

What Has Dr. Shook Been Reading?
Beyond Pritikin by Ann Louise Gittleman, M.S.
Published by Bantam Books (1996)

Beyond what? ... Pritikin? The Pritikin Diet, a diet popular in the 70's promoting extremely low fat, low protein and high carbohydrate consumption, as a part of the treatment for heart disease. Early results were great. Everyone was most impressed. Ann Louise Gittleman is a nutrition specialist and a former director of the Pritikin Longevity Center in California. In her book *Beyond Pritikin* she explains how the Pritikin diet led the way for many of the nutritional guidelines popular today. She goes on to explain how, unfortunately, follow up on the early Pritikin dieters revealed complaints of weight gain, constant hunger, fatigue and some participants were showing signs of nutritional deficiency.

WHOOOPS! It seems that the drastic reduction of fat in the diet frequently resulted in a drastic reduction of Essential Fatty Acids in the diet ... These are the good fats ... The oil and fats that the body must have and must obtain through diet for the optimal functioning of the body's immune, hormone and metabolic functions. You must eat it therefore it is ESSENTIAL. It also appeared that the excessive consumption of carbohydrates without balancing fat and protein was creating problems with insulin, blood sugar and the body's ability to use stored fat.

Ohhh Blast! OK, so the body is a complex creature, there are some things you need to know about what goes into it.

The good Ms Gittleman will give you a lesson in how the chemical structure of the foods you eat affect the workings of your body... Don't be scared by the technical language. She'll say it complicated and then she'll say it easy. I wish my professors had been this articulate when my class of wanna-be chiropractors was studying the evils of margarine and the wild ways of sweets.

Beyond Pritikin is a book about the chemistry of the kitchen, the body and the food we put into them. Ann Louise Gittleman urges people to exclude from their diet fats and oils damaged by heat, light, air and chemical processing and to supplement modest quantities of essential fatty acids. She recommends consuming a variety of whole grains (whole wheat, brown rice, cut oats), vegetables, modest amounts of fruit, lean protein, low fat dairy products (if tolerated), drinking plenty of water and walking outside in the sunshine. Her book has tasty looking recipes and a sample meal plan.

Not only will Ann Louise describe for you what a saturated, a monounsaturated and a polyunsaturated fat is, She'll show you how these fats and oils, handled improperly, can damage rather than nurture the body. She'll march right into your kitchen and talk about food storage and safety, cutting boards, the cooking of meat; the nutritional value of fresh vs. frozen vs. canned fruits and vegetables.

There is more, read this book. I expect that like me, you will never look at processed foods, the grocery store or your kitchen the same again.

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