

What Has Dr. Shook Been Reading?  
Food Rules  
By Bill Haduch  
Illustrated by Rick Stromoski  
Published by the Penguin Group (2001)

Food ... Yummmm. Oodles of energy go into the growing, marketing, purchasing, preparing and consuming of food. Some foods are "good." Some foods are "bad." Some are embarrassing and some are gross. Some foods make your tummy happy and some make it sad. We chew, we swallow and we poop. But what does happen between your mouth and your butt? It is magic suited only for the doctors and dietitians of the world ... NOT!

Styled and written for the young reader, *Food Rules* is a delightfully simple yet remarkably accurate explanation of how the body uses food. Beginning with hunger and digestion, *Food Rules* goes on to cheerfully explain vitamins, minerals, proteins, carbohydrates, fat, cholesterol, calories and ... Oh just a bunch of interesting stuff. What might be a complicated topic is presented with small words and playful visuals.

For example, when talking about protein Bill Haduch writes: " Only twenty kinds of amino acids combine to make all the thousands of kind of proteins in your body. (Sort of how only twenty-six letters combine to make all the words in this book.) ..." Some of the other topics explored are constipation, farting, food poisoning, food allergies and eating bugs. There are recipes, a glossary and an index.

If you or someone you know would benefit from an accurate, comprehensive and fun explanation of food and nutrition (a topic that has been know to deep-fry the brain cells of many a biology student) then you will enjoy Bill Haduch's *Food Rules*.

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