

An Alphabet of Good Health in a Sick World

By Dr. Martha Grout and Mary Budinger

by Eric Sells

Most of us understand the impact our unhealthy environment has upon the world and each of us. But *An Alphabet of Good Health in a Sick World* provides a thorough description of the specific dangers lurking around us that can wreak havoc upon an individual's health. Alarming, many are not publicized because there's no company or organization that has a vested interest in promoting them.

For example, the authors describe how Harvard researchers found that low omega-3 intake plays a role in about 84,000 annual deaths. Compare this with the 40,000 annual deaths from breast cancer. Where's the outcry from the mainstream media or general public about the importance of omega-3s in one's diet, the authors inquire?

In the first section of the book, Grout and Budinger present what is described as the three pillars of health –

food, chemicals, and electromagnetic fields. All of these can have a negative impact on one's health by generating intense stress which propels chronic disease across the population. The chapter on food is a fascinating look at what we eat today, how the collective food supply has changed in one generation, and the resulting negative consequences.

One of the more illuminating areas can be found in the chapter "Sickness Is a Slow Descent." The authors describe the fictional character of Fred as he goes about his mundane daily routine, and the many invisible dangers he encounters which could over time impact his health. Of course, Fred is really the poster child for all of us, blindly unaware of these harmful toxins. It's meant to give the reader a jolt of eye-opening reality, and it works.

In the second section, the authors present 20 different health topics in detail, from allergies to heart disease to skin cancer, and every chronic illness in between. I appreciated the authors' informative, objective tone that described each condition, the environmental reasons causing infection rates to increase, the typical allopathic treatment approach, and most important, some common-sense natural treatment options to consider when consulting with one's own physician.

Throughout the work, Grout and Budinger pack an amazing volume of facts and thought-provoking material culled from highly respected medical journals. Each chapter concludes with related information resources and an exhaustive list of citations.

Individuals just starting to learn about preventative medicine, as well as the savvy practitioner of natural healing, will find value in *An Alphabet of Good Health in a Sick World*. I strongly recommend this book to anyone interested in enjoying better health and wellness.

An Alphabet of Good Health in a Sick World
By Dr. Martha Grout and Mary Budinger
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