

What Has Dr. Shook Been Reading?

Healthy Digestion the Natural Way

By Dr. D. Lindsey Berkson

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You are what you eat or according to Dr. Berkson, you are what you absorb, assimilate and eliminate through the process of digestion. What begins as lunch finished as either building materials for the body or waste products to be eliminated. What happens to food after it passes the lips and before it hits the toilet is the process of digestion.

Dr. Berkson compares the global ecology with the ecosystems of the human body. On the global scene, when one country pollutes it affects the environment of every other country. In the human body, everything that enters the body has an affect upon the individual's physical and mental health AND the physical and mental health of the individual influences the way the body absorbs, assimilates and eliminates anything that has entered it.

Healthy Digestion the Natural Way, is a book about eating fresh whole foods and avoiding processed, chemically laden fast foods. The author emphasizes minimizing alcohol, sugar, stress and not overeating. It's about fiber, friendly bacteria and digestive enzymes. It's about understanding that gas, heartburn and constipation are indicators of digestive and over all body health. Health that is directly affected by what is absorbed assimilated and eliminated.

Dr. Berkson provides a clear explanation of many common digestive problems and offers simple suggestions to aid the healing process and bring balance to the body's delicate ecosystem. Suggestions include specific foods and diets, exercises, meditations, and reflexology points.

Healthy Digestion the Natural Way, is written in the spirit of education and is not meant for self-diagnosis or self treatment. But is more of a users manual for the proper eating and healthy digestion of the food.

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