

What Has Dr. Shook Been Reading?  
*Strong Women Stay Young*  
By Miriam E. Nelson Ph.D.

The Story...myth...legend...the search for the fountain of youth has kept authors, explorers and pharmaceutical companies busy for centuries. Herbal sweats, mudpacks, cosmetics, surgery, drugs and herbs are swell, however the body is a use it or lose it machine. The fastest way to SPEED UP THE CLOCK is to lead a sedentary life. An essential element to turning back the clock is to exercise.

Now pay attention because I really truly mean this, exercise is a key element to regaining and maintaining youthfulness.

But how? -- When? -- What if ...? Dr. Nelson's book, *Strong Women Stay Young* provides accurate, practical information for how to get started with an exercise and strengthening program. Her research findings have been published in the Journal of the American Medical Association and her book translates her research into an easy to follow and practical program to be followed at home.

Dr. Nelson's study used postmenopausal women. After one year of strength training their bodies were fifteen to twenty years more youthful demonstrating an increase in muscle strength, bone mass and balance. With the physical changes came emotional changes too, the women felt happier, more energetic and more self-confident.

The exercises are designed for the weakest and most sedentary of grandmas, gradually increasing in intensity as strength improves. There is a beginning place for everyone.

The discussion of the body with its muscles, bones, and nerves is excellent and easy to follow with great pictures. Also done well, are discussions about food, hormones, and vitamins. Through out the book are testimonial from the women in the study telling of how their lives were changed.

Dr. Nelson's book. *Strong Women Stay Young* is written for women, taking into account the changes that a woman's body goes through as it ages. Buy this book and read it. A better use of \$14 you will not find.

Gentlemen the information is good, very good. You may find the womanly particulars interesting and it could be the perfect book for a woman in your life.

Exercise, maybe it's a cult, maybe a recreational drug, either way, make it part of your life.

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