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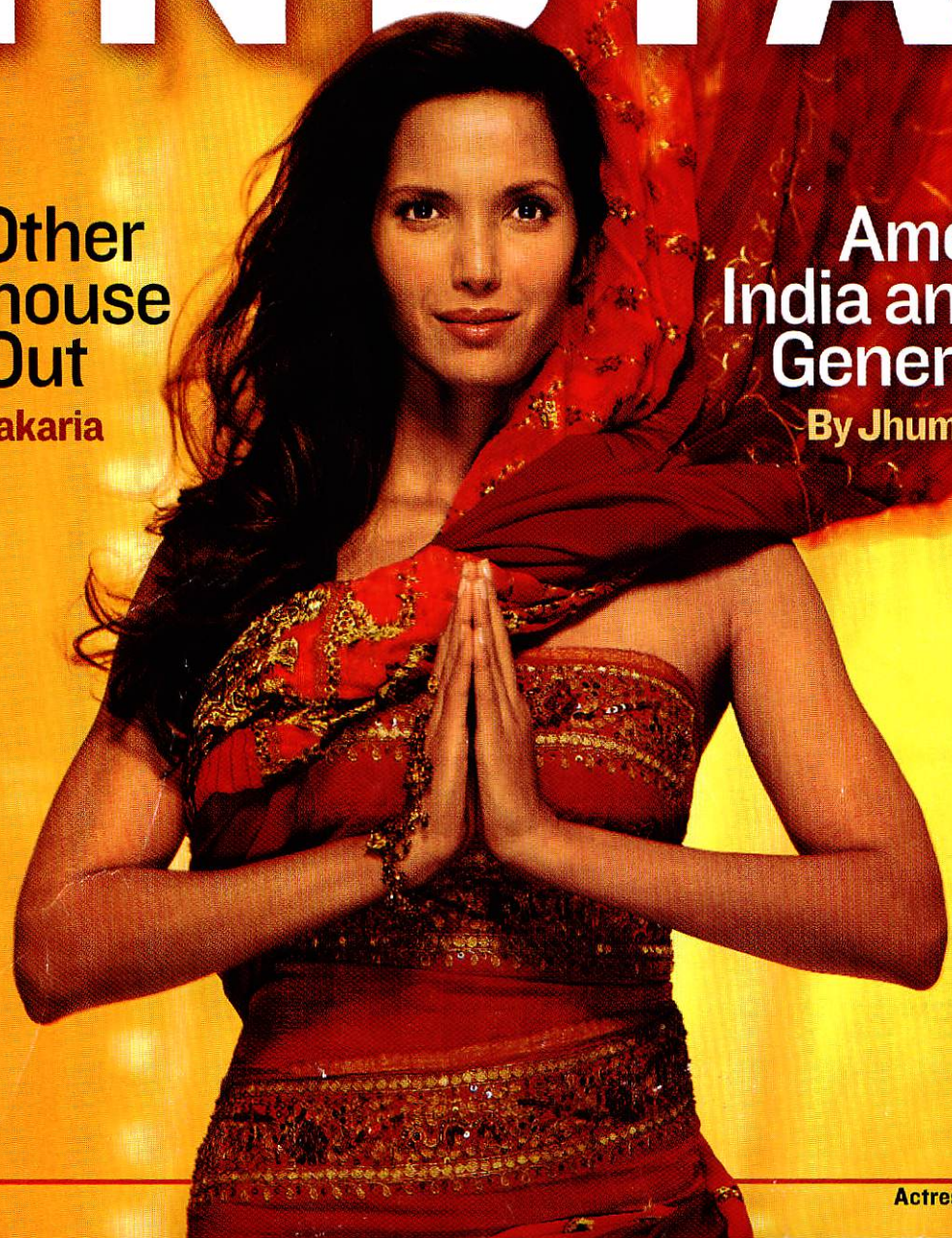
THE NEW INDIA

**Asia's Other
Powerhouse
Steps Out**

By Fareed Zakaria

**America,
India and My
Generation**

By Jhumpa Lahiri



PHOTOGRAPH BY NIGEL PARRY

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Actress Padma Lakshmi

HEALTH

A NEW BOOSTER CLUB

SO YOU'RE TAKING cholesterol-lowering drugs, and you've got your LDL, or "bad" cholesterol, way down. Congratulations! But if you want to reduce your risk of heart attacks and strokes, it's also important to raise low levels of HDL, the artery-clearing "good" cholesterol. "The problem is, raising HDL is hard to do—and the existing drugs have side effects," says Dr. Dennis Goodman, former chief of cardiology at Scripps Memorial Hospital in La Jolla, Calif.

What's the solution? You could eat right, exercise, lose weight and quit

smoking—all proven methods. But a new product called HDL Booster, developed by Goodman, might help, too. Available at HDLBooster.com, the formula contains 20 vitamins, minerals, amino acids and antioxidants—

from garlic to coenzyme Q10—that appear to benefit the heart in scientific studies. Does it work? There are no placebo-controlled trials to tell for sure. But in a pilot study at Scripps, patients increased their HDL up to 23 percent in six months, with major reductions in harmful triglycerides, too. The pills aren't cheap—about \$1.20 a day. But neither is the cost of heart disease.

—ANNE UNDERWOOD



TRAVEL

HE'S ON A SHORT LEASH



CROSS-COUNTRY SKIING has gone to the dogs. A newly popular sport from Scandinavia, "skijoring," can be a great workout for you and your canine. Here's how it works: you outfit your dog in a special harness so that it leads you through the snow. Instructors, found through local sled-dog or skjoring clubs,

will teach you and your dog techniques and commands, like "Gee" (go right) and "Onby" (keep on moving), which are old mule-training commands. Any breed above 25 pounds will do, but larger pooches are a plus. Once you've become proficient, you can search out races, but competitors don't take themselves too seriously. The basic harness, bungee link and skjoring belt cost about \$175. Find them at outdoor-sports Web sites like skijornow.com and sleddogcentral.com. Just make sure Fido doesn't have a bad back.

—KONNIE LEMAY

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