

What Has Dr. Shook Been Reading?

Eat Fat, Lose Weight, How the Right Fats Can Make You Thin for Life.

By Ann Louise Gittleman, M.S., C.N.S.

Keats Publishing (1999)

Ann Louise Gittleman is a nutritionist and former Nutritional Director of the Pritikin Longevity Center. Her research and clinical experience has led her to conclude that the modest consumption of unrefined, cold-pressed essential omega oil is essential to achieve full health and well-being. A diet including a wide variety of protein, fruits, vegetables, low-glycemic carbohydrates and omega fats is necessary for attaining weight-loss goals, cardiovascular health, enhanced immunity and a clear calming thought process.

This is not really a weight loss book. It's a book about the body's requirements for the proper amounts of the correct fats and oils to function properly. That many people do not consume too much fat but rather the wrong type of fat. It goes on to discuss how modern manufacturing methods designed to increase production and extend the shelf life of oil will alter the delicate chemical structure rendering oil nutritionally deficient.

Ann Louise feels the American public has been brainwashed to believe that all fats are harmful. Manufacturers capitalizing on this fat-phobia have developed a wide variety of low fat and fat free foods to tempt the virtuous American palate. Dieter's will often incorrectly assume that "fat free" means "nonfattening" and load up on fat free muffins, cookies, bagels, cereals and other foods that are often high in sugar and calories.

Ms Gittleman emphasizes that excessive calories from any dietary source will be stored as body fat and can be detrimental to one's over all health. Adding essential omega oil to a diet already laden with oil and fat will do little to decrease body fat and weight.

The Eat Fat, Lose Weight eating plan is reasonable and I expect easy to follow. Don't skip breakfast. Eat a variety of foods, fruits and vegetables of all colors of the rainbow. Make pure water your beverage of choice. Avoid large portions of pasta, cut down on bread. Eat a large lunch and small dinner. Snack in the mid-afternoon. And to insure the proper intake of vitamins and minerals and essential omega fats she recommends several different supplements.

The book is easy to read and understand. The print is well spaced and easy on the eyes. (I'm sounding like my father ... soon I'll be looking for a book on eye exercises.) I would recommend it for any home health library.

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