

HEALTH'Sass

Doctors, food, exercise, crazy laws and notions, and wellness. Don't you think wellness is a stupid word--how about okayness or absence of sickness?

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How to keep the good stuff going



Every romance has a curve--hot, breathless, leading to happy/comfortable, then maybe if you don't watch it, child-centered or blah.

You need to skip the last step. And be realistic--the first smoochy, hot phase is not going to continue automatically. But you can fluff it back into being if you try.

Researchers at the University of Toronto determined that the best way to do that is to put the other person's needs first.

Dr. Larisa Wainer, of the Morris Psychological Group in Parsipanny, NJ, has some tips:

Touch--reach out and hug. Take each other's arm when walking outside. Cuddle before sleep.

Plain encounters ahead--bring home flowers, ditch the sweats.

Say thank you--just because you are together does not eliminate the need for manners.

Talk about sex--share fantasies.

And fight fair--listen, don't interrupt. And don't get into old territory using phrases like "you always" or "you never."

Sounds so easy. But it's the work of a lifetime to make it happen.