

mind, body & spirit



Clients admire the openness and feeling of this Ayurvedic office space.

Ancient Interior Design

Two executives designed their offices according to Ayurvedic principles.

LOREN ISRAELSEN LOVES to go to work, due in large part to how comfortable he feels in his office. Israelsen, a consultant in Salt Lake City and executive director of the Utah Natural Products Alliance, and his business partner designed their offices according to their Ayurvedic doshas. A dosha is one of the three constitutional types—kapha

(water), pitta (fire), and vata (air)—integral to the ancient Indian medicine system.

The partners undertook the design about three years ago when they decided to buy office space instead of continuing to rent. While the offices were under construction, a friend who practices Ayurveda talked of the benefits of designing according to dosha. The two liked the idea and

carried it through. Israelsen's office cools his pitta nature with deep purple walls, no direct sunlight, and an air conditioner set on cold. His partner is vata, so her office is in the sunny corner and has open windows and bright colors.

Since the change, Israelsen believes he and his partner are more productive. He also says they're happier and work better together. —M.N.M.

ANATOMY 101

Your Tear Ducts



WHAT THEY ARE: Your tear ducts are short canals leading from the tiny opening on the inside corner of each eye to your nasal passages.

WHAT THEY DO: Your eyes produce tears to lubricate, nourish, and protect your eyes from debris and bacteria. Every time you blink, you spread tears over your eyes, and during a 15-minute period you produce fluid that's equal to about one large teardrop. Your tear ducts collect this fluid and move it to your nasal passages, where it drains.

INTERESTING FACTS: When you cry, your tear ducts cannot drain all the fluid, so it overflows. As you age, you produce an average of 40 percent fewer tears. —J.T.M.



Critics dismiss prayer in medicine because it can't be measured.

BACKTALK

CAN PRAYER HEAL?

Studies allude to the power of prayer. Critics say you can't measure faith.

DOES PRAYER HELP A PERSON GET WELL? THAT question has been the focus of several studies. No one claims to have proven conclusively that prayer can heal—but years of research have piqued interest in prayer power. One study last year associated prayer with the enhanced healing of cardiac patients, suggesting it may be an effective adjunct treatment.

What Do You Think?

Can prayers help a person heal? Should doctors prescribe prayer? Tell us what you think via fax (617-457-0979) or email (naturalhealth@weiderpub.com). Look for replies in Mailbox in an upcoming issue.

Critics are not so sure. Some point to flaws in this study, like dubious statistical analysis (although the study's designers argue otherwise). Others question the ethics of combining religious beliefs and medicine. Still others say you simply can't measure prayer, and that it can't effect a patient's recovery.