

Our Bodies, Our Health

With nearly \$1 trillion spent on medical expenses each year, health care has become America's No. 1 issue. No wonder more than 1,200 women packed the New York Culture Center on April 27 for the local organization's first all-day conference on health.

Recently health care practitioners in Africa concluded that the most important factor in the development of any society is the health of its women. This insight was the springboard of this event. More than 45 speakers traveled from as far away as Massachusetts and Maryland to share their expertise, underscoring SGI President Ikeda's statement that "no matter how wealthy or powerful one is, health is, after all, the most important thing."

For many of the experts, it was the first contact with the SGI — and with this award-winning culture center. They spoke forcefully — and often humorously — on nutrition and natural foods ("If it doesn't run or swim or fly or grow, it ain't food"), chiropractic medicine ("Even Queen Victoria used body adjustments"), wellness ("There's no such thing as a touch of diabetes — get screened!"), healthcare providers ("Make an action plan for better health"), massage workshops ("People went in tense and came out glowing") and more.

While the bodywork and movement sessions got so crowded that each woman could only take small steps, educated and entertained participants agreed that the conference was a giant step for the health of womankind in New York.

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