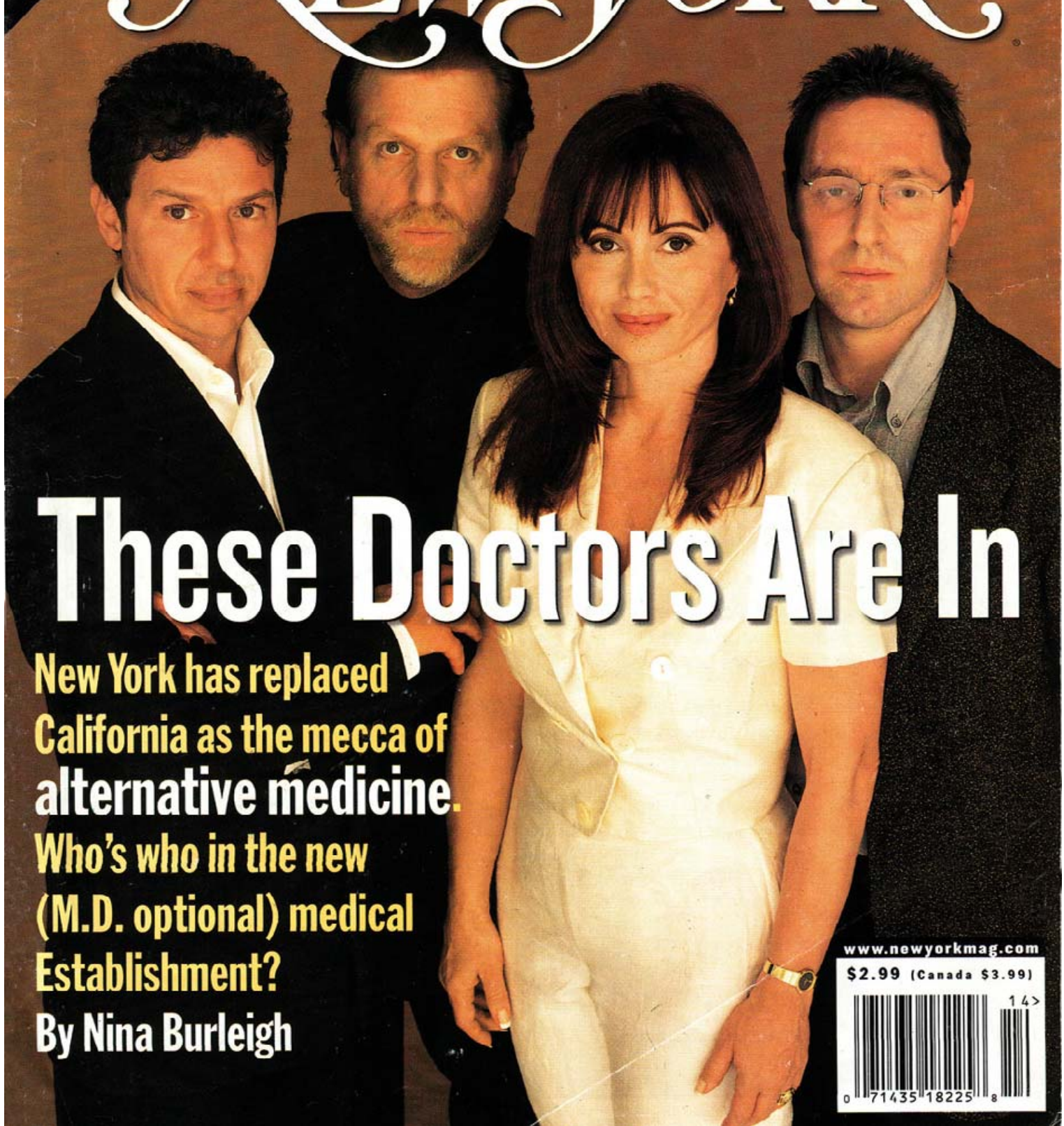


SMART CITY
BEST ETHNIC
REAL ITALIAN, INDIAN, CHINESE

The Judge Who Shot Down the Gun-Makers • Fashion Preview
Are Judith Regan and Monica Lewinsky the Same Person? By Michael Wolff

APRIL 5, 1999

NEW YORK



These Doctors Are In

New York has replaced California as the mecca of alternative medicine.

Who's who in the new (M.D. optional) medical Establishment?

By Nina Burleigh

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out. "Tell her to let go of her fear," she says. "Exhale the fear. Do you feel it leaving? Do you see the light?"

After a few minutes of deep breathing with St. James's hands on my back, she places a small object in my hand, puts headphones on my ears, and leaves the room. My brain is filled with the sound of Gloria Estefan singing "Coming Out of the Dark." I peer down and in my hand is a glass cylinder with a silver spring inside it. Silver, St. James explains later, is the color of the maternal. A white Maltese hops on my chest and licks my nose just as the song ends. It's the signal that the session is over.

"She helped me become a better person," says Carolyn Murphy, 25, who sought out St. James's services after read-

along with a flock of supermodels, about what to eat, using hair analysis and a method of eating tailored to individual metabolic types. Last year he published a book called *The Balance: Your Personal Prescription for Supermetabolism, Renewed Vitality, Maximum Health, and Instant Rejuvenation*.

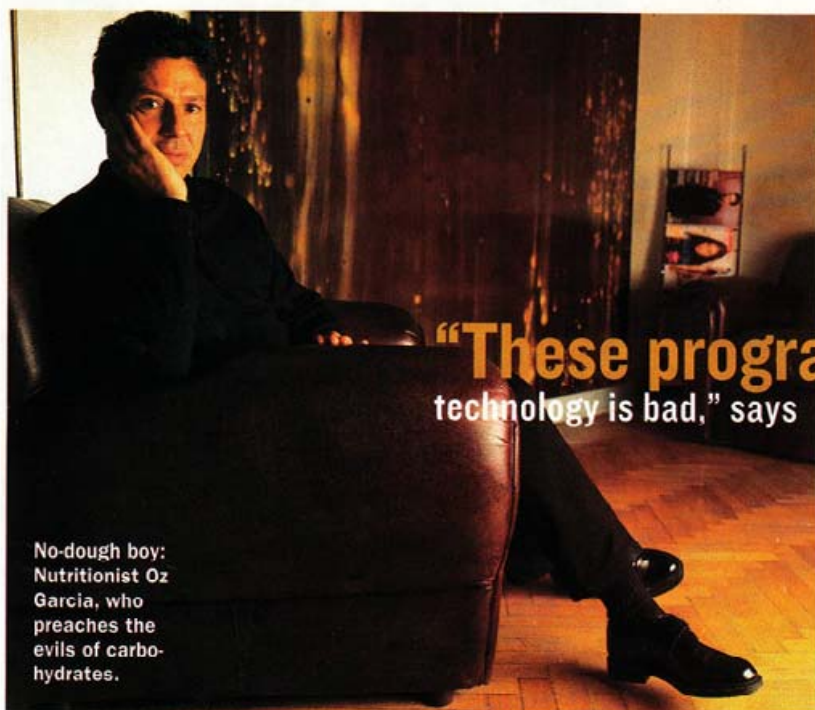
Garcia, born in Cuba, was a fashion-and-beauty photographer in the seventies when he became a natural-health convert. In his mid-twenties, he suffered debilitating migraines, and no prescription drugs seemed to help. On an assignment to photograph a visiting guru, he heard the lecture that changed his life and decided to try meditation and natural supplements. Soon he was a strict vegetarian, growing sprouts in trays in his loft apartment, and

clients about the curative role of food."

Garcia advises a diet with "protein-accurate" and "carbohydrate-accurate" goals. Like Bezoza, he believes Paleolithic man ate a balanced diet of protein, carbohydrates, and fat, but modernity has served up a groaning board of carbohydrate-laden food that turns people into sluggish, fleshy addicts. "The biggest culprits are pizza, pasta, cookies, cakes, bagels. It's this doughy diet people eat that causes neurochemical changes, and they become addicted."

Lithe and elegantly dressed in cashmere and velvet, Garcia doesn't appear to have been near a bagel for years. He says he eats bread "on a social basis" only. The last time he ate fast food was after a vision quest in Zion National Park, Utah—driven to it only by desperate necessity. "We'd been fasting, and we were on this unbelievable high and were starving. The only place we could get food on the highway was Burger King. I had a Whopper. I weathered it okay."

Garcia's clients tend to see him as a "best friend," says Jason Binn, the 31-year-old publisher of *Hamptons*, *Ocean Drive*, and *Palm Beach* magazines. "He changed my life. You never know your body until you go to someone like Oz. I run around



No-dough boy: Nutritionist Oz Garcia, who preaches the evils of carbohydrates.

"These programs are set up by technology is bad," says Wallace Sampson. "There will be

with the fastest people around, and my hours of sleeping and eating are crazy. He told me my whole life by analyzing my blood and hair samples. His objective is to level you out to where you're just streamlined. He makes me do a cleansing once a week where all I eat is brown rice and vegetables and an ultraclear shake. It's tough."

ing about her in *Allure* two years ago. Although Murphy says St. James has mostly helped her work through the tensions of everyday life by getting her centered, the healer has also alleviated some physical problems. "I've had stomach ailments where I've gone in and she's placed her hands on my stomach and it's gone away. I've had sinus headaches she's cured. She's a really powerful woman. There are people put on earth to heal people, but you have to be open to it. She definitely has a gift."

THE DOORKNOBS TO NUTRITIONIST OZ Garcia's inner office are green crystal balls. The outer office is decorated with magazine articles about him published in *W*, *Hamptons*, and *Allure*. Garcia advises the likes of Winona Ryder and Judith Regan,

hadn't had a headache in months. He apprenticed himself to naturopaths and other holistic healers, studied at the Hippocrates Institute in Boston, then went into business as a nutritionist in the eighties. Garcia says his job is to "educate"—not treat—people. "We work in conjunction with their doctors," he says.

Most of Garcia's clients are not exactly sick, but they come to him complaining of tiredness, weight gain, or feeling emotionally or temperamentally off. In a first session, he will quiz people about how they live and what they eat. He instructs them to keep food and activity logs, and to individualize their diets, he sends people for blood work and hair analysis. "Food when used properly can be therapeutic," he says. "We are educating

EATING RIGHT MIGHT CLEAR UP THE chronic-fatigue syndrome but not resolve a nagging knee problem from an old skiing injury. Some wealthy New Yorkers are so enamored of their chiropractors that they regard them as their chief source of medical advice. Chiropractor Wayne Winnick is one whose healing abilities have reached legendary levels. He calls what he does "holistic orthopedics" and says the best doctors should be as familiar with how the Incas treated pain as they are with the best modern surgical techniques. His clients include Condé Nast editorial director James Truman, fashion photographer Bruce Weber (who calls Winnick "truly a Dr. Feelgood in the natural kind of way"), entertainment lawyer (and Paul McCartney's brother-in-law) John Eastman, Claudia Cohen, and Ron Perelman—to name a few.