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☐ If you feel fatigued, drink eight ounces of fresh pomegranate juice mixed with one teaspoon honey.

☐ Keep a geranium plant in your house to cleanse the air of dust and bacteria.

☐ Learn more about Konnikov's book (written under the name, Svetlana Konnikova) at mamashomeremedies.com and aurorapublishers.com.

Lana Konnikov

• WRITER/PUBLISHER, FORMER RUSSIAN TV JOURNALIST

After a distinguished career as a top television journalist in the former Soviet Union, Lana Konnikov immigrated with her husband to Boca Raton 19 years ago knowing that she had left two worlds behind. She also understood that reinventing herself professionally would require the right mind-set.

"When you jump from the top of a mountain into nowhere, you have to climb back up," she says.

The ascent has led Konnikov to a successful turn as publisher (Aurora Publishers) and author. Her most recent work, *Mama's Home Remedies: Discover Time-Tested Secrets of*

Good Health and the Pleasures of Natural Living, invokes the wisdom of her mother and grandmother. The book weaves natural remedies for common ailments—like putting raw potato slices on eczema sores to soften and heal them—with vignettes about the women who influenced her.

"My grandmother [an herbalist and folk healer] could point to any flower or animal and tell a story about it," Konnikov says.

Konnikov's own story began in Moldova, now an independent country but then a republic in the southwestern part of Russia. Though fascinated with medicine—her mother, a medical consultant in a government

clinic, encouraged her to become a doctor—she was a journalist at heart. Konnikov actually earned an associate's degree in nursing so that she would have the background to cover health issues as a television reporter.

She went on to produce and host educational shows, many of which were broadcast throughout Eastern Europe. Konnikov scored high-profile interviews with Maya Plisetskaya, the legendary prima ballerina of the Bolshoi Theatre; cosmonaut Aleksei Leonov, the first person to walk in space; Marina Vlady, the French movie star; and government ministers from around the world.

However, she grew tired of handing her shows to government censors before they could be broadcast. A fellow journalist described Boca Raton as a place Konnikov and her husband, Greg, would like; soon after Mikhail Gorbachev opened the borders of Russia, the couple relocated.

Konnikov worked as a French and a Russian teacher, and later became involved in her husband's international marketing business. But the stories of her childhood were never far from her mind. Last September, she released *Grapette, the Runaway Who Rolled Away*, a children's book inspired by her grandfather's vineyard in Moldova.

Recently, she found herself dispensing wisdom to her mother, Lubov, urging her to try hawthorn extract to lower her blood pressure. Konnikov's mom, in her 80s, was glad to be reminded of this natural remedy, which grew in the family's garden in Moldova. "[My mother] told me, 'You know just what to do,'" Konnikov says. "'You should have been a doctor!'"

—JULIE O'HARA