

## **More Popular Medicine Books – Change is Possible – Nutrition**

*listed by Lesley Anne Emerson*

This list of books introduces the idea that we can change who we are and how we think. It complements Annie's Reading List for Joy. Again, as with the first list of popular medicine books, these books are no substitute for consultation with a medical doctor in case of need. I believe they are well researched and sincere. Experts can disagree, and conclusions can change, but if you have never read these types of books before, you might find them enlightening. The first book listed is also on the other of Annie's lists of popular medicine books. The ISBN number is what you can give to a bookshop so that they can order it for you.

**1) The China Study: Startling Implications for Diet, Weight Loss and Long-Term Health.**

By T. Colin Campbell, Ph.D. and Thomas M. Campbell II, MD. BenBella Books, 2006.  
ISBN: 978-193210066-2. I am told that the internet doesn't like this book. The internet is mistaken. This book tells you something that you can't know from research in the U.S.A. because our residents eat a far richer diet than do rural Chinese. "The Most Comprehensive Study of Nutrition Ever Conducted." (Dr. Campbell is "one of the giants in the field," according to Dean Ornish, M.D.) Foreword by John Robbins, Author, "Diet for a New America."

**2) The Diet Myth: The Real Science Behind What We Eat.**

by Tim Spector, Weidenfeld and Nicolson, Orion Publishing Group, 2013.  
ISBN: 978-1-7802-2090-1. Tim Spector is Professor of genetic epidemiology at King's College, London. He was researching the human microbiome (gut microbes) before it became mainstream.

**3) Identically Different: Why You Can Change Your Genes.**

by Tim Spector. Weidenfeld and Nicolson, Orion Publishing Group, 2015.  
ISBN: 978-0-2976-0919-3. Tim Spector is Professor of genetic epidemiology at King's College, London. He has gathered a lot of information from "twin studies," or "nature vs. nurture," genetics vs. environment. In plain language – is our destiny foreshadowed by a built-in plan, or can it be changed by our personal circumstances and decisions?

**4) The Better Brain Book: The Best Tools for Improving Memory and Sharpness and Preventing Aging of the Brain.**

by David Perlmutter, M.D., FACN and Carol Colman, Riverhead Books, New York, 2004. A Division of Penguin Books.  
ISBN: 978-1-59448-093-5. David Perlmutter is a board-certified neurologist. He has appeared on Oprah and The Today Show. The book includes recipes. The ones I have tried were delicious.