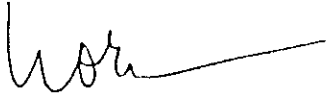


BOOK REVIEW

An Apple A Day: A Holistic Health Primer, Mel Borins, M.D.,
Wholistic Press, Box 1250, Station B, Downsview, Ontario,
Canada M3H5v6, \$6.95

This is an extremely simple book and at the same time a remarkably complex one. Basic principles of good health are well covered and covered formidably. The complex part of the book is the philosophical focus at the end of each chapter. Without giving any answers or even suggestions for what is "right or wrong" Dr. Borins asks questions which will lead to proper personal insight if the individual really thinks about the answer. If one truly thought about the "simple" questions posed, the book could become a six-month or one-year project.

Although this book is not intended for physicians, I am sure that many physicians who have not gotten into an holistic approach would benefit tremendously from doing the self-analysis involved. For those who have already done this, it is an excellent primer for patients and it's one that I can recommend with confidence to keep available in your office or recommend as must reading for patients. Since it is only 100 pages, including the cover, it can give a quick introduction and overview.


C. Norman Shealy, M.D., Ph.D.

cc: Mel Borins