

OutSmart

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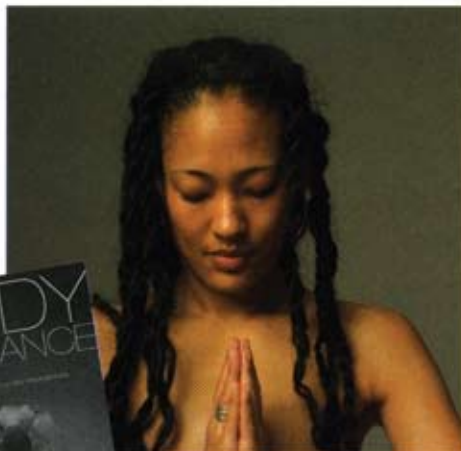
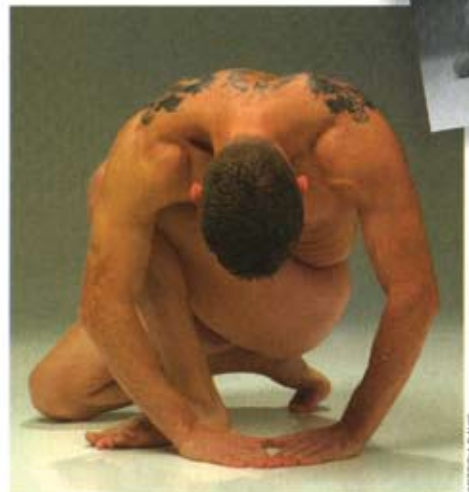
by Nancy Ford

I SING THE BODY BRILLIANT

Houston wellness guru Alan Davidson pens a new health book

Author and resident *OutSmart* wellness advisor Alan Davidson greets the spring with the release this month of *Body Brilliance: Mastering Your Five Vital Intelligences*.

"Most people would choose to be healthy and happy, but most of us don't know exactly how to get there," Davidson says, regarding the inspiration for the book. "*Body Brilliance* is my little instruction manual on a thrilling, happy, fun, and healthy life."



But this tome is no *Nirvana for Dummies*. Describing life as energy, Davidson (also a massage therapist and a perennial winner in the *OutSmart* Gayest & Greatest reader poll) says everyone has five specific energies that are used in life.

"I call them IQs: physical, emotional, mental, moral, and spiritual. Each of these

IQs can be measured and, more importantly, peaked and improved."

Davidson hopes readers, in turn, are inspired to look good, feel great, free their mind, and act better. "Live life full tilt and for the fun of it!"

The 220-page book (from Author's Publishing Cooperative) contains fetching photographs from the talented eye of Victoria Davis, who also provided images for *Healing the Heart of the World*, the 2006 anthology to which Davidson contributed.

Davidson signs copies of his book on March 22 at Bering & James Gallery. At this event, one of Davis' photos from the book (a \$1,600 value) will be auctioned, with proceeds benefiting Legacy Community Health Services.

Body Brilliance is available "at fine bookstores everywhere," Davidson says, and at www.bodybrilliancebook.com. For details, visit www.throughyourbody.com.

Bodies beautiful: *Body Brilliance: Mastering Your Five Vital Intelligences* includes images by Los Angeles-based photographer Victoria Davis along with advice from Alan Davidson (right). "Great health is a state of extraordinary well-being," Davidson writes. "Health is effortless. It is natural law—the simple flow of energy, undiluted and unimpeded."

