



FROM GUT HEALTH TO SOUND
THERAPY, THE LATEST IN SELF-CARE
OFFERINGS, BOTH LOCALLY AND
ONLINE, ARE NEXT-LEVEL GREAT.

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W E L L
I N T E N D E D



GUT HEALTH

One of the most exciting and revolutionary topics in health right now is the bacteria that live in our digestive tracts—what science types call the gut microbiome—and the role they can play in managing myriad health issues, such as inflammation, autoimmune disease, skin issues and depression. Here is how you can optimize your gut ecosystem using some of the local providers and practitioners.

TREATMENT

At newly opened Organic Edge (yourorganicedge.com) in Water Mill, microbiome balance is achieved with a troika of treatments that together propel a gut-health journey. Cryolipolysis, offered in the form of targeted cryotherapy, uses cold temperature to break down fat cells that are eliminated through the liver, gastrointestinal tract (colonics) and lymphatic system (infrared wellness pod) in two weeks. The cooling of the deep dermis stimulates fibroblasts by increasing the reproductive synthesis of new fibers of collagen and elastin, with an evident increase of dermal density and progressive skin firming. The infrared sauna pod, the next step in Organic Edge's detoxification process, provides the ultimate wellness therapy by using an infrared, multisensory sauna system. The pod combines both dry and infrared heat with vibratory lymphatic drainage massage, aromatherapy and pink Himalayan salt air for a body transformation. The final phase of this method calls for colon hydrotherapy, offered at Organic Edge in a private and luxe setting.

ALIMENTATION

Fermented foods loaded with microorganisms, such as live bacteria and yeast, have soared in popularity in recent years, largely due to claims of greater gut health. The Kimchi Jews (kimchijews.com) line, a collab between James Beard Award-nominated chef Jeremy Blustein and Bridgehampton's Almond executive chef and co-owner Jason Weiner, couldn't be more perfect for this purpose. There are many standouts in the arsenal, but a possible crowd favorite is The Kimchi Juice. This self-explanatory stinky yet uberdelicious and health-boosting concoction might be best enjoyed alone.

WINE

Polyphenols found in red wine have many health benefits, including reduction of blood pressure, inflammation, cholesterol levels and oxidative stress. A new study has found that people who drink red wine have an increased gut microbiota diversity, a sign of gut health, and boast lower levels of obesity and bad cholesterol.

DENTAL HEALTH

Multiple studies, including one conducted by Cornell University and the University of Gothenburg in Sweden, have found that harmful forms of bacteria that grow in the mouth often make their way into the gut and the bloodstream. Oral hygiene can keep those potentially harmful microbes in check and your gut bacteria in balance. At Rejuvenation Health (rejuv-health.com) in East Hampton, the biologic dentistry program provides a comprehensive assessment of the entire mouth, focusing on stealth infections and root causes of disease tied to the gut that have been shown to compromise systemic health.



From top: The Kimchi Jews line is a gut-health fan's favorite; at Rejuvenation Health the way to a healthy gut is through a healthy mouth; according to new studies, red wine helps improve gut microbiota diversity. Opposite page: Organic Edge in Water Mill.

CLOCKWISE FROM RIGHT: PHOTOS COURTESY OF JAMES BLUSTEIN; PHOTOS COURTESY OF REJUVENTATION HEALTH; PHOTOS COURTESY OF JASON WEINER; PHOTOS COURTESY OF JASON WEINER

Your
Organic
Edge





From top: The Biologique Recherche range pairs perfectly with light therapy; Angela Caglia CellReturn premium LED wireless mask; infrared sauna pod therapy at Organic Edge assists in cell purification and weight loss. Opposite page: Light therapy is the exposure to specific wavelengths of light.



LIGHT THERAPY

Light therapy is the exposure to specific wavelengths of light using polychromatic light, lasers, light-emitting diodes, fluorescent lamps, dichroic lamps or very bright full-spectrum light. The light is administered for a prescribed amount of time and, in some cases, at a specific time of day. It's widely believed that exposure to the light can increase serotonin levels, which in turn helps to relieve stress, tension and depression due to the lack of exposure to sunlight typical in seasonal patterns.

SAUNA

Because the infrared band in the spectrum of light penetrates deeper—up to 3 inches—it mobilizes and burns fat, which not only helps with weight loss, but with detoxification as well, since many of the toxins we absorb are surrounded and trapped by fat. The infrared sauna at Feelin O2 Good (feelino2good.com) in Riverhead operates at a very comfortable temperature range of 125 to 140 F of dry heat, providing relaxation beneficial for musculoskeletal ailments, heavy metal detoxification, increased blood flow and the immune system's cell activity.

GADGET

The CellReturn premium LED wireless mask by Angela Caglia Skincare (\$1,900, angelacaglia.com) is an investment that keeps on giving. Equipped with NASA-developed technology, it has 690 light-emitting diodes that increase collagen production, firm the skin, and decrease the look of fine lines and wrinkles. A big bonus: It's completely wireless, so no cords or wires are in the way of your skincare routine.

SERUMS

When paired with potent products, light therapy masks can make a noticeable difference in the look and feel of your skin. The Quintessential serums are the purest formulations in the Biologique Recherche (biologique-recherche.com) range. Their only active ingredients are amino acids or short peptides and a bare minimum of preservatives. Karen Freedman, who pops us during summer at Salon Xavier in Sag Harbor, agrees and uses these cult favorites in her signature facials.

