

BLITZING THE HIPS: MINI WORKOUT

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SPECIAL

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SEEN ON THE HEALTH SCENE

The Longevity reporter

Workouts written in the stars; draughts and drinks with a dose of health; the A&P of allergics: *Longevity* looks at the latest news from bods to brews.

• **Zodiac workouts.** Star power is assuming a new meaning on the Hollywood workout circuit. Beverly Hills fitness trainer Siri Dharma Galliano uses Astroyoga to divine weak spots and workout preferences from zodiac signs, based on the ages-old association of astrological signs with certain body parts.

Client Glenn Close, for instance, is a Pisces: "Since Pisces is the fish, and it rules the feet," notes Galliano, "I have her walk a lot and do aerobics in the pool, and I give her frequent foot rubs—that's the part of her body that stores her tension." Taurean Jessica Lange, on the other hand, carries tension in the neck, the body part linked to her sign, so Galliano gives

her neck-and-shoulder rubs before a big scene. Galliano will be teaching a symposium on Astroyoga at a major yoga conference next month, so you might soon start seeing it beyond the confines of California. And maybe your local yogi will offer another service of Galliano's: special preventive workshops for when the stars bode bad news for certain bods.

—Beth Howard

• **Cocktails with a health conscience.**

Two new health-styled drinks have been bellying up to the bar. Early this year, Frontier, a natural-foods company, debuted a certified organic beer: Barley malt, one of the main ingredients, is grown without pesticides. Though priced a little higher than your average Bud, the German-style lager is competitive with micro-brewery beers, and is sold in the same specialty stores

and trendy bars and restaurants. And the bright-green liquid hanging out among the bottles of whisky and wine at haute bars like Nosmo King in NYC? Wheatgrass juice, a longtime favorite of health-food aficionados, now turning more mainstream. Fans of the chlorophyll-rich green believe it provides energy because its molecular structure is close to that of hemoglobin, and it's been suggested that its array of vitamins, minerals and enzymes can help prevent cancer. Besides, it provides a sensory rush that's a surprise in a bar—as Nosmo King owner Steve Frankel notes, it tastes like "walking behind a lawnmower."

—Daryn Eller



Trendy bar-goers are getting a buzz from wheatgrass.

• **Sensitive "supermarket."** Food sensitivities have become an increasingly big selling point, with more and more products bragging about all the wheat, egg or dairy ingredients they don't have. Now allergic eaters can claim their own sort of mail-order supermarket: Allergy Aware, a 20-page catalog packed exclusively with specialized foods that are free of corn, salt, soy, sugar, yeast, gluten, grain, wheat, egg and/or dairy provocateurs. Entries range from expected, like soy-based subs for eggs, to more exotic—dahlia-root juice, dried goat's milk strawberry ice cream mix, lentil-flour pastry mix. The nonsensitive but health-minded might want to check it out too, since most of the items are low-fat, vegetarian and certified organic, and prices are competitive with foods that carry a lot more health-iffy baggage. For a free catalog, call 217-687-5115.—D.E. 🚗



Astroyoga clients Close and Lange (right) get Pisces- and Taurus-specific help.



Left to right: Albert Ortega/Ron Galella; Jeff Slocumb/Outline; John Uher