

What Has Dr. Shook Been Reading?

Healing Moves, How To Cure, Relieve, and Prevent Common Ailments With Exercise.

By Carol Krucoff and Mitchell Krucoff, MD

Published by Three Rivers Press, New York, New York (2000)

There is one thing that every Medical Doctor, Chiropractor, Pharmacist, Acupuncturist, medical school and health insurance company can agree on ... (gasp) ... Movement is good for you -- and your heart, lungs, circulation, immune system and mental state. It is YOUR body, use it or lose it. Inactivity is a health hazard on par with smoking, high cholesterol and high blood pressure.

Carol and Mitchell Krucoff have prepared an articulate and well-illustrated guide for improving physical and mental wellness through the use of movement and exercise. They encourage everyone to find every possible opportunity to weave activity into their daily life. Take the stairs, park farther away, and ditch the remote control. They offer guidelines, charts and practical tests of endurance, strength and flexibility to help the reader establish their own current fitness level. The Krucoff's offer excellent advice on getting started and adding movement to a previously sedentary life.

You might ask: What exercise is best for me? It is swimming? Walking? Disco dancing? The Krucoff's answer: Something that you enjoy and will enjoy doing frequently. They encourage everyone to look at exercise as playtime rather than work time.

Healing Moves offers suggestions for using exercise as an enjoyable, low cost and self-empowering tool for the prevention and healing of disease. A tool to complement (not replace) the supervised medical treatment of many common disease states. Control blood glucose levels in diabetes, boost metabolism to battle obesity, improve cardiovascular efficiency, relieve depression, reduce fatigue, banish back pain and reduce stress. A University of California study is cited where premenopausal women who exercised for three to four hours a week cut their breast cancer risk by as much as half. Virtually every bodily system becomes stronger and more efficient with regular exercise. Non-disease general health issues such as menopause and pregnancy are also addressed.

The importance of warming up and stretching is emphasized. Some life style changes are strongly recommended such as STOP SMOKING (of course). Dietary recommendations consist of "*Change to a more healthful eating style with proportional increase in whole grains, vegetables and fruits*" leaving nutritional specifics to other experts.

It is worth emphasizing that exercise is no substitute for surgery or drugs when what you need is surgery or drugs. However under some circumstances exercise will minimize the need for surgery and drugs.

The Krucoff's quote Edward Stanley, Earl of Derby (mid 1800's ... Not, I expect, Derby Kansas) "*Those who think they have not time for bodily exercise will sooner or later have to find time for illness.*"

I found this book filled with very useful information and I have recommended it to my own patients who are looking for a way to take an active role in the management of their own, sometimes complicated, health concerns.

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