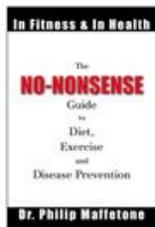


## “In Fitness and In Health”



**Author:** Phil Maffetone, D.C.  
**ISBN:** 0-9679450-1-1  
**Format:** Paperback, 303 pages  
**Publisher:** David Barmore Productions  
**Reviewed:** May 22, 2004

### Synopsis:

Dr. Phil Maffetone is a chiropractic physician and one of the nutritionists at the forefront of functional medicine. His credentials are numerous: named coach of the year by Triathlete Magazine in 1995 and honored in 2000 by Inside Triathlete Magazine as one of the Top 20 most influential people in endurance sports. In his book “In Fitness and In Health” Dr. Maffetone translates nutrition into a language we can all understand.

### Strengths:

1. In less than 175 pages, Dr. Maffetone manages to cover nearly every base about nutrition. From making the different fats (saturated vs. unsaturated) easy to understand to bringing back the egg as the best source of protein to the importance of fiber and, the cornerstone of every effective diet, the importance of water.
2. Although his exercise section is short (~40 pages), it’s message is unique in that it stresses the importance of aerobic exercise as the better way to lose weight and keep yourself healthy (as opposed to anaerobic exercise).
3. The only nutrition/exercise book I know of to devote an entire chapter to the need for using a heart rate monitor during exercise (p. 181).
4. Devotes the final part of his book toward lifestyle management in terms of stress reduction, devoting two entire chapters (Chapter 31 and 32) to Adrenal Burnout and Chronic Inflammation: two epidemics plaguing Americans.

### Weaknesses:

1. As is the case with practically all nutrition books, Dr. Maffetone fails to recognize the health benefits of coconut oil. From its fat-burning abilities to its anti-viral and anti-viral properties, coconut oil is a must for any balanced diet [1].

### Overall Impression:

This book opened my eyes to the horrors of the Western Diet, how we are poisoning ourselves, and lit my fire for looking at nutrition as a vital component of health. A must-read for everyone.

### Reference:

1. Fife B. The Healing Miracles of Coconut Oil. Piccadilly Books. May 2003