

What Has Dr. Shook Been Reading?

Strong Women Strong Heart

By Miriam Nelson Ph.D., Alice Lichtenstein D.Sc. and Lawrence Linder M.A.

“Premature death and disability from heart disease can be largely eliminated if women make the choice to eat better and exercise.” So writes Miriam Nelson Ph.D.

Heart Disease: Assessing risk factors, diet, exercise, stress, research, medications, surgeries. Any book on heart disease, examining research and brief synopsis of medications and other medical treatments for heart disease.

Strong Women Strong Hearts is unique in its focus on Women and heart disease. Although the number one killer of women, heart disease is still largely considered a man's disease.

The dietary advice is sound. Vegetables and fruit with an emphasis on vegetables, protein low in saturated fats, whole grains (whole wheat, brown rice, oats...), healthy oils, low and non fat dairy products.

“In the spirit of taking one step at a time” the reader is encouraged, before starting a formal exercise program, to spend two weeks finding ways to increase their day to day activity. Taking a few stairs, parking a little farther away, get up to turn off the television.

The focus of this book is Women and heart disease,