

Healthy family

NEWS EVERYONE NEEDS TO STAY WELL

The Path of Peace

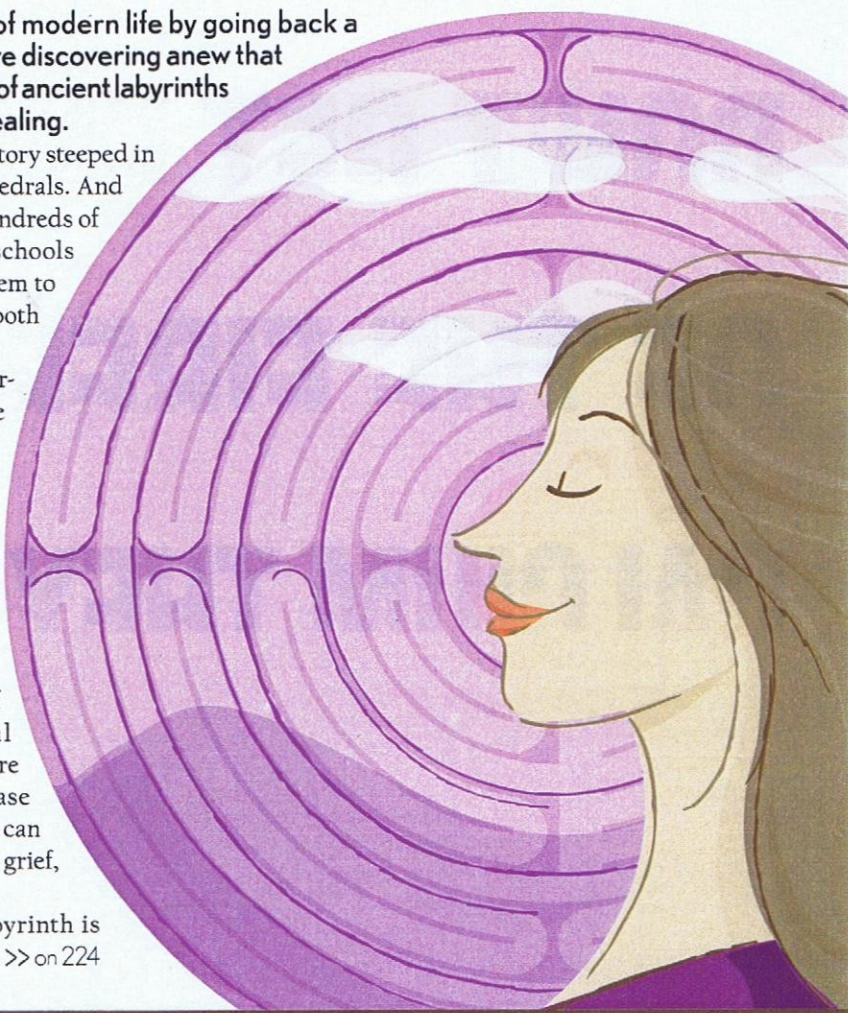
Take a break from the stress of modern life by going back a few thousand years. People are discovering anew that walking the concentric circles of ancient labyrinths can create inner peace and healing.

Labyrinths are paths with a history steeped in Greek traditions and Gothic cathedrals. And they're undergoing a revival as hundreds of hospitals, hospices, spas, and schools across the country have added them to their grounds to help people find both spiritual and physical health.

Unlike a maze, a labyrinth's purpose isn't to make people lost. Quite the opposite, as it guides them through a winding pathway toward a central place of discovery and reflection.

Walking a labyrinth is "highly effective for reducing anxiety and producing what's called the relaxation response," says Dr. Herbert Benson, a professor of medicine at Harvard Medical School. It can lower blood pressure and breathing rates, and decrease chronic pain. Labyrinth walking can also help with conflict resolution, grief, and depression.

One of the beauties of the labyrinth is that it combines meditation with >> on 224



LIBRARY FINDS Some of the best information at your local library isn't in a book—it's in the person sitting at the main desk. Recent research from the University of Michigan Comprehensive Cancer Center showed that cancer patients looking for useful and accurate information on the Internet were much more likely to find it if they enlisted the help of a librarian. Only 4 percent of the patients surveyed said they were able to find all the same information on their own. While this study looked at cancer information, the results pertain to any health concern.

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