



suffer from pain. In *8 Steps to a Pain-Free Back* (Pendo Press, 978-0-9793036-0-9), she makes her method available to all.

“Until the twentieth century, debilitating back pain was not common in our society,” Gokhale writes. “Today back pain is more than twice as common as it was in 1950.”

Using instructions and photographs, she coaches readers on good posture, which is the key to eliminating pain. Photos of babies and people who live in rural areas away from desk jobs and designer furniture show that the pelvis is meant to tip forward, the shoulder blades should be positioned behind the spine, and feet should point slightly outward when standing. Gokhale’s lesson on “glidewalking” demonstrates that walking properly utilizes the leg and gluteus muscles and is not merely a “series of forward falls blocked abruptly by the forward leg.”

In *Asthma-Free Naturally* (Conari Press, 978-1-57324-372-8), Patrick McKeown writes, “You will read about how I transformed myself from an acute asthmatic with a permanent illness requiring daily drug intake—and hospitalization from time to time—to a virtual non-asthmatic who is totally free from asthma symptoms, attacks...and medication.”

McKeown uses the Buteyko Breathing Method, and his book helps readers retrain their own breathing habits. Hyperventilation, he says, or “overbreathing” is the main contributor of asthma. To reduce overbreathing, patients must first become very conscious of how they breathe, and train themselves to breathe through the nose. The book then instructs readers on correct breathing while talking, sleeping, and performing physical activity using the Buteyko Method. Ways to test the body’s improvement are provided, and McKeown advises readers to test their progress frequently. The author is an accredited Buteyko practitioner in the United Kingdom.

Polycystic ovary syndrome (PCOS) affects one in ten women in the US, UK, and Australia. Hormones are disrupted, causing irregular periods, subfertility, acne, obesity, excess hair, and long-term health risks including diabetes. *The Ultimate PCOS Handbook* by Colette Harris and Theresa Cheung (Conari Press, 978-1-57324-371-1) helps readers understand the condition and their symptoms. The book stresses natural ways to manage symptoms, using proper nutrition, exercise, and detoxification which can all regulate insulin and hormones,

but the authors. The authors also acknowledge that oral contraceptives are sometimes the best solution and include important information about each type.

“In our day-to-day lives it’s estimated that there are now hundreds of chemicals that didn’t exist sixty years ago that deplete nutrients, collect in our bodies, and interfere with hormonal health,” the authors write. To avoid these dangerous chemicals, they advise readers to quit smoking, cut down on caffeine, eat fresh foods, use non-plastics, like glass, for food storage, and drink filtered water and little alcohol. One chapter discusses fertility, which is one of the biggest concerns for women with PCOS. Psychological issues associated with the condition are also addressed by the authors, health journalists who suffer from PCOS themselves.

In *Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia* (Cumberland House, 978-1-58182-670-8), a leading specialist explains these mysterious conditions. Pain, fatigue, sleep dysfunction, brain function disturbances, and immune symptoms are some of the most common attributes. Alison Basted, a hematological pathologist, teaches readers to treat energy like money: “If you use more than today’s cash amount, you crash,” she writes. “Yesterday’s energy check has been cashed and is worthless and tomorrow’s check is a post-dated check that may not come.... Live within the limits of the energy that you do have.” Readers are also advised to be especially conscious of their diets, and obtain most of their energy from a variety of whole grains and breads, as well as fruits, vegetables, beans, legumes, and nuts.

Protecting Against the Remedy

Doctors can’t be trusted! That is the theme of two new books. In *More Harm Than Good: What Your Doctor May Not Tell You About Common Treatments and Procedures* (AMACOM, 978-0-8144-0027-2), Alan Zelicoff, a physician, and Michael Bellomo, the author of *The Stem Cell Divide*, discuss the variation that exists in the treatment of common conditions and the fact that rising costs and new technology have not resulted in a greater level of healthcare.

In some cases, the authors write, HMOs, despite their bad reputation, actually help their patients more than doctors. At least one large HMO requires that their heart attack patients be treated with beta blockers, an inexpensive medication that has been proven to work better than both older diuretics and new, expensive calcium channel blockers. It is often good to have options, the authors acknowledge, but “it is hard to ignore the

