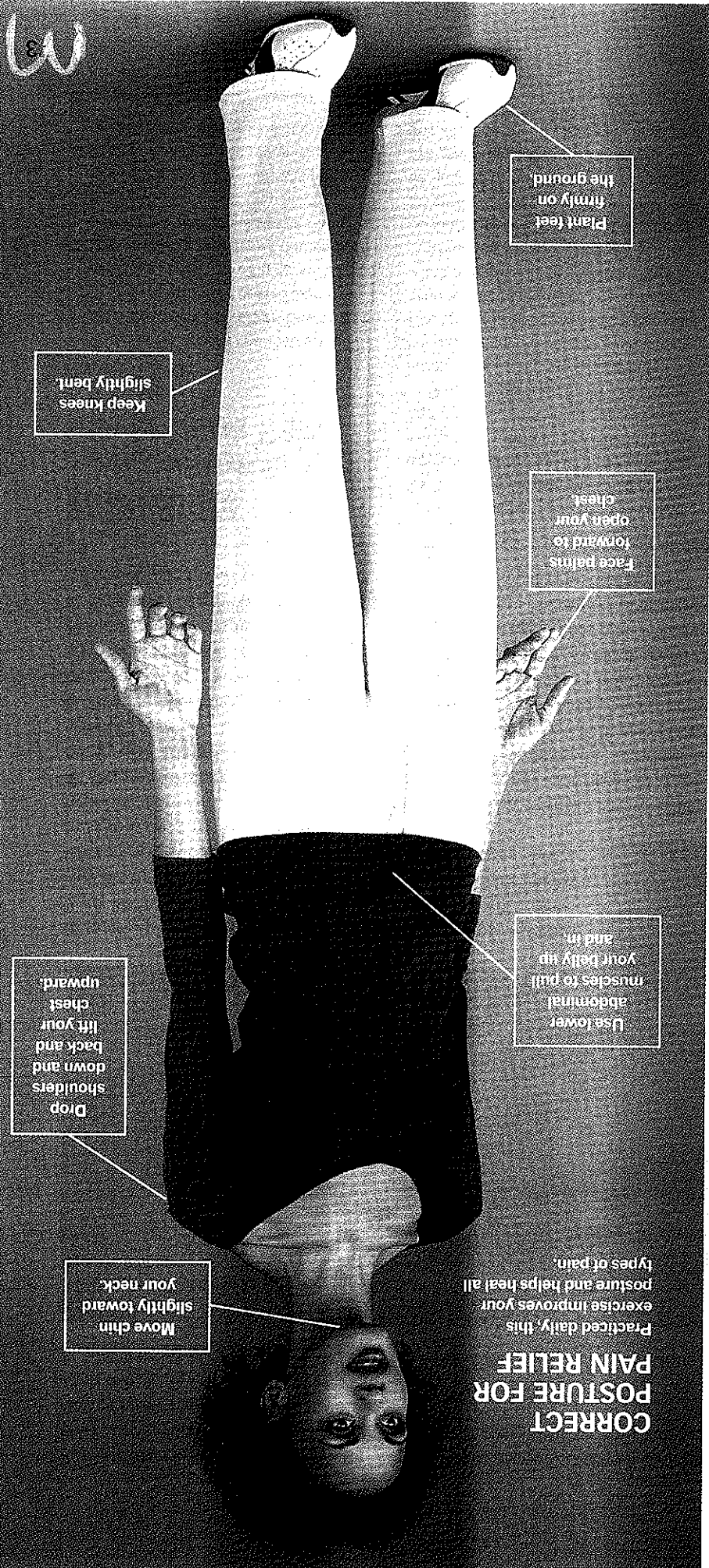
The Body Alignment Exercise, which you can perform in less than one minute, realigns your posture and deepens your breathing, say Catanis and Frey. But it does more than physically correct your posture. Repeated practice of this exercise will teach you to pay attention to specific parts of your body and make you aware of how each part feels—an important step for pain sufferers, who often try to forget that those aching parts exist.

At first, do this exercise five times a day for two weeks. Later, use it two or three times per day. You can do this exercise almost anywhere, like while waiting in line at the supermarket.

1. Start with your feet firmly planted, about 6 inches apart. Make sure your ankles are parallel to each other and your kneecaps are facing front. Don't lock your knees; keep them slightly bent. Try to keep your weight equally distributed: Imagine that your big toe, little toe, and heel are the three legs of a stool that bears your weight evenly.

CORRECT POSTURE FOR PAIN RELIEF

Practiced daily, this exercise improves your posture and helps heal all types of pain.



Plant feet firmly on the ground

Face palms forward to open your chest

Use lower abdominal muscles to pull your belly up and in

Keep knees slightly bent

Drop shoulders down and lift your chest upward

Move chin slightly toward your neck

W

SUCCESS STORY

How One Woman Overcame Pain

**Betsy Smith, 55
New York City**

When Smith (name changed upon request) got off the bus on September 11, 2001, she looked up and saw what everyone was screaming about: a huge gash spewing smoke and flames from the North Tower of the World Trade Center. She ran into her office at a firm across the street from what is now Ground Zero and joined her co-workers in front of the television. But after the

second plane hit the South Tower, she fled on foot to her apartment. On her way she kept turning to look back. She saw people jumping from the buildings and watched both buildings collapse. Several days later, Smith developed chronic neck pain and a constant headache that did not yield to aspirin. Five two-hour sessions of Swedish massage and shiatsu (a kind of massage using acupressure) didn't help either. Three months later, and still in continuous pain, Smith sought help at Integrative Rehab, a physical rehabilitation center in New York City founded by occupational therapists Jane Gatans and Alyssa Frey. In addition to receiving treatments at the clinic, Smith followed the self-help program developed by Gatans and Frey that combines mind-body techniques and physical exercises and is described in this article. Smith faithfully practiced the program daily. Within weeks she noticed a "small shift that reinforced me to stick with it," she says. Within three months she felt significant improvement, and less than a year after her pain began it was completely gone. The program also improved Smith's posture, helped her relax, and allowed her to understand that her physical discomfort was linked to her traumatic experiences on 9/11.

to gently pull your belly up and in. Your abdomen should flatten only slightly; don't shift the position of your lower back dramatically. Hold this position for 5 to 10 seconds while breathing normally.

4. Drop your shoulders down and back, and lift your chest slightly upward.

5. Imagine that your head is floating over your spine. Move your chin in slightly toward your neck and chest. Picture your upper spine lengthening. Breathe in deeply for 5 counts, and exhale for 5 counts; as you inhale, relax

like low back pain and headaches. remedy for the discomfort of ailments found that acupuncture is an effective about these points, researchers have to heal. While much is still unknown qi (or life energy), helping your body ing these energy points frees blocked. According to practitioners of traditional Chinese medicine, manipulating these points without the needles. puncture but without the needles. (Bantam, 1990) by Michael Reed Gach. Practice these exercises daily.

For Back Pain

- 1.** Lie on your back on the floor on a comfortable surface, either on a rug or mat, with your knees bent and your feet flat on the floor.
- 2.** Make two fists and place them, knuckles up, under your back, just

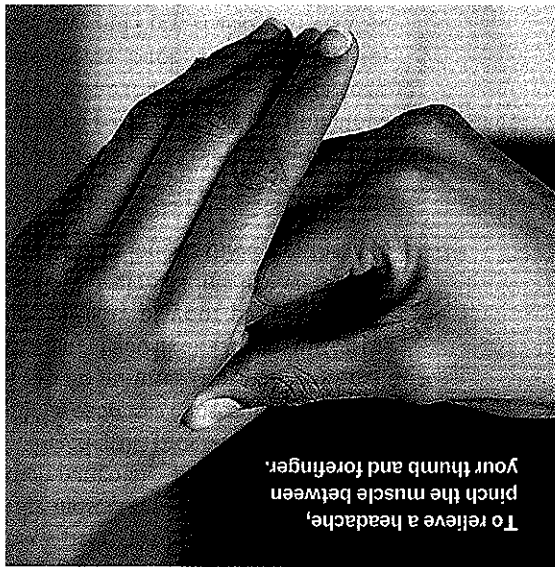
HOW TO STOP PAIN NATURALLY

- 2.** Place your arms at your sides with your palms facing forward; this position rotates your arms so that your chest is more open.
- 3.** Use your lower abdominal muscles

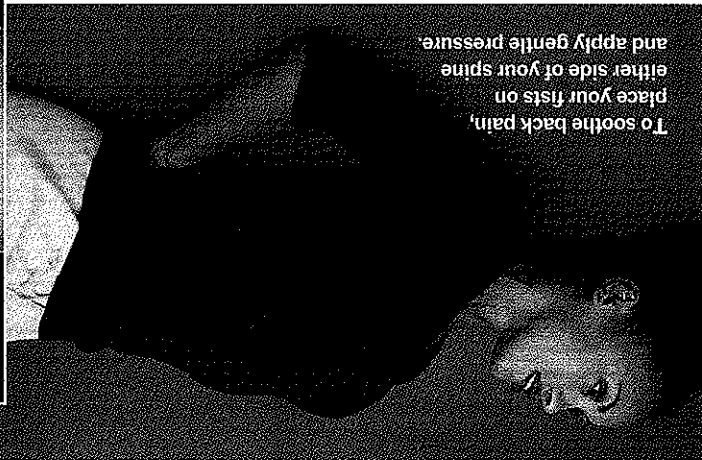
your upper abdominal muscles so the lower portions of your lungs fill with air. Acupressure, a self-care technique,

Release Potent Energy

These three acupressure exercises are for chronic back pain, headaches, and neck pain. For information on acupressure for other types of pain, Gatans and Frey recommend *Acupressure's Potent Points: A Guide to Self-Care for Common Ailments*



To relieve a headache, pinch the muscle between your thumb and forefinger.



To soothe back pain, place your fists on either side of your spine and apply gentle pressure.

Continued on page 105

alization to think less negatively about their pain. They say pain sufferers tend to condemn the painful parts of their body, which increases their mental distress and muscular tension.

"We teach our clients to approach their pain with curious and caring intention, not anger and blame," says Garatis. The following meditation not only loosens the mental and physical tensions around body parts that hurt, but it can also increase circulation, bringing oxygen and other nutrients needed for healing to tense areas. Practice this meditation for 10 to 15 minutes every day. Then follow it with the "Talk to Your Pain" section of the program, below.

1. Sit in a quiet place and think about which part of your body holds stress or pain.

2. Slowly inhale and imagine space and light around the pain; let the pain float freely in this space and light.

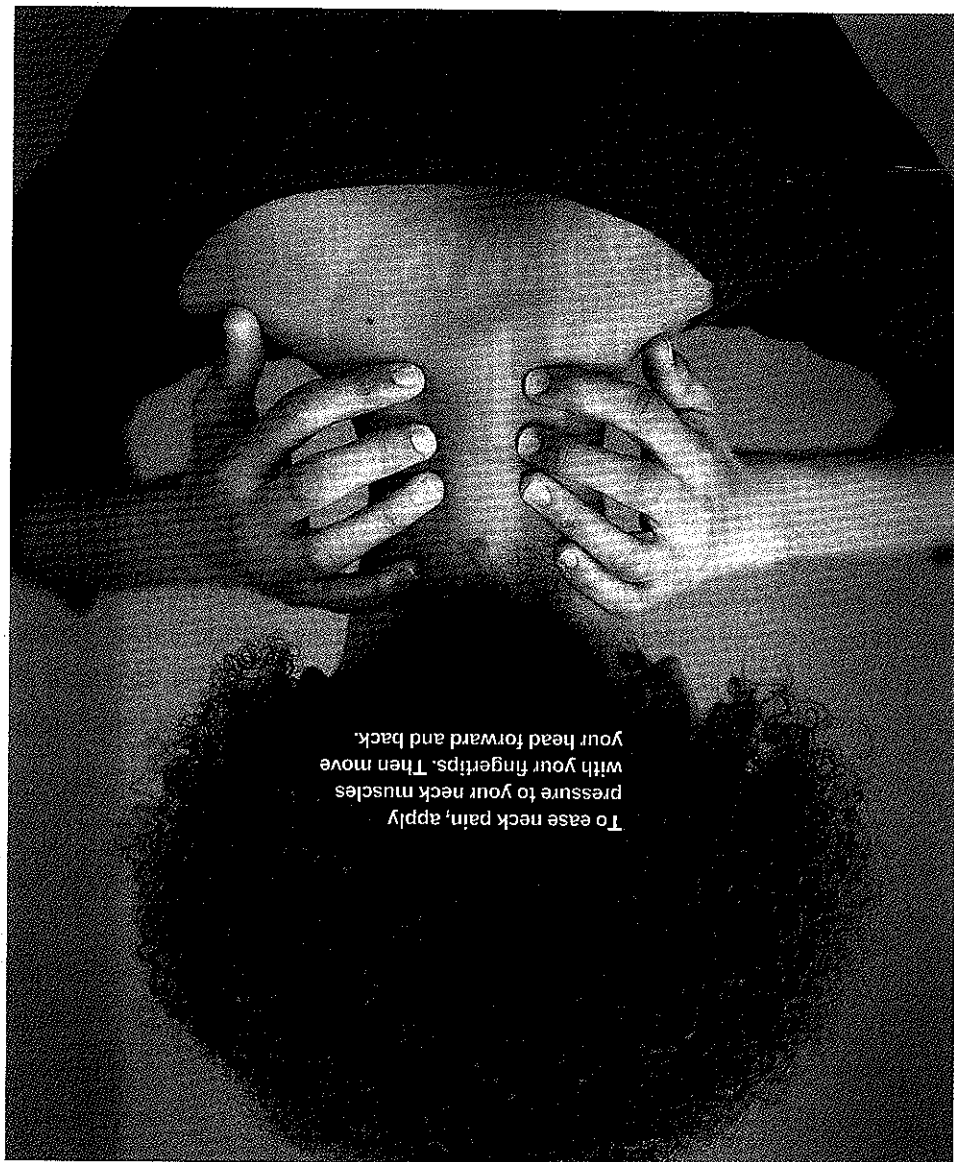
3. As you slowly exhale, make an "ahhh" sound and gently move the painful part of your body in tiny increments.

4. Continue slowly inhaling and exhaling, and on each exhalation move the painful area in a different direction. Pay attention to whether any of these movements ease the pain. As you explore your pain, imagine the space around it growing larger.

5. Don't pressure your pain to go away or get into a struggle with it. Just continue visualizing it floating in space and light.

Talk to Your Pain

As strange as it may sound at first, talking with your pain can help you understand issues and emotions that may be causing or exacerbating it. "Your pain



To ease neck pain, apply pressure to your neck muscles with your fingertips. Then move your head forward and back.

For Neck Pain

- 1.** Sit and look straight ahead. Press your fingertips on the muscles at the back of your neck so your fingertips are parallel to your spine and about an inch from either side of it. Breathe deeply, inhaling and exhaling for 5 counts each. Repeat 2 or 3 times.
- 2.** On your next inhalation, gently tilt your head backward about 45 degrees, keeping your fingertips in place. Exhale and bring your head forward about 45 degrees in the opposite direction.
- 3.** Repeat 2 or 3 more times.

Create Space for Your Pain

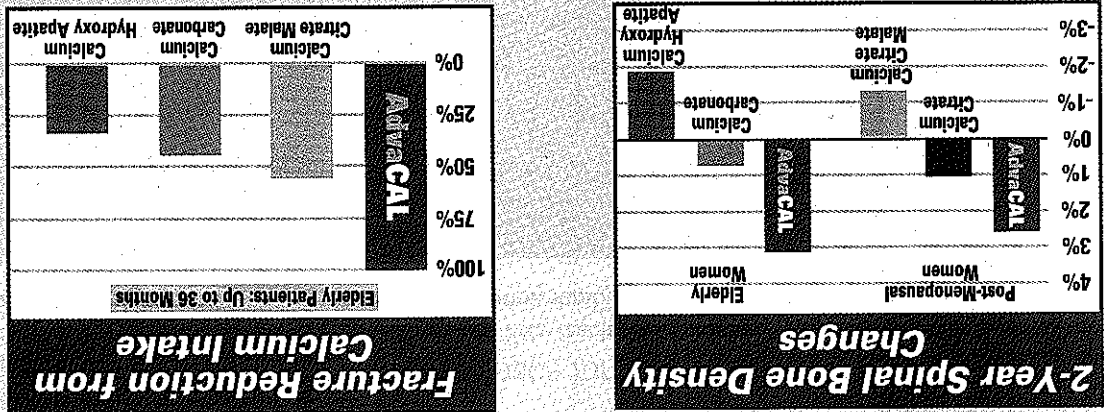
- 1.** Using the thumb and forefinger of your right hand, pinch the muscle mass between your left thumb and forefinger, near the bottom knuckle of your left forefinger.
 - 2.** Pinch this point as hard as you can, applying deep pressure, for 15 to 30 seconds. Slowly release.
 - 3.** Repeat on the right hand.
- this exercise for 3 minutes. Inhale and again to 5 as you exhale. Do above your waistline and about an inch from either side of your spine. Let your knuckles settle into your muscles and apply gentle, sustained pressure. Breathe deeply, counting to 5 as you inhale and again to 5 as you exhale. Do

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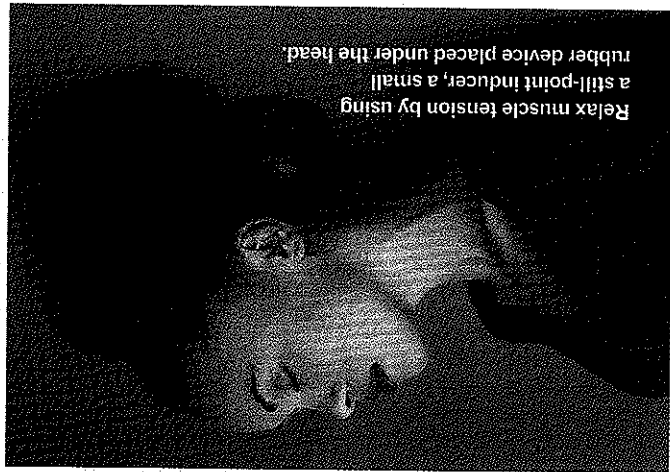
can hold information about the mysteries of why it's there," says Gatamis. "This exercise works best if you are relaxed, so practice it after you finish the "Create Space for Your Pain" section of the program, above. Your goal is to allow a free flow of thoughts and feelings, bringing a compassionate, curious, healing intention to this process. Don't worry if at first you don't get answers. It may take several tries before you feel relaxed and comfortable enough to listen to your pain. But keep practicing daily. Start by thinking of yourself as a hospitable host, inviting a guest (your pain) in for tea. After you make your pain feel as welcome as possible, ask it the following questions. You do not need to write any of this down (although writing in a journal helps some people). Simply talk, either aloud or to yourself.

1. Ask your pain: "How did you get here?" Invite your pain to answer. The response may come in any form—as a voice, a shape, an image, a memory. It may be concrete or intuitive. Open your senses and feelings to whatever answers your pain gives.
2. Ask: "Did something emotionally upsetting happen just before you first affected me?" Listen to the answer.
3. Finally, ask: "Is there something you need from me so I can make peace with you?" Listen to the answer.

Calm Your Nervous System

Craniosacral therapy releases restrictions in the bones, tissues, and fluid that surround and protect your brain and spinal cord, together known as the craniosacral system. Structural misalignments and energy imbalances in this system can contribute to chronic pain, say Gatamis

and Frey, and craniosacral therapy can help by calming your central nervous system and relaxing muscular tensions. Gatamis and Frey studied the meningeal approach to craniosacral therapy, which osteopathic physician John Upledger developed following studies he conducted from 1975 to 1982 as a researcher and professor at Michigan State University in East Lansing. To strengthen your craniosacral system, Gatamis and Frey recommend using a still-point inducer, a small rubber



Relax muscle tension by using a still-point inducer, a small rubber device placed under the head.

device developed by Upledger. It costs about \$15, and you can order it by contacting the International Alliance of Healthcare Educators (800-311-9204; www.iahc.com). Do not use this device if you have or have had an acute stroke, cerebral aneurysm, brain tumor, recent skull fracture, or any other condition in which fluid pressure changes within the skull. Practice the following once a day: 1. Lie on your back on the floor, either on a rug or on a mat. 2. Place the still-point inducer under your head, in line with your ears, 1 to 1 1/2 inches above the junction of your neck and skull. 3. Allow your head to rest on the still-point inducer. Close your eyes and relax. 4. Remain in this position for 10 to 15 minutes, using the time to breathe deeply or to practice whichever form of relaxation (like meditation or guided imagery) works best for you. •

Henry Dreher is a New York City-based health writer specializing in mind-body and integrative medicine. Since he was treated at Integrative Rehab, his chronic headaches are mostly a bad memory.

ANSWERS

1. A. When trying to stick to an exercise routine, measure your progress often, says Connie Tynes, executive director of the Cooper Wellness Program at the Cooper Aerobics Center in Dallas. Marking improvements will encourage you to adhere to your program. Tynes also recommends that you set small, attainable goals. 2. B. You're just as likely to lose weight on your own as you are if you participate in a formal weight-loss program, according to statistics from the National Weight Control Registry, a database of more than 2,000 people who have lost at least 30 pounds. 3. A. If your sugar cravings are due to erratic blood sugar levels (indicated by bouts of fatigue), take 200 to 400 mcg of chromium three times a day. Chromium increases the availability of insulin, a hormone that regulates blood sugar. 4. A. Don't let a busy schedule deter you from sticking to an exercise routine. Research shows that three 10-minute workouts a day are at least as effective as one 30-minute workout, says Tynes. 5. D. Feverfew (*Tanacetum parthenium*), skullcap (*Scutellaria lateriflora*), or willow bark (*Salix spp.*), taken at 300 mg a day in capsule form or 30 drops a day as a liquid extract, help soothe caffeine withdrawal headaches. 6. B. Willpower alone won't guarantee that you'll stick to your New Year's resolutions, according to Roy Baumeister, Ph.D., a professor of psychology at Case Western Reserve University in Cleveland. It's possible to have little willpower but excellent habits and still succeed. You can develop good habits by repeating desirable behaviors. 7. B. Research published in the *Journal of Personal Social Psychology* suggests that people who make more than one resolution at a time have difficulty adhering to any of them. 8. B. The herb lobelia (*Lobelia inflata*), also known as Indian tobacco, reduces nicotine cravings when taken as a homeopathic remedy. Because there are side effects associated with this herb, work with a homeopath. To locate one near you, contact the American Institute of Homeopathy (888-445-9988; www.homeopathyusa.org). •

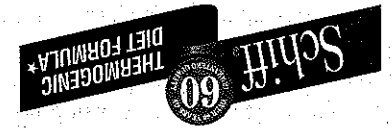
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