

**Eat Well, Age Better:
How to Use Diet and Supplements to
Guard the Lifelong Health of Your Eyes,
Your Heart, Your Brain and Your Bones**

Aileen Burford-Mason, PhD
with Judy Stoffman.
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This small but information-packed and extremely useful book sits in a prominent place in my office waiting room for patients to see. On a daily basis, I refer health conscious patients to it as a way of counseling them in matters of health and nutrition. I have been advising patients for years regarding nutrition and supplements. Finally, I have a written resource with advice contained in its pages that reinforces what I have been saying to patients for years. I know that I am entrusting them to a reliable source of information and advice.

Burford-Mason has been foundational for several years now in educating medical doctors and other health care professionals about nutrition and supplements through the "Nutrition for Docs" Program offered at the University of Toronto. The vision is to take this program to a larger audience in Canada (and the world) via an accredited web-based educational program.

This book truly is a gift, as the writer of her forward states. It is unique in empowering readers to improve their knowledge of nutrition and health for themselves and those they love. It can be used right away and as a reference for addressing future concerns.

I found this book a joy to read. It was as though Dr. Burford-Mason was talking to me, sharing her stories and her knowledge from over 15 years of private nutritional practice in Toronto. Her formal education as an immunologist, cell biologist, cancer researcher and author of many scholarly papers, adds much credibility when she shares her insight and knowledge.

Burford-Mason begins with an intro-

duction to the basics of the evolution of our diet and the negative impact prescription drugs can have on our health. Next, the discovery and impact of micronutrient deficiency is introduced leading into subsequent chapters that discuss specific health concerns. These areas of concern or "red flags", include reasons for which patients see me daily in my office: fatigue, vision and hearing problems; sleep problems; constipation; weight gain and obesity; memory and concentration problems; concerns over osteopenia and osteoporosis; mood disorders including depression, sadness and anxiety; and of course, colds and flu. The use of a garlic and honey paste to treat colds acutely was a pearl I had not come across before.

Sir William Osler has been quoted as saying, "A man is as old as his heart". As an example of the usefulness of this book, let's take elevated cholesterol and the use of statin medications for primary prevention of heart attacks. In the United States, today one in four people over the age of 45 uses a statin drug to lower their cholesterol. In one recent study, statin use was associated with a 52 percent increase in the prevalence and extent of calcified coronary plaque compared to non-users. In another study, statins increased the risk of type 2 diabetes in postmenopausal women by 48 percent. Adverse effects of statin drugs include muscle problems, nerve damage in the hands and feet, immune depression, pancreas and liver dysfunction, sexual dysfunction, cataracts, memory loss and an increased risk of cancer.

Burford-Mason rightly contends that heart disease is more than simply elevated cholesterol and blood pressure. She quotes a recent study, which states that 75 percent of 910 patients enrolled failed to meet the targets for one or more elements on their lipid panels after initiation of a statin medication. Over half of those who have heart attacks for the first time have normal cholesterol levels. Cholesterol is needed for proper cell membrane structure and function and for the manufacture of hormones. In the book, nutrients are advocated instead of prescription drugs along with many options to leverage

the target outcome of our heart health. The impact of dietary changes (low carbohydrate Mediterranean diet), vitamin D, vitamin C, B vitamins including niacin, and the proper use of sodium in balance with calcium and magnesium, and phytochemicals (the French Paradox) are suggested as options with her use of balanced reasoning and evidence from recent publications.

A wealth of practical information is found towards the end of the book. The ten rules for healthy eating, advice on building a core supplement regime and the calcium diary are fantastic tools to guide people on a holistic, “evidence based” course to a naturally health body and more fulfilling life.

Many patients do not know what to do regarding the health concerns they have. Unfortunately, most doctors even, today, receive little or no training in medical school on nutrition. In medical school, I learned about the typical deficiency diseases but was frustrated to not learn what I really wanted to know. This book wonderfully meets that need for patients and myself. I highly recommend it for you, your family and your patients.

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