



# Eating Well for Optimum Health: The Essential Guide to Food, Diet, and Nutrition

By Andrew Weil M.D.

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## Eating Well for Optimum Health: The Essential Guide to Food, Diet, and Nutrition By Andrew Weil M.D.

At last, a book about eating (and eating well) for health -- from Dr. Andrew Weil, the brilliantly innovative and greatly respected doctor who has been instrumental in transforming the way Americans think about health.

Now Dr. Weil -- whose nationwide best-sellers **Spontaneous Healing** and **Eight Weeks to Optimum Health** have made us aware of the body's capacity to heal itself -- provides us with a program for improving our well-being by making informed choices about how and what we eat.

He gives us all the basic facts about human nutrition. Here is everything we need to know about fats, protein, carbohydrates, minerals, and vitamins, and their effects on our health.

He equips us to make decisions about the latest miracle diet or reducing aid. At the heart of his book, he presents in easy-to-follow detail his recommended **OPTIMUM DIET**, including complete weekly menus for use both at home and in restaurants.

He provides eighty-five recipes accompanied by a rigorous and reliable nutritional breakdown -- delicious recipes reminding us that we can eat for health without giving up the essential pleasures of eating.

Customized dietary advice is included for dozens of common ailments, among them asthma, allergies, heart disease, migraines, and thyroid problems. Dr. Weil helps us to read labels on all food products and thereby become much wiser consumers. Throughout he makes clear how an optimal diet can both supply the basic needs of the body and fortify the body's defenses and mechanisms of healing. And he always stresses that good food -- and the good feeling it engenders at the table -- is not only a delight but also necessary to our well-being, so that eating for health means enjoyable eating.

In sum, a hugely practical and inspiring book about food, diet, and nutrition that stands to change -- for the better and the healthier -- our most fundamental ideas about eating.

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### Editorial Review

#### Amazon.com Review

Hopefully, years from now, *Eating Well for Optimum Health* will be looked upon as the book that saved the health of millions of Americans and transformed the way we eat--not as the book we overlooked at our own peril. It clarifies the mishmash of conflicting news, research, hype, and hearsay regarding diet, nutrition, and supplementation, and further establishes the judicious Dr. Weil, the director of the Program in Integrative Medicine at the University of Arizona, as a savior of public well-being. If you've ever wondered what "partially hydrogenated soybean oil" really is, been perplexed by contrary news reports about recommended dosages for supplements, or questioned the safety of using aluminum pots for cooking, Dr. Weil will make it all clear.

Weil (pronounced "while") bravely criticizes many of the major diet books on the market, and backs up his admonitions with science. He warns readers to not fall under "the spell" of the antitarbohydrate Atkins Diet, but also criticizes the eating plan advocated by Dr. Dean Ornish--which has been granted Medicare coverage for cardiac patients--as being too low fat for the majority of people. (The omega-3 fatty acids missing from Ornish's diet are essential for hormone production and the control of inflammation, he says.) It's also fascinating to learn that autism, Parkinson's disease, and Alzheimer's disease may be caused by omega-3 fatty acid deficiencies, while an excess of omega-6 fatty acids--very common in the typical American diet--can exacerbate arthritis symptoms. Weil's explanation of the chemistry of fats will prove difficult for most readers, but few will want to eat fast-food French fries ever again after reading his appalling reasons for avoiding them, which go way beyond their well-documented heart-clogging capabilities.

After a thorough rundown of nutritional basics and a primer of micronutrients such as vitamins, minerals, fiber, and phytochemicals, Weil unveils what he feels is "the best diet in the world," with 85 recipes, such as Salmon Cakes and Oven-Fried Potatoes, that are healthy, tasty, quick to prepare, and complete with nutritional breakdowns. He includes a stirring chapter on safe weight loss (he sympathizes with the overweight and comically recalls his one-week trial of a safflower oil-diet while an undergraduate). Other, equally enlightening sections include tips for eating out and shopping for food (with warnings on various additives and a guide to organics), and a wondrous appendix with dietary recommendations for dozens of health concerns, including allergies, asthma, cancer prevention, mood disorders, and pregnancy. *Eating Well* is an indispensable consumer reference and one not afraid to lambaste the diet industry and empower the public with information about which the majority of doctors--to the detriment of the public health--are ignorant. --Erica Jorgensen

#### From Publishers Weekly

Now considered one of holistic medicine's most authoritative voices, Weil (*Spontaneous Healing*; *8 Weeks to Optimum Health*) provides a common-sense approach to healthy eating. While much of this information can be found in other volumes, Weil illuminates the often confusing and conflicting ideas circulating about good nutrition, addressing specific health issues and offering nutritional guidance to help heal and prevent major illnesses. Of particular value is his examination of recent fads, such as low-carbohydrate, vegan and "Asian" diets, with an eye toward debunking the myths about them while highlighting their valuable aspects. Readers will appreciate the brief stories of individuals who have made big changes in their eating habits and solved chronic health problems, as well as recipes for foods that Weil feels will satisfy nutritional needs and the taste buds. Although not the first to link the rise of cancer, heart disease and obesity with the now-prevalent consumption of fast food and processed foods that contain a lot of sugar and few, if any,

micronutrients, Weil's articulate plea to reflect on the consequences is convincing. Despite Weil's emphasis on a diet of fresh fruits and vegetables, unprocessed foods and much less meat and dairy products than most Americans are used to, readers will notice a profoundly realistic observation of what changes they can readily incorporate into their busy lives. And they will be heartened to learn that they can eat nutritious foods and still get much pleasure from them. (Mar.)

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From Library Journal

The purpose of Weil's (Spontaneous Healing) latest book is to look at and clarify "the issues and controversies surrounding food and nutrition" and to "establish a sense of what eating well means." He accomplishes this nicely by first discussing in a long chapter the macronutrients (carbohydrates, fats, protein) and the micronutrients (vitamins, minerals, fiber, and protective phytochemicals), outlining the role that each of these nutrients plays, the best kind of each, and suggested amounts of each. Weil also analyzes some of the currently popular diets and includes recipes for dishes that he feels provide the best kind of diet--low in carbohydrates, fats, and protein and high in fresh fruits and vegetables. Between each chapter are vignettes of patients who have altered the way they eat following Weil's suggestions and who are much healthier for making the changes. Well written and very understandable, this is a worthy complement to Dorothy Gault-McNemee's God's Diet (LJ 11/15/99). Highly recommended for consumer health collections.

---*Mary J. Jarvis, Pampa, TX*

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**Ida Hamilton:**

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The reason? Because this Eating Well for Optimum Health: The Essential Guide to Food, Diet, and Nutrition is an unordinary book that the inside of the book waiting for you to snap the item but latter it will distress you with the secret it inside. Reading this book close to it was fantastic author who also write the book in such amazing way makes the content inside of easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking approach. So , still want to hold up having that book? If I were you I will go to the e-book store hurriedly.

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