

account of how public health officials conspired to launder fluoride's previous image as a powerful workplace toxin.

Fluoride Deception is a narrative about how U.S. industries — facing extensive litigation for fluoride pollution — collaborated with officials from the National Institutes of Dental Research to present fluoride as a dental product. After almost 50 years of water fluoridation, research increasingly shows that the dental benefit is marginal in this age of fluoride toothpaste. On the other hand, numerous studies suggest systemic, long-range, health risks, especially porous bones or osteofluorosis. Only about 2% of the world's inhabitants now drink fluoridated water, most of them living in the U.S. But Bryson's book, published by Seven Stories Press and available from Amazon.com, is not simply about fluoridation. *Fluoride Deception* is a spell binding history of lobbying, politics, power, hidden agendas and controlling scientific results.

Review by Michael Downey

Video Review

NIA TECHNIQUE — GLOBAL UNITY VIDEO

“In 1983, out of a desire to engage people in a holistic and integrated workout, we threw off our shoes, eliminated repetitive jogging, and created The Nia Technique”, say Debbie & Carlos Rossas in their instructional video released in 2000.

This is an instructional video introducing The Nia Technique. Nia stands for Neuromuscular Integrative Action. It also translates from Swahili to mean “with purpose”, the driving force behind this fitness program created by Debbie and Carlos Rossas in 1983.

The Nia Technique is a fusion of Eastern and Western movement paradigms: Jazz, Tai Chi, Yoga and Tae Kwon Do. Nia participants experience the free expression of joyful dance, the power of martial arts and the wisdom of various healing arts. Dynamic movement up, down, big, small, slow, fast, soft and hard, The Nia Technique has it all.

Global Unity is a two-part, two-hour video: part one is called The Experience, part two The Practice. This is a distinctive format for an exercise video and a terrific value too.

The first hour puts the viewer into a Nia class featuring classic moves. The focus of the class is based on the first of the thirteen Nia principles: the joy of movement. Throughout the participant is encouraged to direct their minds, bodies, spirits and emotions to the joyful sensations that movement provides.

The hour is divided into seven distinct parts, all choreographed to a very eclectic selection of music from jazz to Latin and classical to Celtic. The movements are equally diverse: dancing with scarves, wagging your tail, martial art kicks and blocks, rising to heaven, and body yawns. The language and imagery is vivid and creative: smell the movement, swirl the cape, move from the inside out, lift the chi, plucking fingers...

The Practice, is a personal guide through what went before in the first hour. It is a chance for the viewer to see everything broken down and explained so they can learn and take the knowledge into the next time they do the first hour. It is a learning tool that takes the student beyond just mimicking the moves of the



leaders. They truly learn the technique and how to personalize the experience.

At first look, the movements in Nia appear difficult, but the whole focus is on personal expression so you are given permission from the outset to move as best suits your body, and your fitness experience. Still if you are new to fitness you need to be aware that you may not be able to move with the flexibility and dynamic ease that more practiced Nia students have. But with practice your body will adjust.

This video also has interesting audio and visual effects that enhance its usefulness and enjoyment for the viewer. Boxed images to help isolate movements, slow motion to help personalize each movement, and a voice-over as a reminder to go at one's own pace, are just a few.

The video receives a high rating; both from the perspective of the leaders qualifications, Debbie and Carlos have excellent form and do an amazing job of cueing, and in quality of production. I would highly recommend this video due to its motivating and challenging content for all levels of exercisers. It is well made and offers much more than your traditional 40-minute exercise tape, not to mention it is a workout that will leave you feeling relaxed and strong.

Whether you are new to exercise or a seasoned pro, The Nia Technique has something special to offer anyone who is interested in fitness of the body, mind and spirit.

For more information on how to get this video or just more information on The Nia Technique visit the website www.nia-nia.com or call toll free 1-800-762-5762.

Review by Susannah Kent