

May 2007

## BEACH PATROL

KRIEGER  
 TRONOMETRES SUISSES  
 LIVE LARGE  
 GIGANTUM  
 there is a new freedom in  
 the world today, to journey,  
 explore and challenge, to leave  
 your mark. Like you, KRIEGER  
 watches make an impact.

### LORI BELL

#### *Making a Point of Bringing a Healing Touch to Miami*

Lori Bell is needling South Beachers into finding their inner balance. Although she has been in private practice on Lincoln and Alton Road for the past seven years, the certified and Florida-board-licensed acupuncture physician has treated patients from her office at The Standard since it opened its doors in December 2005.

Born and raised in Miami Beach, Bell became interested in Chinese medicine after spending years of her childhood and college life training in martial arts. She studied history and religion at the University of Florida, then went to work for a fashionable shoe company that she soon realized "had no soul," and set upon a new career path. When Tao master Hua-Ching Ni made a visit to Miami, Bell asked him to create her astrology charts, which planted the seeds for her life as an acupuncturist. "I walked out saying, 'I'm not sticking needles into people for a living—that's crazy!' but was off to acupuncture school a year later," explains Bell, who inserts tiny needles into the body's 360 different points to move energy around, treat infertility, strengthen the immunity of HIV-positive patients and manage bodily pain. She also performs facial rejuvenation (an alternative to cosmetic injectables), using needles on the face to increase collagen, reduce bags and help lines fade.

"From a medical standpoint, it's bringing blood and oxygen into the area, reducing inflammation and pain," she says. "But on a deeper level, I'm tapping into a person's life force. After I treat patients for a while, they often start living a life that's more in tune with who they are: They evolve, move onto their correct paths and, on the highest level, achieve their destinies."  
 —S.B.



PHOTOGRAPH BY MARIA LANKINA

#### JUST THE FACTS

**Favorite way to spend a Sunday afternoon:**

"Reading *The New York Times* outside, then having an early dinner with friends and family."

**Biggest turnoff:** "Inauthenticity."

**Pets:** "A Persian cat named Reuben and a Ragdoll cat named Truman."

**Fragrance:** "Fracas."

**Now playing on your iPod:** "Cat Power's *The Greatest*, Lucinda Williams' *West* and Leonard Cohen's soundtrack to *I'm Your Man*."

**Motto:** "Let it go. Keep your heart open."

**Next vacation:** "Bhutan, hopefully this fall."

**Favorite South Beach daytime hangout:**

"Walking Lincoln Road, browsing through my favorite places there: Books & Books, Base and the Apple Store."

**A celebrity, past or present, you would like to meet:**

"The Dalai Lama."

**Celebrity crush:**

"Sebastian Koch, the German actor, just seen in *The Lives of Others*, which won the Oscar for Best Foreign Film."