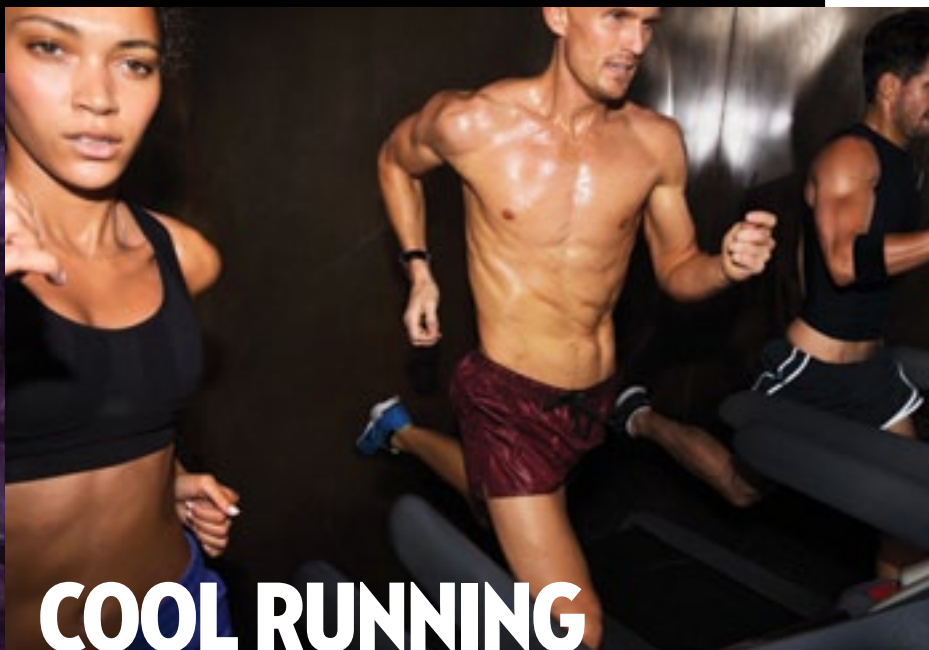


BY EMILIE DINGFELD

## MIND OVER MATTER

Eastern medicine devotees believe energy blockages in our body can cause illness; so getting our qi flowing can optimize our health. **SOUL 7**, in Toronto's Yorkville neighbourhood, does that with "mindful healing technologies," which treat chronic pain, stress, anxiety and depression. You'll find neuromuscular vibration (a lounge chair that combines music and sound) and guided visualizations on the menu. "The technology facilitates the body's healing process," says founder Bob Berman, a former divorce lawyer who researched energy healing to help his wife, Jayne, who had cancer. After she passed, he vowed to share his wisdom, becoming a hypnotherapist and crystal healer and opening Soul 7. You can pay it forward, too: When you buy an Optimal Living Program, you can offer someone undergoing treatment a Cancer Support Program for free.



## COOL RUNNING

Don't let Old Man Winter keep you from running—just take it to the treadmill. **EQUINOX's** Precision Running, a signature program developed by L.A.-based trainer David Siik, will have you approaching a treadmill like a skater navigates the ice: You'll glide backwards, shuffle side to side and bolt forward with ease. The novel, 60-minute middle-distance running class is "the sweet spot between sprint training and distance training," says Siik. "The formula is designed to be best for your back, knees and hips, but it will also help you burn the most calories." If you want to develop your own routine, consider Siik's advice: First, never hit the treadmill without a plan, even if you try a simple set of intervals (one minute fast, one minute slow). Second, if you feel comfortable, try carefully incorporating moves like side shuffles and a backwards jog for extra leg toning (master it off the treadmill first, then try it at a slow walking speed while holding the rails). And third, never start with a sprint; build up your speed. For those who liken the spinning carpet to a hamster wheel, listen up: "Nothing is ever going to be as effective as running," says Siik. "It's the most natural tool you'll ever have in the gym." Coach knows best.

## GUT FEELING

When we think of microbes, we often think "intruder." But not all microbes are bad guys (like *E. coli*); some, like probiotics, are our nutritional partners in crime. Don't wash them all away, says Genuine Health's consulting naturopathic doctor Alan Logan. "You're faced with antimicrobial everything. Between the sanitization, antibiotics, artificial sweeteners [linked to altered gut bacteria]—these forces are raiding against us." One way to start introducing the good guys into our diets is via fermented foods. Dr. Logan suggests thinking of your gastrointestinal tract as if it were a garden. "Fermented foods help to till that and make sure it's fertile for the biodiversity of microbes." So eating a variety of fermented foods—from kefir to kimchi—can improve everything from your digestion to your skin. How's that for a crime stopper?



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