

# THE POWER TO HEAL

Ancient Arts & Modern Medicine



Compliments of  
**PARKE-DAVIS**

range of devices, from miniature biosensors, implanted under the skin, that dispense drugs with astonishing accuracy, to futuristic nanomachines, themselves hardly larger than red blood cells, that course through our bloodstream, scrubbing the insides of our arteries.

Even more fundamental will be gene replacement therapy, in which missing or defective genes are supplied by the physician. Such procedures are being developed to treat serious illness, but they will eventually be used to boost enzyme levels and hormone production, to retard aging, and to increase vigor.

Accompanying the use of more refined technology to prevent and treat illness, psychoimmunology, the science that deals with the mind's role in helping the immune system to fight disease, will become a vitally important clinical field in the years to come—perhaps the most important medical field in the twenty-first century, supplanting our present emphasis on oncology and cardiology. The encouragement of healthy thinking may eventually become an integral aspect of treatment for everything from allergies to liver transplants.

What all this means is that our present concept of medicine will disappear. Pressed both by patients and its own advancing technology, medicine will change its focus from treatment to enhancement, from repair to improvement, from diminished sickness to increased performance. That transformation has already begun. And it will reach its logical conclusion when the first sixty-five-year-old stands atop Mount Everest, and the relationship of humanity and medicine enters a new and extraordinary era.







▲ **The exercise machine of the 1990s?** Siri Galliano, a physical trainer to the stars, works out on a Pilates machine, named after the German boxer and nurse who invented it and brought it to the United States in the 1920s.

Dancers have long used the device as an exercise aid, but its recent spread into other circles may catapult it into must-have status. "It can be used for back injury rehabilitation, posture problems, or cosmetically," says Galliano, whose clients include

Jessica Lange, Glenn Close, Danny DeVito, Sidney Poitier, and Shelley Long. "There are over 100 exercises on it, and they're all no-impact."

*Photo by Alon Reininger*