

# Natural Remedies

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A PRACTICAL GUIDE TO ALTERNATIVE MEDICINE

## Great Skin!

### Beauty Tips from Ancient India

## Karate for Kicks

**W**hen Chinese film star Michelle Yeoh picked off opponents in the James Bond flick *Tomorrow Never Dies*, women suddenly gained a new role model—and martial arts a new contingent of students.

It wasn't just Yeoh's flashy sideways kicks that eclipsed the machismo of Pierce "Bond" Brosnan. It was her ability to conquer overpowering stereotypes. "More women are practicing martial arts than ever before," says Sensei John Mirrione, a karate teacher at New York City's Reebok Sports Club. "They're not here just for self defense; they want to feel equal in the workplace and in life."

In addition to fending off potential attackers, Eastern disciplines have long been known to provide powerful mind/body benefits. Mirrione believes that karate movements allow women to reverse negative childhood patterns that affect self-esteem and health. "People come in here a mess—unstable, emotional, unhappy," says Mirrione. "But as they change inside, their outside changes as well. One student recently lost 60 pounds in six months, just by applying the philosophy of karate to her daily life."

With so many so-called martial arts masters out there, how do you know which one is right for you? It's similar to searching for the perfect doctor, lawyer or mentor. "Talk to as many as you can before making a decision," Mirrione recommends. "The good ones use martial arts as a vehicle for their own growth. Look for someone who is selflessly interested in transmitting this [personal growth] to others."



## Top 10 Anti-Aging Supplements