

# Tips to looking good from the inside out

BY NANCY SUNDSTROM

Special to the Record-Eagle

With 2005 officially settled in, millions of Americans have set out to make good on their New Year's resolutions of leading a healthier lifestyle. The range of options for doing so is vast, and the list includes losing weight, eating better, regular exercise and quitting smoking, to name just a few.

In fact, health experts predict that this year will see record numbers of people engaging in a program designed to alter at least one significant lifestyle or body issue. From losing five unwanted pounds to having a cosmetic surgery procedure

done, it appears that Americans everywhere are embracing change for their bodies by whatever means necessary, naturally or surgically.

At the top of many lists is the goal of simply eating better. Eric Edson of Edson Farms, a family-owned health food store that has operated in Traverse City for decades, says that while we may be bombarded with choices in our daily life, we need to call upon responsibility and control to limit what goes into our mouth.

"We can't underestimate the role that control plays in how and what we eat," said Edson,

who recently lost 40 pounds himself as a result of substantially reducing the amount of sugar and carbohydrates in his diet.

"You're faced with personal choice every time you eat something, and sometimes you can only see that in hindsight," he said. "One of the reasons our business is here is that we wanted to satisfy customers who wanted more natural and healthy choices in their diet, and an alternative to the corporate food systems that make billions and also play a role in keeping America overweight."

Michael and Libby Robold of Kingsley are a couple who

made some major lifestyle changes back in the early 1970's, when they lived near Battle Creek, the site of a contaminated cattle situation that ultimately came to impact the entire country. One of the practices they took up was yoga, which they have practiced ever since and say they can't imagine not doing.

To help spread the word, the couple, who are also longtime yoga teachers, opened Yoga for Health Education in 2002 in Traverse City. They offer nearly 40 classes from Monday-Saturday each week, with many specialty options, including beginners, prenatal, athletes, back and joint problems, individual, teens, asthmatics and more. Their growing number of enrollees can count themselves in the ranks of almost 20 million Americans who do some form of yoga.

"At the core, yoga is an art, a science, a spirituality and a philosophy that is a perfect antidote to the enormous amount of stress we have in our everyday lives," said Libby. "It's a fantastic message for our times because it allows you to walk away from being a citizen of the outer world for awhile, and turn to the inner one, letting go of the grip of stress and renewing your own natural energy source."

Added Michael, "I don't

know of anything else that has the unique physical, mental, emotional, and spiritual benefits of yoga. It's equally good for the hyperactive person or the couch potato and it can lead to all sorts of other possibilities for better living. Many people come in not loving their bodies at all, and yoga teaches you to embrace your physical self."

Those seeking some more defined help along the way can find a number of different, professional services at their disposal locally and throughout the northwestern Michigan region.

For example, at Pavlova European Spa and Salon in downtown Traverse City, clients can choose from myriad treatments for hair, face, body, feet, and hands. Pavlova is a full-service spa, and massage, body wraps, facials, exfoliation, body polishing and more are available as individual sessions or in combined packages.

Owner Anne Pujos said a number of her staff are trained and certified in their areas of service, and that the salon also carries a range of products for sale for hair and body, makeup and general relaxation and rejuvenation.

Lastly, the American Society for Aesthetic Plastic Surgery, the leading national organiza-

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