Health

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The new DNA diet discovery

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Are you hurting your eyes without knowing it? Page 124

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The only 5 exercises you’ll ever need Page 115

What’s up, in, and out there
This month: A long-distance toast, stomach-soothers, and more.

Here’s to us, 1,000 miles apart
When Mick Jagger sang “Loving Cup,” he probably didn’t have WiFi-activated, LED-lighted tableware in mind. But that’s what researchers at the Massachusetts Institute of Technology’s Media Laboratory have developed to help long-distance lovers enjoy a glass of wine together. Computer and wireless technology activates colors in the Lover’s Cup when partners toast from afar. It’s still in the prototype stage, but soon geography will no longer hinder celebrations with your sweeter.

Travel relief
A new twist on making summertime travel easier in your stomachs: Try the 5,000-year-old Indian tradition of Ayurveda. To calm your tummy for (or after) exotic treats, experts recommend massaging with Pitta Abhyanga Oil (8 ounces for $33.90 at www.ayyana.com). Or try drinking Ayurveda Tea “Pitta” (50 grams for $6.40 at www.theemporium.com).

Downward dogs among heavenly art
There’s no shortage of specialty yoga classes, but an art lesson—yoga session combo may be one of the more creative. At the Trammell and Margaret Crow Collection of Asian Art in downtown Dallas, yogis enjoy interactive lectures before soothing their souls with an hourlong practice in the various serene galleries. “Yoga helps people connect to art in a new way,” says Amy Huitland, the museum’s director.

Contributors: Audrey Davison, Charlyn Frenster, Megan Norris

Exercise like a Trekkie
Seeking help for back pain, dancer Don Prosch turned to a spinning steel orb to get back into shape. Originally used to train astronauts (you might recognize it from Star Trek: Enterprise episodes), the structure operates as a health-conscious tilt-a-whirl, improving your balance, muscles, and heart. The gizmo gave Prosch such relief that he’s created a version for health clubs and others. Want to take it for a spin? Club Northwest in Grants Pass, Oregon, and the Wilson Family Y in Augusta, Georgia, are among the first places to offer it. Details: www.gyrogym.com