

What Has Dr. Shook Been Reading?

Take A Load Off Your Heart, 109 Things You Can Actually Do to Prevent, Halt and Reverse Heart Disease.

By Joseph C. Piscatella and Barry A. Franklin, Ph.D.

Joseph Piscatella is a Motivational speaker and author of *Don't Eat Your Heart Out Cookbook*, had coronary bypass surgery in 1977 resulting in his own increased motivation to take care of his heart. Barry Franklin is the director of the Cardiac Rehabilitation Program and Exercise Laboratories at William Beaumont Hospital as well as past editor for *The Journal of Cardiopulmonary Rehabilitation*. These two smart and articulate men have put together a straight forward, nuts and bolts, manual for understanding heart disease.

Take A Load Off Your Heart is a fine example of up to date science and research combined with practical recommendations for making very real changes to the health and fitness of your heart and vascular system. The “*109 Things You Can Actually Do to Prevent, Halt and Reverse Heart Disease*” are broken down into four basic categories. 1) Assess your risk of heart disease. 2) Reduce stress. 3) Make Exercise a habit and 4) Balance your diet. Each of the sections offers a simple straight forward explanation of the chemistry and physiology of the body.

Each section offers proactive steps that can be taken to improve the health of your cardiovascular system. Assessing your risk, #1 Watch you cholesterol Numbers. #2 Reduce your LDL Levels. #12 give up smoking. *Take a Load Off Your Heart* will teach you all about “good” cholesterol "good" and “bad”, explain what is normal, what is high, how men and women differ and what you can do. The section on managing daily stress was outstanding. #16 focus on concerns, not worries. #21 tranquilize with exercise. #24 develop resiliency. #35 stretch. The recommendations for exercise are practical, well presented and completely lacking in photos of sculpted, spandex clad bodies. #46 get an OK from your doctor before beginning an exercise program #48 Buy yourself shoes that fit. #54 don't be fooled by frauds (there are no miraculous spot reducing potions, gizmos or appliances). #55 Walk Briskly.

It was informative and inspirational and, I'll say it again because I really mean it, the chapter on stress and stress reduction is one of the finest I have ever read.

Take A Load Off Your Heart, 109 Things You Can Actually Do to Prevent, Halt and Reverse Heart Disease, will definitely be on my list of recommended reading.

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