

TOMORROW

Winning

Winter weather will be normal in November and December over most of the country, we hear from meteorologist Paul Handler, PhD. However, in January and February some cold waves will hit most of the country except the southern third, which will be normal. *Bottom line:* We may have only four or five cold weeks at the end of December and early January.

Paul Handler, PhD, is editor of the *Atlas Report*, 706 W. Oregon St., Urbana, Illinois 61801. \$195/yr.

Many retirees forsake all possibility of financial growth by investing too much in CDs, bonds and bond funds, we hear from financial planner Jonathan Pond. *Better:* Invest in income-oriented funds that hedge inflation by emphasizing both growth and rising dividend income. Typically they invest in utilities, large-cap stocks and real estate investment trusts—quite safe but with some risk of principal.

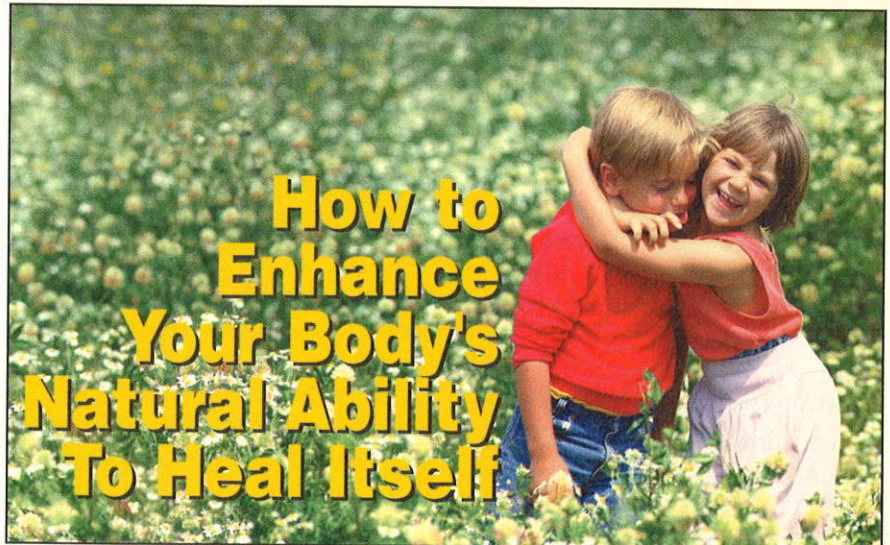
Jonathan Pond, CPA, is president of Financial Planning Information Inc., Nine Galen St., Waretown, Massachusetts 02172.

Teaching cardiopulmonary resuscitation (CPR) to family members of heart patients makes the patients feel better, we hear from Kathleen Dracup, RN, DNS. Physicians have long felt that if heart patients know that their relatives are learning CPR the heart patients will become anxious and depressed about the thought of a fatal heart attack. But real research found it was just the opposite.

Kathleen Dracup, RN, DNS, holds the Hasenplug Chair of Nursing, University of California, Los Angeles.

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Interview with Andrew Weil, MD

Telling a patient, *There's nothing more we can do for you* is an unconscionable medical hexing.

Trap: A negative attitude may depress the immune system and prejudice a patient's chances of recovery. Instead, doctors should encourage hope.

The body's natural ability to repair itself is remarkable, complex and very much underestimated. Especially for chronic or long-term conditions, I wish patients and doctors relied less on drugs or surgery than on the inborn potential for maintaining health and overcoming illness. *The body's amazing healing immune system:*

- Operates continuously, remaining on call as needed.
- Can recognize its own physical damage.
- Can remove a damaged structure and replace it with a normal one.
- Constantly neutralizes the effects of serious injury and directs

ordinary moment-to-moment corrections as needed.

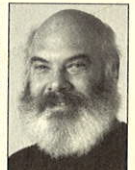
- Works spontaneously...and automatically.

These processes function in individual cells, in bones, in organs and in entire body systems...circulatory, digestive, immune and more. The key is to help them do their job.

Example: Just as a polluted river will clean itself when people stop dumping sludge into it, clogged arteries will unblock themselves and blood will flow freely again if you exercise, reduce stress and stop eating saturated fats.

The greatest single philosophical defect of modern medicine is

Bottom Line/Tomorrow interviewed Andrew Weil, MD, director of the Program in Integrative Medicine at the University of Arizona, Tucson, where he practices natural and preventive medicine. A practicing physician for more than 25 years, he is the author of six books, most recently the best-selling *Spontaneous Healing: How to Discover and Enhance Your Body's Natural Ability to Maintain and Heal Itself*, Alfred A. Knopf, 201 E. 50 St., New York 10022. \$23.



failing to teach medical students that healing is a natural power.

Doctors need to learn how to harness that power...and to accept that when treatments work, it's often because they've activated innate healing mechanisms.

Example: Antibiotics "cure" bacterial infections indirectly. The drugs simply kill off enough invading bacteria to allow the immune system to take over.

OBSTACLES

Lack of energy. Overwork, overexertion, poor diet, impaired digestion, inadequate rest and sleep, stimulating drugs, low thyroid levels and improper breathing (see below) may all contribute to this.

Poor circulation. Conditions such as diabetes interfere with circulation. *Partial solutions:* Exercise, lose weight, stop smoking.

Weak immune system. Influences include infections and, perhaps, an unhealthy mental state.

Poisons. Toxic substances are all around us. *To escape their hazards:*

- Move to a less polluted part of your city. Or at least visit parks. Trees purify the air.

- Minimize your exposure to chemical hazards in or



Bradley A. Connor, MD
**Mature Traveler
Self-Defense**

People with heart conditions should consult their doctor about the need for supplemental oxygen before traveling by plane. *Also...*

- People with pacemakers should carry information about their unit.

- Pack a health kit containing adhesive tape, antibacterial soap and diarrhea medicine.

- Take along bottled water on day trips in hot climates.

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near plastics, rubber, leather, textiles, dye and paper manufacturers, dry cleaners and farmers that use agricultural chemicals.

- Install filters in your home ventilation system, especially if you have a respiratory ailment or live with a smoker.

Mental obstructions and spiritual problems. Sadness and confusion may depress the immune system and create an imbalance in the autonomic nervous system.

MODES OF NATURAL HEALING

When I completed my clinical training over 25 years ago, I vowed to avoid the drug-oriented treatment patterns I'd been taught except for treating short-term conditions.

Aspects of natural healing that I have integrated into my practice include:

Rest and sleep. When deprived of rest, you're more susceptible to injury and illness. Many people know that a good night's sleep relieves a lot of common problems, such as migraine headaches. Sleep is free...has no side effects...and can't do any harm.

Breathing. Simple techniques, practiced regularly, are very powerful for relaxation and improve many common medical conditions.

To deepen your respiration, think of breathing *out* (exhalation), which you can control better than breathing in (inhalation), as the first step of breathing.

Gently but completely squeezing air out of your lungs automatically invites more air into the next inhalation.

Tonics. Add these to your menu...

- **Ginger**, a natural anti-inflammatory, such as for arthritis.

- **Garlic**, which powers up the cardiovascular system.

- **Siberian ginseng**, which reduces debilitation caused by aging

and is said to promote sexual energy in men.

- **Green tea**, the most healthful caffeinated beverage.

- **Cordyceps**, an Asian mushroom that boosts vitality and may prolong life.

Exercise. Walk at least two miles in 45 minutes every day. (Be sure to consult your doctor before undertaking any new exercise regimen.)

Nutrition. This vital area of health is still almost completely ignored in medical school, and patients know it. Awareness of the role of nutrition is essential.

EAT MORE

- **Vegetables.** Replacing animal foods with vegetables is one of the most healthful changes you can make. Wash fruits and vegetables well. Peel those that are not organically grown.

- **Fiber.** It's found in fruits, vegetables and whole grains, especially wheat and oat bran. *Advantages:* Various types of fiber promote bowel movements, prevent colon cancer and flush cholesterol from the blood.

- **Soy foods.** Available in almost endless variety at health food stores, soybean products may help protect against cancer, especially of the breast and prostate.

- **Omega-3 fatty acids.** They are found in oily fish from cold northern waters: Sardines, herring, mackerel, bluefish and salmon. These acids reduce inflammatory changes in the body...protect against abnormal blood clotting and possibly cancer.

- **Organic foods.** Seek out *unsprayed* apples, peaches, grapes (including raisins), oranges, strawberries, potatoes, carrots, lettuce, green beans, wheat and wheat flour.

- **Supplements.** The following supplement dosages are what I recommend for my patients. You