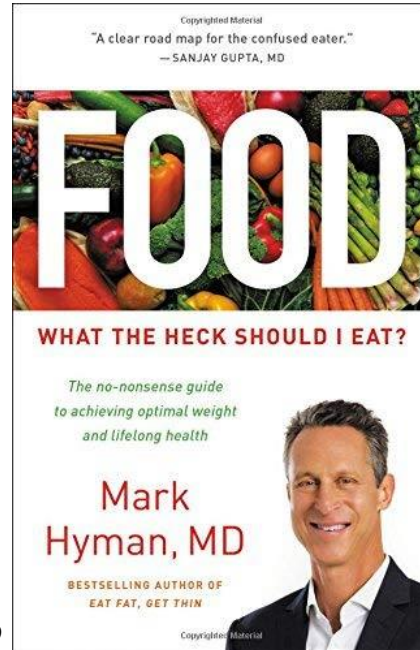


A Book Review by Dr. Kory Ward-Cook, September 2020



Food: What the Heck Should I Eat?

With all the information and recommendations coming to you today about what is healthy to eat, what should I avoid and what foods should I frequently consume, or consume in moderation causing you confusion or even anxiety? If so, a new book recently published by Mr. Hyman, MD, Director of the Cleveland Clinic's Center for Functional Medicine, Director of the Ultra-Wellness Center in MA, and best-selling author on numerous books, such as *Eat Fat Get Thin*, *The 10-Day Detox Diet*, and more. Dr. Hyman's book is a deep dive into every food group. He explains what we have gotten wrong about our understanding and advice about food choices and consumption over the years. He uncovers which foods nurture us, and which pose a health threat. Everything recommended in the book is backed with fascinating, documented science. Hyman summarizes the food research in a way that is not too geeky, so it is easy to follow. He also explains how each food group supports our health and how "food as medicine" can reverse chronic disease. Dr. Hyman's book also connects-the-dots and shows us the big picture about how our food system, governmental policies, environment, economy, and social justice are all interconnected. It even includes suggested recipes using whole, real food, spices, condiments. I first listened to the book's content on *Audible*. Although a pdf accompanies the audiobook, which can be downloaded once you purchase the audio version, I found the book was something that I would want to revisit from time to time, so I purchased a hardcover copy. I highly recommend this book.

You can find more information on Dr. Hyman's groundbreaking book from the website: <https://foodthebook.com/> . If you purchase the book from Dr. Hyman's site www.foodthebook.com or through Amazon or another book store such as Barnes &

Noble and save your receipt you will also receive several additional bonus gifts such a recipes, a quick food selection chart, etc. Here is the link to Audible on Amazon to order the [audiobook and receive the pdf](#) which supports the audiobook. There is also [What Should I Eat the Trailer](#) which is a about a 4 minute video that is narrated by Dr. Hyman himself. He highlights the major topics in the book.

If you like listening or reading what Dr. Hyman publishes then you may want to go to this other website Dr. Hyman at www.drhyman.com. You will get links to his extensive number of podcasts, 10-Day Reset and, Mark” Picks free subscriptions.

“Food Isn’t like medicine, it is medicine, and our number one tool for creating the vibrant health we deserve.”

Quote by Dr. Mark Hyman