

What Has Dr. Shook Been Reading?

*Strong Women Eat Well, Nutritional Strategies For a Healthy Body and Mind*

By Miriam E. Nelson, Ph.D.

Published by Putman (2001)

An associate professor and researcher with the School of Nutrition Science and Policy at the Tufts University, Miriam Nelson Ph.D. is published in both *The New England Journal of Medicine* and *JAMA*. Her approach to wellness and longevity is simple, sound nutrition and plenty of physical activity. Her earlier works *Strong Women Stay Young*, *Strong Women Stay Slim* and *Strong Women Strong Bones*, are all excellent and I frequently recommend them to my women patients. I was thrilled when I saw that Miriam Nelson had a new book out.

Keeping the chemistry and science to a minimum, *Strong Women Eat Well* is written in a conversational style. Miriam Nelson discusses the new national guidelines for nutrition, the dangers of fad diets, importance of water, the need for calcium, and balancing the consumption of protein with carbohydrates and fats. Antioxidants, phytochemicals, vitamins and minerals are discussed without excessive techno-speak. Rather than declaring any one food-group evil She emphasizes the importance of locating and gradually introducing quality-unrefined foods into your and your family's diet. She stresses the importance (and deliciousness) of eating a variety of foods that are minimally processed such as fruits, vegetables and whole grains (whole wheat, brown rice, oats, barley ...).

Miriam is also a mom --- a busy mom --- with responsibility for the care and feeding of her husband and two sons. And because cooking with whole foods can take time Miriam offers strategies for streamlining food preparation. The book takes the reader to the market for fresh, whole foods, helps her interpret the product labels, and then returns her to Miriam's kitchen to prepare nutritious meals and freeze leftovers. Miriam's kitchen does not scorn all the treats of the modern food world. There is a place for fat, sugar and chocolate. Pizza and Chinese food do visit her kitchen table and her kids enjoy the occasional soda pop.

Collaborating with Miriam Nelson is, the author of *Sensational Soups*, Judy Knipe.

Together they provide a selection of what looks to be tasty and imaginative recipes using a variety of fresh and whole foods. I thought the recipes looked delicious.

If you are looking for a way to improve the quality of family meals, if the supermarket gives you the mega-corporate-advertising creeps, or if you just like to eat really good food and are interested in what makes foods not only tasty but nutritious, then check out Miriam Nelson PhD's *Strong Women Eat Well*.

Dr. Shook is a chiropractor with an office located in downtown Wichita.

She can be reached at 316-267-6522