

What Has Dr. Shook Been Reading?

The Living Beauty Detox Program. The Revolutionary Diet For Each And Every Season of A Woman's Life.

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

Published by Harper San Francisco (2000)

Leading nutritionist and former director of nutrition at the renowned Pritikin Longevity Center, Ann Louise Gittleman believes that the key to beauty is NOT, as some would have you believe, found within a jar of face cream. Glowing skin, bright eyes, strong nails and soft hair accompany the proper care and feeding of the body. Try her sure-fire formula for beauty and well-being. (Beautifying oils) + (tissue building proteins)+ (energizing carbohydrates) = (healthful beauty). She urges the reader to identify and reduce the intake of environmental and dietary toxins, consume clean water, nutritious oils, lean protein, vegetables and fruits.

The Living Beauty Detox Program targets every stage of a women's life. Teens to twenties, thirties and forties, fifties, sixties and beyond. Acne and oily skin, puffy eyes and wrinkles, bones and thinning hair. Hormones, sunlight, essential fatty acids, antioxidants, cleansing, toning and moisturizing. Among the topics discussed are, balancing hormones, bone strength, antiaging creams, cosmetic surgeries, meditation, vitamins and exercise.

Integrated into Ms Gittleman's detoxification program are certain principals of traditional Chinese medicine that link each season with certain organ systems. These organ systems absorb nutrients, process toxins and remove waste products in the body. (For example, the liver and gallbladder are targeted in the spring). By supporting these organs while feeding the body well, the systems of the body designed to remove toxins will do just that. Clear skin, bright eyes and luxurious hair are the natural reflection of a well-fed and minimally toxic body. Ms Gittleman does an excellent job of demonstrating that the key to outer beauty is the care and feeding of the inner-body.

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