

Read your way to better health

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Want to know more about what ails you, a diabetic-friendly recipe or a new way to shed a few pounds? Look no farther than your local bookstore. Here are a few of the latest health and fitness titles to hit the shelves.

"The Thyroid Solution" by Ridha Arem, M.D.: If you suffer from hyper- or hypothyroidism, this book shares a new approach to the way we treat and diagnosis the conditions. The book promises ways to help lose weight, cure panic attacks and rapid heartbeats, reverse hair loss, high cholesterol and more.

"Diabetic Pastry Chef" by Stacey Harris: More than 20 million Americans have diabetes and Stacey Harris discovered she was one of them while studying to be a pastry chef. It was then she realized "everyone deserves sweets." She has created more than 200 tasty recipes using blended flours, sugar substitutes, no trans fats and reduced milk carbohydrates.

"YOU: Having a Baby: The Owner's Manual to a Happy and Healthy Pregnancy" by Michael F. Roizen and Mehmet C. Oz: With several other owner's manuals under their belts, this tag-team has created a book fit for all pregnant or planning-to-be mothers. The book covers nutrition, risks, stress, moods, exercising, sex, choosing a birth plan, delivery, postpartum, infant care and more. Its a great addition to the more-detailed "What to Expect When You're Expecting."

"Skinny Chicks Don't Eat Salads: Stop Starving, Start Eating and Losing" by Christine Avanti: Christine shows you just how to enjoy carbs, fats and all your favorite foods with her 30-day program. The book promises to help you drop up to 7 pounds within the first few days and not feel deprived while eating every 4 hours to keep up your metabolism.

"Food Rules: An Eater's Manual" by Michael Pollan: If you are concerned about your health and the food you eat, this book is for you. It sets some basic rules outlining the who, what, where and why about our food. It's a great way to simplify your meal plan and truly understand the way food was meant to be eaten.

"The Biggest Loser: 6 Weeks to a Healthier You" by the "Biggest Loser" experts: The show that has taken over the universe has yet another book promising you "big results." It brings all the tips and tricks from

the Ranch into your home for a six-week life-changing experience to help you shed pounds and get into better health. The book offers recipes, exercise routines, advice and all the tools you need.

By Carin Lane. For more on healthy living, read Carin's blog at <http://blog.timesunion.com/healthylife>.

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