

A Plan to Fix the
Medical District's
**DEADLY
STREETS**

YOUNG GUNS:
The Best Lawyers
Under 40

D

The Joys of
**CYCLING
TO WORK**

**THE
MACCIONIS**
Bring Their
Circo to Town

YOUR 2019 LOCAL WELLNESS GUIDE

**BUILD A
DETOX**

➔ **BUDA JUICE**

Launched in 2014 by two Europeans—one British, one Swiss—Buda Juice is our most Spartan sanctuary of meticulously organic, cold-pressed libations. The juggernaut that started with a fridge in a Plano coffee shop now extends to all of the Whole Foods in eastern Canada and 11 of its own stores in Dallas. The warehouse space in the Design District is a frigid kingdom at 35 degrees. No enzymatic death. Never.

From the minimalist menu of juices, beginners might reach for Valencia orange, the gateway. The hardcore will brave the detox cleanse—a prescribed sequence of green juice, cucumber lemonade, and a gazpacho finished with almond milk. One day, three days, five days—depending on how many sins for which you have to atone. The world feels clarified. budajuice.com

*Acroyoga couple
Max and Liz Lowenstein*