

What Has Dr. Shook Been Reading?

*Skinny Bitch, A No-Nonsense Tough-Love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous.*

By Rory Freedman and Kim Barnouin

Running Press Book Publishers

Rory Freedman is a former agent for Ford Models and a self taught know-it –all. Kim Barnouin is also a former model and has a Masters of Science Degree in Holistic Nutrition.

Ms Freedman and Ms. Barnouin come right out and say they picked the title to sell books and that by “Skinny Bitch” they are in no way condoning eating disorders or unpleasant behavior.

This is not your everyday diet book. There is little if any technical mumbo jumbo. The scientific studies are noted and referenced but not dwelled upon in great and laborious detail.

The main message of *Skinny Bitch* is to take responsibility for what you put in your body. Trust no one, not the food manufacturers or marketers, not the FDA, or the EPA. Be responsible for what you put your body, read food labels, stop eating crap, and give up smoking, caffeine, sugar and alcohol. The only exception is a glass of red wine.

The Dead Rotting Decomposing Flesh Diet is what they call the consumption of animal products. After a long and gruesome section detailing the treatment and living conditions of factory farm animals, Freedman and Barnouin have transformed all the “Skinny Bitches” into vegans.

Vitamins, scary food additives and friendly food additives are also discussed. Recommendations are made for organic, non-genetically modified, animal free, name brand pre-packaged foods.

The title speaks of Tough-Love and tough is right. There are no exceptions made for a lack of time or will power. Get over it, stop eating crap, don't be a f#&\*ing moron.

Oh yes, these self proclaimed “Skinny Bitches” use THAT word and others. My grandmother would have disapproved and surprisingly I myself was just a little ... amazed at the potty mouths of these two models.

To be honest I can not disagree with what Freedman and Barnouin are saying. Just do it, trade a few months of unpleasant detoxification for a lifetime of health. And don't try to say that you don't have time. If you don't have time for reading food labels, making salad and taking a walk, do you really think you'll have time of triple bypass surgery, diabetes and stroke!

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