

What Has Dr. Shook Been Reading?

Your Body Knows Best

By Ann Louise Gittleman, M.S. with James Templeton and Candelora Versace

Published by Pocket Books 1997.

Author Ann Louise Gittleman, drawing upon 20 years of clinical experience, a vast store of research and her own personal experience has determined that we are all different (surprise) She finds that each of us comes from a slightly different gene pool with ancestors hailing from different regions of the planet. Yes, every one of us is a unique human being.

She contends that different bodies respond differently to different diets and there is no one diet that is perfect for everyone. You are living in the only expert you need —your body—and to achieve optimum health you must to learn to understand what your body needs.

Your Body Knows Best begins with a brief and possibly daunting discussion about the physiology of the body, the chemistry of carbohydrates, protein and fats and the anthropology of food. The influence of metabolism is emphasized and Gittleman provides a questionnaire to help the reader determine how quickly they metabolize food.

Published in 1997, *Your Body Knows Best* is by no means a new book. But it is one of my favorites. It is one of the few nutritional books to offer strategies to help the reader determine whether their body requires a diet higher in carbohydrates or a diet that relies more heavily on protein and fat. These strategies are based upon blood type, ancestry and speed of metabolism.

For instance, according to the questionnaire my metabolism is that of a fast burner, a meal that includes protein and fat will take longer to “burn” provide greater satisfaction and reduce between meal cravings. My ancestors are from Northern Europe where winters are cold and historically the diet relied heavily upon meat, root vegetables and cold-water fish. My body seems to need animal protein, try as I might I’ve never been very good at maintaining a strict vegetarian diet, I always seem to get spacey and irritable. My blood type is B+, a relative young blood type. I tolerate dairy products and grains; foods that became common to the human diet only after the introduction of farming and animal husbandry.

In addition to what we should eat, Gittleman discusses the foods we should all avoid. Food’s which are far too common in the American diet. Foods such as white sugar, white flour, refined carbohydrates, hydrogenated and damaged fats, artificial sweeteners and more.

I found *Your Body Knows Best* to offer one of the most useful nutritional plans out there, and well worth the read.

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