

What Has Dr. Shook Been Reading?

Super Nutrition for Women

By Ann Louise Gittleman, Ph.D., C.N.S.

Bantam Books (2004)

There is the old saying “You are what you eat.” and PMS, menopausal funkiness, yeast infections, heart disease, mood swings, fatigue, diabetes, osteoporosis and gluten intolerance are just a few of the health conditions directly effected by what you eat. Women have the extra special treat of hormones that fluctuate throughout her lifetime; these too are directly affected by the food she eats.

Ann Louise Gittleman, nutrition guru and weight loss expert, believes that an obsession with weight loss and extreme dietary restrictions, fad diets that eliminate entire food groups and food processing which alters food’s nutritional value, has resulted in faltering metabolisms, nutritional deficiencies, food sensitivities and disease.

As the title suggests, *Super Nutrition for Women* is a nutritional program that addresses the chemistry and dietary needs of women.

Dr. Gittleman is an advocate of fresh whole foods, including grass fed meat, farm fresh eggs, whole grains, healthy oils and organic vegetables, fruits, nuts and seeds. She makes a few suggestions for nutritional supplements but for the most part she encourages women to obtain their vitamins and minerals from a well balanced diet that includes good healthy fats, quality carbohydrates and healthful protein. A diet that enhances the absorption and minimizes the excretion of important minerals, minerals such as calcium, iron, magnesium, zinc.

*Super Nutrition for Women*, discusses at length, the perils of low fat and high carbohydrate eating habits and without engaging in the “high protein” or “low carb” diet craziness. Excessive carbohydrates consumption is discouraged, especially the consumption of sugar and processed grains. Encouraged, is the *modest* consumption of whole grains, beans, hormone and antibiotic free animal protein, nutritionally rich oils ... and lots and lots of vegetables and some fruit.

Also offered is advice on eating out, food shopping, cooking to maintain nutritional value and recipes. I thought the Strawberry Delight looked delightful.

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