

# fit to print

THE FOLLOWING ARE CURRENT BOOKS OF NOTE ON HEALTH AND FITNESS, BODY AND MIND.

## Books with ties to Pennsylvania

### A detox diet

Dr. Jeffrey A. Morrison hopes his book will help people understand that toxins in the environment can affect their health and they can do something about it.

The 304-page "Cleanse Your Body, Clear Your Mind" contends that many common health problems, including heart disease, obesity, chronic fatigue and depression, often result from poisons people encounter daily. These include chemical preservatives, fragrances and colors contained in foods and cleaning products, and heavy metals in foods such as tuna.

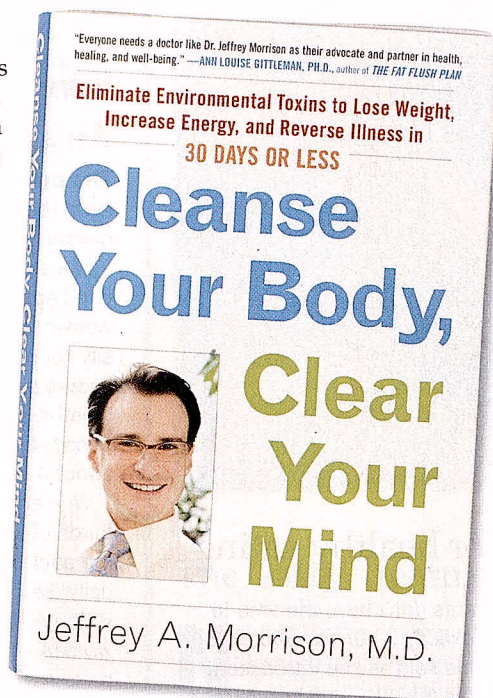
Morrison's interest in the topic was sparked during medical school when he began experiencing fatigue and difficulty concentrating, and no one could determine a cause. He later concluded mercury in his twice-daily meals of tuna fish was responsible.

After medical school, Morrison, who grew up in the midstate, completed a three-year residency in family medicine at Harrisburg Hospital and also spent two years working at the Mechanicsburg-area practice of Dr. John Sullivan, who specializes in integrative and environmental medicine. He then moved to New York City to work with Dr. Robert Atkins, developer of the low-carbohydrate lifestyle. In 2002, Morrison opened his own practice called The Morrison Center.

His book outlines strategies to detox the body. In a chapter on eliminating toxins in the home, he offers these suggestions:

- Use a HEPA filter.
- Use natural home-cleaning products.

• Books provided by publishers; additional reporting by The Patriot-News staff.



- Cook with Pyrex, cooking-grade stainless steel or old-fashioned cast iron cookware.
- Select natural skin care products and check them for unsafe ingredients.
- Avoid fire retardants.
- Switch off or unplug infrequently used equipment and home appliances.
- Be aware of and limit sources of lead and mercury.
- Only use the safest plastics: numbers 1, 2, 4 and 5.
- Keep plants in your home to filter the air.
- Maintain dry home conditions to prevent mold growth.
- **"CLEANSE YOUR BODY, CLEAR YOUR MIND"**  
by Jeffrey A. Morrison, Hudson Street Press, hardcover, list price: \$25.95.

### Just for kids

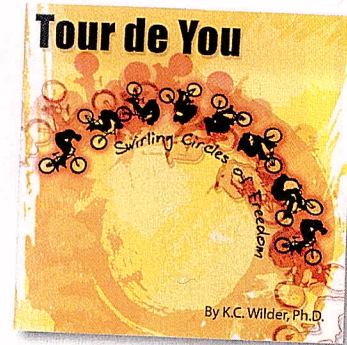
Kathryn Wilder wrote "Tour de You" with her two sons in mind. The Bucks County author wanted to teach young athletes that attitude and trying your best are what determine success rather than having a perfect race.

A two-time national master's cycling champion and sports psychologist, Wilder rhymes about the mindsets of competition and complements her catchphrases with bold graphics.

Her message is summed up neatly in the last two sentences: "Strive for the feeling of being on top, and you will never be a flop. In the end create your own fate, and you will always be great."

### • "TOUR DE YOU: SWIRLING CIRCLES OF FREEDOM"

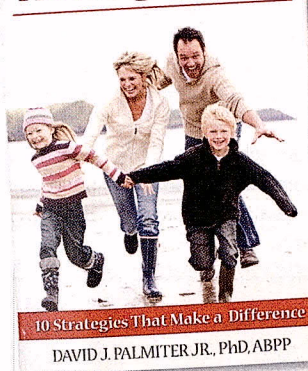
by K.C. Wilder, Authorhouse, paperback, list price: \$11.49.



### Building strong families

A professor of psychology at Marywood University in Scranton who also operates a private practice, David J. Palmiter Jr. draws on personal experience and research to create a list of strategies for time-starved families. His "Top 10" list for parents includes:

### Working Parents Thriving Families



1. Spend one hour of "special time" with your child each week.
2. Discover, promote and celebrate your child's competencies.
3. Monitor your child.
4. Establish enjoyable family rituals.
5. Practice sound discipline.
6. Promote healthy decision making.
7. Take care of yourself and your relationship with your significant other.

8. Emphasize a healthy lifestyle.
9. Collaborate with other important adults.
10. Get help if your child is demonstrating problems that you're unable to fix.

### • "WORKING PARENTS, THRIVING FAMILIES"

by David J. Palmiter Jr., Sunrise River Press, paperback, list price: \$16.95.