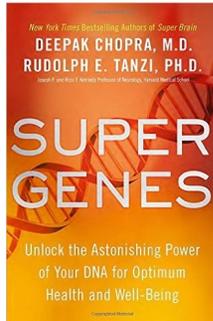


2017 Book List

September 6, 2017

Super Genes by Deepak Chopra

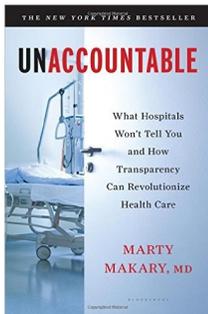
"You are not simply the sum total of the genes you were born with," writes Deepak Chopra and Rudy Tanzi. "You are the user and controller of your genes, the author of your biological story. No prospect in self-care is more exciting." Learning how to shape your gene activity is at the heart of this exciting and eagerly-anticipated book from the bestselling duo behind *Super Brain*, which became a nationwide hit on public television.



When you make lifestyle choices that optimize how your genes behave, you can reach for a state of health and fulfillment undreamed of even a decade ago. The impact on prevention, immunity, diet, aging, and chronic disorders is unparalleled.

October 4, 2017

Unaccountable: What Hospitals Won't Tell You and How Transparency Can Revolutionize Health Care by Martin Makary

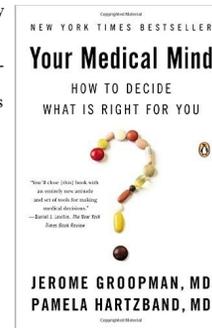


Dr. Marty Makary is co-developer of the life-saving checklist outlined in Atul Gawande's bestseller *The Checklist Manifesto*. A Johns Hopkins surgeon and professor of public health, he can testify to the amazing power of modern medicine to cure. But he's also been a witness to a system that frustrates doctors and patients alike. Dr. Makary describes the problem and presents disruptive innovations from success stories around the U.S. The ideas are powerful, but even more important, they are home-grown by the doctors on the front-lines of American healthcare. *Unaccountable* is a powerful, no-nonsense, non-partisan diagnosis for healing our hospitals and reforming our broken healthcare system.

November 1, 2017

Your Medical Mind: How to Decide What is Right for You by Jerome Groopman, M.D. and Pamela Hartzband, M.D.

Making the right medical decisions is harder than ever. We are overwhelmed by information from all sides—whether our doctors' recommendations, dissenting experts, confusing statistics, or testimonials on the Internet. Now Doctors Groopman and Hartzband reveal that each of us has a "medical mind," a highly individual approach to weighing the risks and benefits of treatments. Are you a minimalist or a maximalist, a believer or a doubter, do you look for natural healing or the latest technology? The authors weave vivid narratives of real patients with insights from recent research to demonstrate the power of the medical mind. After reading this groundbreaking book, you will know how to arrive at choices that serve you best.



Healthy Exchange Book Club

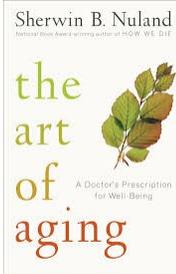


2017 Books

Book Club Meets the First Wednesday of the Month at 6:30 pm

January 4, 2017

The Art of Aging: A Doctor's Prescription for Well-Being by Sherwin B. Nuland



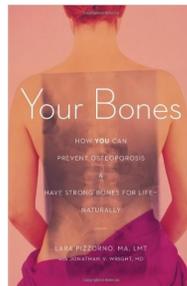
The onset of aging can be so gradual that we are often surprised to find that one day it is fully upon us. The changes to the senses, appearance, reflexes, physical endurance, and sexual appetites are undeniable, and rarely welcome and yet, as Nuland shows, getting older has its surprising blessings. Age concentrates not only the mind, but the body's energies, leading many to new sources of creativity, perception, and spiritual intensity. Growing old, Nuland teaches us, is not a disease but an art—and for those who practice it well, it can bring extraordinary rewards.

Will scientists one day fulfill the dream of eternal youth? Nuland examines the latest research into extending life and the scientists who are pursuing it. But ultimately, what compels him most is what happens to the mind and spirit as life reaches its culminating decades. Reflecting the wisdom of a long lifetime, *The Art of Aging* is a work of luminous insight, unflinching candor, and profound compassion.

February 1, 2017

Your Bones: How You Can Prevent Osteoporosis and Have Strong Bones for Life by Lara Pizzorno, MA, LMT

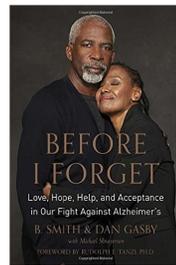
Your Bones contains everything you need to know for healthy bones in one book, providing scientifically based advice which highlights natural prevention and treatment strategies. This UPDATED AND EXPANDED edition includes many new studies on the dangers of the bisphosphate drugs and an in depth discussion of two new drugs with potential adverse effects. Also new: more information on bone-busting patent medicines, calcium supplementation options, strontium, vitamin K2, and zinc as well as a section on bone-building exercise.



March 1, 2017

Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimer's by B. Smith and Dan Gasby

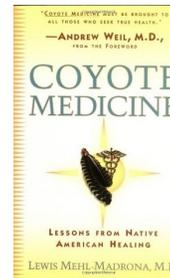
Restaurateur, magazine publisher, celebrity chef, and nationally known lifestyle maven, B. Smith is struggling at 66 with a tag she never expected to add to that string: Alzheimer's patient. She's not alone. Every 67 seconds someone newly develops it, and millions of lives are affected by its aftershocks. B. and her husband, Dan, working with *Vanity Fair* contributing editor Michael Shnayerson, unstintingly share their unfolding story. Crafted in short chapters that interweave their narrative with practical and helpful advice, readers learn about dealing with Alzheimer's day-to-day challenges: the family realities and tensions, ways of coping, coming research that may tip the scale, as well as lessons learned along the way.



April 5, 2017

Coyote Medicine: Lessons from Native American Healing by Lewis Mehl-Madrona

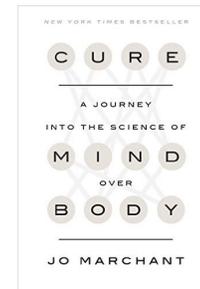
Hailed by Dr. Andrew Weil as a book "that must be brought to all who seek true health," *Coyote Medicine* is an engaging and essential testament to the power of alternative healing and recovery methods that lie beyond the confines of Western medicine. Inspired by his Cherokee grandmother's healing ceremonies, Lewis Mehl-Madrona enlightens readers to "alternative" paths to recovery and health. *Coyote Medicine* isn't about eschewing Western medicine when it's effective, but about finding other answers when medicine fails: for chronic sufferers, patients not responding to medication, or "terminal" cases that doctors have given up on. In the story of one doctor's remarkable initiation into alternative ways to spiritual and physical health, *Coyote Medicine* provides the key to untapped healing methods available today.



May 3, 2017

Cure: A Journey into the Science of Mind Over Body by Jo Marchant

Have you ever felt a surge of adrenaline after narrowly avoiding an accident? Salivated at the sight (or thought) of a sour lemon? Felt turned on just from hearing your partner's voice? If so, then you've experienced how dramatically the workings of your mind can affect your body.



Yet while we accept that stress or anxiety can damage our health, the idea of "healing thoughts" was long ago hijacked by New Age gurus and spiritual healers. Recently, however, serious scientists from a range of fields have been uncovering evidence that our thoughts, emotions and beliefs can ease pain, heal wounds, fend off infection and heart disease and even slow the progression of AIDS and some cancers.

June 7, 2017

Goddesses Never Age by Christiane Northrup, MD

Though we talk about wanting to "age gracefully," the truth is that when it comes to getting older, we're programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, even the pleasure we take in living life. But as Christiane Northrup, M.D., shows us in this *New York Times* best-selling guide, we have it in us to make growing older an entirely different experience, both for our bodies and for our souls. "Taking all the right supplements and pills, or getting the right procedure done, isn't the prescription for anti-aging," Dr. Northrup explains. "Agelessness is all about vitality, the creative force that gives birth to new life." *Goddesses Never Age* is filled with tools and inspiration for bringing vitality and vibrancy into your own ageless years—and it all comes together in Dr. Northrup's 14-day Ageless Goddess Program, your personal prescription for creating a healthful, soulful, joyful new way of being at any stage of life.

