

Book Reviews

Endorphins: New Waves in Brain Chemistry Joel Davis, Dial Press, 1984.
\$16.95

Will endorphins prove to be all that researchers hope they are?

Will endorphins go beyond the "natural painkiller" label and the obvious focus on the use for painful and terminal illnesses?

Experiments are now underway to determine if they will be effective in the treatment of alcoholism, drug addiction, and other forms of substance abuse. There is some possibility that these "natural" substances may also be useful in the treatment of schizophrenia and manic depression. Research is developing in those areas as well.

This book is well organized. Included are the history or background of research leading up to the discovery of endorphins, the discovery and subsequent research, the connections of endorphins with pain, drug abuse, mental illness, stress and other factors. Also included are the nitty gritty of the business of endorphin production, and the most recent developments in endorphin research. The time line in the appendix will be most useful for those readers who like an encapsulated history of the research to date.

A warning, though. This book has quite a lot of technical information in it and is definitely not for the faint of heart. It is more likely suitable for scientists and professionals than the ordinary layperson. That is not to say that it cannot be read by the everyday reader, but rather that the comprehension of some of the material might be limited without some scientific background or interest.

When reading about endorphins' miraculous properties in one section and then reading about their addictive properties in another, one can become somewhat perplexed. Would replacing an addictive pain-killing drug such as morphine or heroin with an endorphin merely be trading one addiction for another? One can only wonder — and hope — that research will solve that problem.

Tany's Budd

How To Do Something About The Way You Feel D.L. Messenger, M.D. Keats Publishing, Inc. New Canaan, CT. 1984

I have been reviewing books written for the public by physicians for nearly twenty

years. "How To" books pioneered by Orthomolecular psychiatrists, have become the main way for communicating with the public — probably because standard medical journals have remained closed and medical schools have remained antagonistic. A few establishment physicians have written a few books addressed to the public, but those dealing with nutritional therapy have been so intemperate in their criticism they have not created any substantial public following.

Over the years I have examined with interest how physicians present this information. Each book generates its own constituency of followers and undoubtedly helps a large number of patients. Perhaps these Orthomolecular books have been responsible for the fact so many people have improved their nutrition.

Dr. Messenger's book describes all the main elements of good holistic medicine including nutrition, allergies, understanding, psychotherapy, physical fitness and, for people with a religious inclination, spiritual support. If every patient were familiar with this book it would make their lives easier, healthier and more productive and their doctors' work easier and more satisfying, for there can be no better combination than an informed patient and an educated physician.

Dr. Messenger is historically correct in combining nutrition, fitness and spiritual support. Our first physicians were probably religious leaders. The Bible contains the first written account of a controlled nutritional experiment in The Book of Daniel, and fasting is referred to frequently. Most great religions use nutritional principles from fasting to special diets. Religions have been founded by people who must have been helped greatly by their own change of nutrition. I believe that a number of people who join these religions benefit not only from their spiritual conversion but also by the improvement of their diet. In the same way, a conversion which calls for abstinence can only be helpful to the new

convert.

A. Hoffer, M.D., Ph.D.

**So You're Thinking of Going To A
Chiropractor Robert Dryburgh, D.C.** Keats
Publishing, Inc., New Canaan, CT. 1984

The theory and practice of chiropractic began about 100 years ago. Since then, there has been a very hostile relationship between chiropractors and physicians. Physicians, through their organizations, have attacked chiropractors for decades, describing them as unscientific when they are polite and as quacks when they are angry. But this continuous attack has not deterred chiropractic from becoming a well established health profession consulted by millions of patients, the majority of whom have been disenchanted by the help they received from medical physicians. Perhaps patients ought to be listened to more seriously by our medical associations.

Chiropractors often have a better manner of dealing with their patients. They appear to be more aware of the importance of the doctor/patient relationship. Perhaps this is why this book has been published. I can not recall seeing a similar book written by a physician, clinical psychologist, nurse, nutritionist or naturopath.

This book takes the mystery out of chiropractic treatment and will be very helpful. Over the years I have found that patients who are prepared this way do better. Many years ago, a colleague to whom I referred patients for hypnotherapy told me that my patients were excellent hypnotic patients. The reason was simple; in all cases I explained to them what hypnosis was, what might happen and what they should expect. This book does the same for the chiropractic patient.

I think we need similar books for all the helping professions. Perhaps Mr. Nathan Keats will release this kind of series written by the major health professionals.

If you are going to consult your chiropractor, you will benefit from this book.

A. Hoffer, M.D., Ph.D.