

What Has Dr. Shook Been Reading?

*If The Buddha Came To Dinner*

By Hale Sofia Schatz with Shira Shaiman

Published by Hyperion

If the Buddha came to dinner, what would you serve? Delivery Pizza? Or would you carefully prepare a meal using fresh wholesome ingredients?

Next time you sit down to eat what will you be serving yourself? *If The Buddha Came To Dinner* suggests that you feed yourself with the same thought and consideration you would give to sharing a meal with a respected spiritual leader. That you consider meal time less of a chore and more of a way to honor your body, the earth and the plants and animals with whom you share this planet.

Hale Sophia Schatz, shares with the reader her experience as a “nourishment educator”, her memories of a childhood spent in Turkey and inspirations from the Bible, Tao Te Ching and Joseph Campbell (to name just a few of the cool people/books she quotes).

The lyrical descriptions, and heart-warming stories merge smoothly with more conventional dietary advice. Schatz encourages food combining, consuming foods free of excess processing or nasty chemicals and she recommends periodic “cleansing” (paying extra special attention to eating just right so your body can dump toxic waste).

This nutritional handbook/spiritual guide/self help cookbook is written with gentle words, kind humor and an understanding of basic health and nutritional needs ... and the recipe for Ginger-Leek Miso Soup looked especially yummy.

Schatz and I differ on our opinion of nuts. She says roast your own. I say roasting nuts too easily damages the delicate and highly nutritious nut oils.

If you are tired of diet and nutritional books that badger you about what and what not to eat. If you’ve tried all the diets and just can’t get a handle on making life changes regarding your relationship with food, *If the Buddha Came To Dinner* may be just the book for you.

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