

What has Dr. Shook Been Reading?

One day I looked in the mirror and saw this crabby ol' fart looking back at me. Fortunately for me, I discovered Miriam Nelson's book *Strong Women Stay Young*. I was inspired and knew that I was capable of slowing my obvious decline toward decrepitude.

Strong Women Stay Young was my first book review. The next thing you know I'm reading and writing regularly and have a column in the Riverside Booster.

Now 65 book reviews later, I've gathered a library of reading materials that emphasize the health and wellness of the human body. My readings focus mostly on diet and food, strength, flexibility and cardiovascular health. Books about stress reduction, meditation, gardening and environmental toxins also show up on my desk with some frequency.

These books have become tools I use and recommend to my patients so they too might learn and be inspired to care for their own health and the health of their loved ones.

After 6 years of schooling, 13 years as a practicing doctor of chiropractic care, and 6 years of writing for this monthly column, I feel confident in saying **"We all need to eat lots of vegetables, walk 30 minutes each day and whenever possible avoid the things we know will poison us."** If we all did that then there would be much less heart disease, stroke, diabetes, obesity, behavior and mental disorders, cancer, fibromyalgia, arthritis, osteoporosis, allergies, colds and asthma. We'd all have more energy, sleep better, fall down less, heal faster, miss fewer days of work, and spend less time at the doctors or in the hospital. Perhaps, the solution for the rising cost of health care is for us all to become non-smoking, vegetarian walkers.

Below is a list of some of my favorites.

8 Weeks to Optimum Health by Andrew Weil M.D.

Strong Women Stay Young by Miriam E. Nelson Ph.D.

Strong Woman Stay Slim by Miriam E. Nelson, Ph.D.

The Spirited Walker by Carolyn Scott Kortge

Smart Exercise, Burning Fat, Getting Fit by Covert Bailey

Healing Moves, By Carol Krucoff and Mitchell Krucoff, MD

Gardener's Fitness, Weeding Out the Aches and Pains, by Barbara Pearlman

Fibromyalgia: Simple Relief through Movement, By Stacie L. Bigelow, M.A.

Fitness Stretching, by the Editors of Fitness Magazine with Karen Anderson.

Aqua Fit, Water Workouts For Total Fitness by Dr. Jane Katz.

Food Rules by Bill Haduch

Strong Women Eat Well, by Miriam E. Nelson, PhD

The A.D.D. Nutrition Solution, by Marcia Zimmerman, C.N.

Stop Inflammation NOW! by Richard M. Fleming, M.D. with Tom Monte.

Your Body Knows Best by Ann Louise Gittleman, M.S

The Allergy Self-Help Cookbook by Marjorie Hurt Jones, R.N.

Super Nutrition for Women by Ann Louise Gittleman, Ph.D., C.N.S.

Eating Mindfully by Susan Albers Psy. D.

Before the Change, Taking Charge of Your Perimenopause by Ann Louise Gittleman, M.S., C.N.S.

Clean House Clean Planet by Karen Logan