

What Has Dr. Shook Been Reading?

When Working Out Isn't Working Out, A Mind/Body Guide to Conquering Unidentified Fitness Obstacles.

By Michael Gerrish, M.S.

St. Martin's Press 1999

Proper exercise and a nutritionally sound diet are essential when seeking to achieve optimal health and wellness. Few people would argue this point. However sometimes even with the best of intentions fitness goals remain distant and seemingly unreachable. Michael Gerrish, M.S., exercise physiologist, personal fitness trainer and counseling psychotherapist, explores various "Unidentified Fitness Obstacles". *When Working Out Isn't Working Out*, discusses at length how emotional trauma, biochemical disorder, physical dysfunction and nutritional imbalance can detract from attaining life long physical fitness. Food allergy and drug interaction can sap energy and strength. Attention deficit, seasonal disorder and depression will disrupt focus. Cultural beliefs, ego and misinformation can turn into stumbling blocks resulting in frustration, anger and boredom.

Gerrish has provided self-diagnosing tests to assist the reader in identifying their own fitness obstacles.

Once identified an obstacle can be addressed and eliminated. The nutritional advice is sound, encouraging "nutritional planning" instead of "dieting". Emotional counseling is recommended as a proactive means to uncovering unconscious blocks. I was pleased that Chiropractic treatments were recommended for the correction of vertebral misalignment and to maximize physical strength and energy. Also emphasized is the importance of proper weight-training and exercise techniques to minimize injury and maximize gain. And, of course, when appropriate, the use of drug therapies under the guidance of a skilled medical doctor.

Discussed at length is a technique called "Thought Field Therapy". Created by Clinical psychologist Roger Callahan, Ph.D.. As described, "Thought Field Therapy" is a means to correcting imbalances within the body's "energy systems". Within this energy system is our "thought-field" where we form patterns that shape and control how we feel and behave. Unbalanced, negative or disturbing thoughts can become a catalyst for self-defeating behaviors.

Self-defeating behavior can certainly be an obstacle to fitness. The Thought Field Therapy was interesting, a bit odd, probably is very useful and, I expect, would do no harm.

If you or someone you love can't seem to get their fitness scene together, this book could be a valuable tool

Next I will be reading, *Sweeping Changes* by GaryThorp

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