

Extra Credit Reading

QUENCH BY DANA COHEN, MD

When we think about a healthy diet, we often don't think about which foods are most hydrating. But as Dana Cohen, MD points out, hydrating foods are essential to health and wellbeing. This book shows you "how to hydrate the right way (hint: it doesn't involve chugging a gallon of water every day), and then how to get the water you do drink deep into your muscles, cells, and fascia (the connective tissue of your body), where it's needed most."

ATOMIC HABITS BY JAMES CLEAR

Atomic Habits will change everything you thought was true about goal setting. In fact, as you'll learn in the book, setting goals isn't nearly as effective as establishing effective systems to help you achieve those goals. Learn how to build new healthy habits and break old bad habits to finally eat healthier, stress less, establish a workout routine, and create the life you desire.

FOOD: WHAT THE HECK SHOULD I EAT BY MARK HYMAN, MD

With all the overwhelming and often conflicting information surrounding food and nutrition, it's hard to sift through what's fact and fiction, healthy and unhealthy. Dr. Hyman's book breaks down each food category to help you understand which foods to choose to improve your health.

THE BLUE ZONES SOLUTION BY DAN BUETTNER

Dan Buettner is a Nat Geo Fellow, the founder of Blue Zones, and the author of several books about the Blue

Zones, including the Blue Zones Solution. He coined the term Blue Zones to describe the five areas of the world where people live the longest, and are the healthiest. He spent years studying and interviewing the people who live there and came up with a list of nine everyday practices to help other people live longer, healthier, happier lives.

YOUR BRAIN ON FOOD BY UMA NAIDOO, MD

Dr. Uma Naidoo combines psychiatry and nutrition and explains the many ways in which the food we eat impacts our mental and cognitive health. She tells us the best foods to prevent, and even treat, everything from insomnia, anxiety, and depression, to ADHD, OCD, and dementia. The power of food never ceases to amaze us!!

IN DEFENSE OF FOOD BY MICHAEL POLLAN

Michael Pollan has one of the simplest but most profound nutrition philosophies: Eat food. Not too much. Mostly plants. We couldn't agree more! In his book In Defense of Food, Pollan encourages us to return to the "traditions and ecology of real, well-grown, unprocessed food" and reminds us to turn off the t.v. and actually seek pleasure in eating again. What a concept, right??

THE POST NATAL DEPLETION CURE BY OSCAR SERRALLACH

For all our Mamas that are feeling exhausted even months/years after having a baby. While postpartum depression has become a recognizable condition, this is the first book to treat root causes of mommy brain, baby blues, and other symptoms that leave mothers feeling depleted.