

Heal yourself with

New science shows that seeing specific images can be as effective as prescription drugs at boosting mood, easing pain, even alleviating allergies! Read on to discover what it can do to improve *your* health!

Stop a headache by looking at the Mona Lisa!

Instead of taking aspirin, try looking at some great art! Simply seeing famous paintings can numb pain, say Italian researchers. In their study, folks found it easier to tolerate aches while looking at masterpieces by da Vinci, Botticelli and van Gogh. The reason: Seeing art triggers the release of endorphins, the brain's own painkillers. But it only works if you actually *like* what you're seeing, so go ahead—look at whatever makes you happy, whether it's Monet or a masterpiece by your child, and you'll feel better fast!

✦ **See for free!** Gaze at famous paintings online from the Museum of Modern Art and the Louvre at MOMA.org and Louvre.fr.



Sideline stress by imagining a tropical beach!

Staring at an image of a relaxing beach—or just *imagining* being there—erases burnout! This virtual vacation works by flooding your brain with relaxing alpha waves, slowing your breathing and pulse. "The brain responds to the image by believing it's actually there," says Debbie Mandel, author of *Addicted to Stress*, so you get the same psychological benefits! ✦ **See for free!** Click on EarthCam.com; type "beach" into the search engine to watch live videos from around the world!

