

March 2021 ↻ “Over-the-Counter Healing: Self-Treatment & Patient-Provider Relationships” (publication date: March 17)

The reality of contemporary health care is that many (most?) health problems are treated by the patient—relying on over-the-counter (OTC) remedies and advised by friends, family, the Internet, and advertisers. In this issue, we'll explore the benefits and perils of OTC healing, and ask the questions: When do you need professional guidance? When can you go it alone? What's the optimum relationship between patient and practitioner and how to create such a partnership?

May 2021 ↻ “The Magic of Movement” (publication date: May 19)

The admonitions are never-ending: Get up and *move* your body, or pay the consequences! And the evidence is conclusive: Perhaps we will never find a therapy or pharmacologic substance that offers benefit to so many parts and functions of the body equal to the simple magic of movement. We'll ask area practitioners about the health benefits of exercise, and—equally important—about the range of options to help ease and often overcome the health problems that impair movement.

July 2021 ↻ “The Art & Science of Diagnosing Illness” (publication date: July 14)

Symptoms are signals from your body that there's a problem—but they are not the problem itself. The ultimate challenge of healing is to accurately interpret the signals and thus discover the source of the problem. Skilled diagnosis involves both art and science—strengthened by experience, intuition, and remarkable testing technology. In July, we will invite local practitioners to explore the “why?” of illness and their process for discovering the ultimate source of a patient's symptoms.

September 2021 ↻ “Linking Mental and Physical Health” (publication date: September 8)

We're presented evidence on a daily basis of the inextricable link between our physical and mental health. Elderly adults, for example, who are more physically fit tend to have better spatial memory than those who are less fit. There's a good deal of evidence that uncontrolled anger can lead to heart problems. And so much more. Simply put, keeping physically fit means keeping mentally fit as well. Reflecting this understanding, health care providers offer a wide range of healing practices—such as biofeedback, hypnosis, and meditation—to address health conditions from asthma and cancer to diabetes and obesity. In the September edition of *Health & Healing*, local practitioners will explore these connections.

November 2021 ↻ “Inflammation” (publication date: November 10)

Many consider inflammation the underlying cause of virtually every significant health issue. Understanding its sources and how to reduce it may be the key to addressing most serious health problems. In this issue, we'll focus on inflammation sources—from stress and toxins to diet and sleep issues—as well as treatment options.

January 2022 ↻ “Gender and Health” (publication date: January 12)

Males and females experience many similar or even identical health issues, often with different levels of intensity, and at the same time face health challenges unique to their gender. Often there are underlying imbalances. In Europe, twice as many women as men live past the age of 80. Why is that so? There are a host of health problems that affect both men and woman—heart disease, cancer, and mental health problems—but often in different ways, with different outcomes. Local practitioners are invited to share their experiences in dealing with gender differences.