

What Has Dr. Shook Been Reading?  
Strong Woman Stay Slim  
By Miriam E. Nelson, Ph.D.

Wow what a great book. In the words of, C. Everett Koop, M.D., "An essential tool for women of all ages." A book about listening to and taking care of your body and being the strong and dynamic person that each of us is.

A book about health and fitness that is chuck full of practical, easy to follow and medically sound advice on making changes that will improve your life today.

Deprivation is out...that if you're not having fun then you're not doing it right.

Guidelines for determining what your fitness level is and suggestions on how to go about increasing your fitness.

There is a great discussion about food and diet.

Dr. Nelson understands that most of us are busy people and possibly set in our ways.

She provides guidelines for setting obtainable goals and offers suggestions for taking the first steps towards reaching those goals.

The exercises are good and Dr. Nelson gives sound advice on how to adjust the intensity of the workout to suit your body's needs.

Dr. Nelson's discussion of food and diet follows the guidelines of low fat, modest protein and ample complex carbohydrates.

At this point I'll put in my own warning about diet foods that contain artificial sweeteners...Nutrasweet is not a nutrient and some people have had serious neurological problems resulting from the consumption of this artificial sweetener... My recommendation? ... Stick to sweeteners that are at least a part of a food group. Sugar, Honey, Maple syrup, corn sweetener, sucrose...read labels.

Back to the discussion to Miriam E. Nelson's book, Strong Women Stay Slim. She recommends counting portions rather than calories. Drinking plenty of fluids Eating whole grains, fruits and vegetables. Not skipping meals and not depriving yourself of your favorite treats... She ask you to make changes that you can carry on through the rest of your life...Your happy life that if full of dynamic life force energy. . There is just no need for depravation.

At this point I'm going to recommend another book as well. Ann Louise Gittlemans's book Your Body Know Best. It is important to remember that each and every one of us is a unique human being (imagined that) and each of us comes from a slightly different gene pool. It is also important to remember that our ancestors came from different regions of the planet...no one diet is perfect for all people.

Gittleman's book discusses these differences and makes suggestions

For determining your bodies responds to different foods. Gittleman also discusses Fats and how quality of fat is as important as the quantity of fat in your diet.

My suggestion... Go to the bookstore and pick up a copy of Miriam E. Nelson's book, Strong Women Stay Slim. . Start reading the first chapter. I expect that you'll not only buy the book but you'll want an extra copy to loan out because you will not want to give up your own copy.

While there, pick up a copy of Ann Louise Gittleman's book Your Body Knows Best.

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