

Healthy for Life; Some Books You Might Like

- 1) "Eat, Drink, and Be Healthy" by Walter Willet, MD. Published by Free Press.
Dr. Willet is chair of the department of nutrition at the Harvard School of Public Health and a professor of medicine at Harvard Medical School. In this book he explains everything that is wrong with the USDA's food pyramid and guidelines. He then puts forward a food pyramid based on science instead of politics. The last chapter of the book is devoted to recipes and sample menus.
- 2) "Healthy Aging" by Andrew Weil, MD. Published by Anchor Books. Dr. Weil is a prolific author in the field of nutrition and health. (Other books include "The Healthy Kitchen", "Eating Well for Optimum Health", "Health and Healing: The Philosophy of Integrative Medicine" and many other titles) Part one of "Healthy Aging" covers the science and philosophy of Healthy Aging. Part two (Aging gracefully) covers Weil's twelve point program on healthy aging.
- 3) "Love and Survival" by Dean Ornish, MD. Published by Harper Collins. Although Ornish is probably better known for his work on reversing heart disease by changing diet and lifestyle, this book explores the effects of love and intimacy on health.
- 4) "Something to Live For" by Richard Leider and David Shapiro. Published by Berrett-Koehler. This book is an exploration of the importance of being connected and having purpose (mission even) in life.
- 5) "Precision Heart Rate Training" Edited by Edmund Burke, PhD. Published by Human Kinetics. This book explores how and why to use heart rate monitored training in a variety of exercise endeavors (walking, running, cycling, skating, etc.) It has useful information for everyone from the person walking for health to the Olympic athlete.
- 6) "Younger Next Year" by Chris Crowley and Henry Lodge, MD. Published by Workman Publishing. Crowley is a retired attorney and Lodge is his gerontologist. They write in tag team style with Crowley providing a lay perspective and Lodge a more scientific based view. This very easy read gets its title from the fact that someone who has been sedentary and begins exercising can from a physiological point of view become younger.
- 7) "Framework" by Nicholas Di Nubile, MD. Published by Rodale Press. DiNubile is a renowned sports medicine doctor (and orthopedic surgeon). This book lays out a program for maintaining physical health and avoiding injury.
- 8) "The Okinawa Program" by Bradley Willcox, MD, Craig Willcox, PhD, and Makoto Suzuki, MD. Published by Three Rivers Press. The authors conducted a twenty five year long study of centenarians in Okinawa. The book is about what factors of traditional Okinawan life-style contribute to the remarkable vitality and longevity of the Okinawan people.
- 9) "How the Mind Works" by Stephen Pinker, PhD. Published by Norton and Company. Pinker is a well-known neuroscientist (psychologist) and prolific author. This book is intended for a lay audience and deals with how evolution shapes our mind. The book was first published in 1997 so is a little dated but some of you may find it interesting.
- 10) "Why Zebras Don't Get Ulcers" by Robert Sapolsky, PhD published by St. Martin's Press. Dr Sapolsky is a well-known neurobiologist from Stanford University. His field of study is the stress response. In the book he explores the effects of acute and chronic stress on the bodies various physiological systems.
- 11) "The Complete Mediterranean Diet" by Michael Ozner, MD published by BenBella books. The Mediterranean diet is one of the best studied and healthiest diets in the world. It consists of lots

of fruits and vegetables, very little red meat, whole grains, unsaturated fats (olive oil primarily), fish, legumes and nuts and red wine. The book reviews a large number of scientific studies and their results and contains 500 recipes.

- 12) Forbes Guide to the Markets by Marc Groz published by John Wiley and sons. This is a primer on all things financial. Groz is a former hedge fund manager. In the book he covers the advantages and risks of common investment options including stocks, bonds, mutual funds, ETF's, options, futures and treasuries.