

WHO'S HOT+WHAT'S

Now
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INSIDE: Pet furniture goes glam. Natalie looks dating in the eye.
The best damn spas this side of the Mississippi. EDITED BY ROBIN RINALDI

Woman of Sustenance

DAPHNE MILLER, MD, WRITES AN ANCIENT PRESCRIPTION FOR HEALTH.

Even if she is loath to admit it, make no mistake—Daphne Miller is on a diet. Though the SF doctor shuns such trendy food regimens as the South Beach Diet and the Zone—her integrative-medicine specialty demands a whole-food approach to good health—the 42-year-old mother of two describes her omnivorous consumption as a “500-year-old fad diet.”

“You won’t find the cure for what ails you in a cheeseburger,” says Miller, a graduate of Harvard Medical School who also completed a two-year integrative-medicine fellowship at the University of Arizona under the direction of renowned alternative-healing expert Andrew Weil. Thanks in part to an international upbringing—her dad served in the Peace Corps—Miller became intrigued by the therapeutic power of food. So she set out to discern the diets indigenous to the world’s “cold spots” for such diseases as depression, diabetes and heart disease for her new book, *The Jungle Effect* (HarperCollins), due out this month. In it you’ll find out why, for example, in subarctic Iceland—where the winter darkness descends for as much as 23 hours a day—there is such a low occurrence of depression, or why the Tarahumara Indians of Mexico’s Copper Canyon have a minimal incidence of diabetes, yet their blood relatives, Southern Arizona’s Pima Indians, have one of the highest rates of the disease in the US. “The Icelandic diet is full of berries, dairy products and fish that are naturally high in omega-3 fats”—vital for brain function—“and the Tarahumara mainly consume slow-release carbs like corn, beans and squash, which keep blood sugar steady,” explains Miller, who then points out that “food synergy” can also be responsible for a cold spot or two.

Take Crete, where the Mediterranean cuisine is underscored by such heart-disease deterrants as olive oil, fish and whole grains: While none of these is particularly effective on its own, when combined with other foods, they are instantly more beneficial—a simple, ancient recipe of wild greens stewed in olive oil yields antioxidants galore. But if all this talk about indigenous diets makes you wonder whether or not the US boasts a cold spot of its own, Miller quickly retorts, “Starvation. We’re definitely a cold spot for starvation.” —*Leilani Labong*