

A New Years Visit to Dr. Shook's Library for 2009

HO HO! I hope your holidays were terrific and your New Year is off to a great start.

Did you make a New Year's resolution? Does your resolution, like mine, involve exercise and diet? Are you seeking, as I am, a better relationship with your body and mind? Have you, like me, acquired walking shoes, free weights and a pedometer? There are many paths on the road to health and it is sometimes useful to have a guide. Perhaps your chiropractor or personal trainer will guide you. Maybe it will be Weight Watchers, a counselor or nutritional expert who will point the way. Me, I'm an ornery wench and do NOT like to be told what to do. I prefer to read, learn, and make my own decisions. Here today, from my library, I'll share with you some of my favorite books about health.

"Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being", by Andrew Weil, M. D., encourages a healthy/anti-inflammatory diet (vegetables, fruit, and lean protein), moderate exercise (strength, flexibility and cardiovascular endurance) and stress reduction (breathing exercises and meditation) as strategies for living a long healthy life.

"How to Prevent Falls, A Comprehensive Guide To Better Balance", by Betty Perkins-Carpenter, presents a series of activities designed to promote the muscle tone, balance and strength necessary for the correction of balancing errors and to reduce the risk of falling.

"The Spirited Walker", by Carolyn Scott Kortge, begins with walking for fitness and includes topics such as shoes, stretching, posture, heart rate and personal safety. Ms. Kortge adds to this standard form of physical exercise simple mental exercises to quiet mental chatter, bringing focus to the workout.

"Improve Your Mood with Food", by Alexandra Massey with Anita Bean, offers a way of improving mental wellness by eating the right kinds of food at the right time of day.

"Eating Mindfully", by Susan Albers Psy.D., draws upon the teachings of Buddha and the Buddhist practice of living mindfully as a way to understanding your relationship with food and eating.

2009 finds me resolving, yet again, to walk daily and show moderation with a few of my favorite vices. This year I will add: 1) Lift weights twice a week for the strength of my bones and 2) Take three deep breaths before freaking out about anything. A pretty hefty list of expectations but if I Breath in – Breath out – Breath in – Breath out – Breath in – Breath out ... ahhh ... it doesn't seem quite so intimidating and allows me to remember that "Life is Fine in 2009".

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