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A WALK ON THE WILD SIDE

Floods. Drought. Fires. It seems the effects of crazy weather have sent a privileged few to spas in search of relaxation—and wilderness training. “Guests want to feel more in control when the unexpected happens,” says Randy Kinkade, outdoor-sports manager at the Canyon Ranch in Tucson, Arizona. Here, worst-case-scenario lessons available in best-case-scenario spots:



Mohonk Mountain House

Hunt for yourself

After taking the Primitive Outdoor Skills course at Canyon Ranch (canyonranch.com), you'll be able to ID animal tracks and turn stones into knives.

Nourish yourself

The foraging program at Twin Farms (twinfarms.com) in Barnard, Vermont, helps you identify edible and toxic foods.

Protect yourself

Learn which trees offer shelter on The Gift of Trees hike at Mohonk Mountain House (mohonk.com) in New Paltz, New York.

Find your way home

The three-night Wilderness Survival package at Hotel Madeline (hotelmadelinetelluride.com) in Telluride, Colorado, teaches navigation skills.

HEALTH NEWS

YOUR MONTHLY RX FOR LIVING WELL

By JOANNE CHEN

Make Your Mouth Happy

Consider 32 Effervescent Breath Treatment (\$36 for 40 packets; 32oc.com) dentist-approved Pop Rocks. Pour the breath-freshening crystals onto your tongue and swish them around as they snap and sizzle like teensy firecrackers while chemically neutralizing sulfur emitted by bacteria in your mouth.



Eye SOS

Using digital devices taxes eye muscles, and “the mechanism to focus becomes stressed,” says Jim Sheedy, Ph.D., director of the Vision Performance Institute at Pacific University in Forest Grove, Oregon. Some fixes:

DIM THE LIGHTING

The screen lighting, that is: Eyes get fatigued with high contrast, so adjust the brightness to mid-level.

GAZE AHEAD

Humans were engineered to spot prey at a distance, so looking at close range for hours is unnatural. Make sure to look 20 feet away for 20 seconds every 20 minutes.

STRETCH AND MASSAGE

A few times a day, close eyes and “look” up, down, and side to side, then gently press lids. It relaxes muscles—and just plain feels good.

THE AVERAGE NUMBER OF ADDITIONAL GRAMS OF FOOD EATEN PER MINUTE WHEN A DISH IS SOFT VS. SOLID, ACCORDING TO A PAPER IN *APPETITE JOURNAL*.

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WELL READ

LOSE WEIGHT, LOOK BETTER

Shedding pounds is amazing—except when it isn't. Some diets can sap energy and leave you feeling—not to mention looking—worse. *7 Years Younger: The Anti-Aging Breakthrough Diet* (7yearsyounger.com/mar) is different. When 26 women tried the program for seven weeks, they lost an average of 12.5 pounds—and, yes, felt seven years younger.

