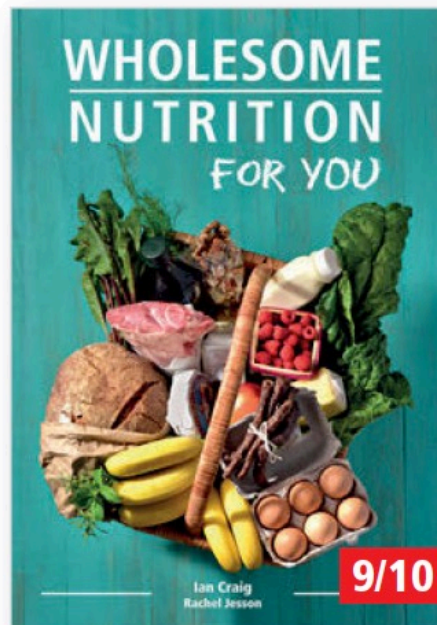


Wholesome Nutrition for You

Ian Craig and Rachel Jesson **R200**

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Like *The Banting Solution* (opposite page), it's good to find another local book chock-full with SA references, including food markets to source the foods that authors Ian Craig and life partner Rachel Jesson mention. While

the Banting book takes a highly polarised view that will appeal most to people keen to manage their weight, *Wholesome Nutrition* walks a more inclusive path. It looks at nutrition holistically. Twelve chapters tackle topics as diverse as individuality, mindful eating, lifestyle/exercise, farming practices, supplements, and emphasising micro-nutrients - rather than obsessing over carbs, fats, and proteins.

It also dissects 14 of the most influential dietary paradigms of our age. Despite them seeming to be different at face value, all of them teach the gospel of wholefoods (fresh, preferably organic, and locally sourced wherever possible). The avoidance of processed food (flours, oils, meats) is also a common thread.

So how do you choose the best one for you? It depends on several factors, and Ian Craig, whose interests and qualifications span from exercise physiologist (MSc), nutritional therapist (BSc), NLP

practitioner, and lifestyle coach, appears eminently suited to putting it all into perspective - objectively. He's the editor of the UK's *Functional Sports Nutrition* and co-founded *The Nutritional Institute* in Gauteng with Rachel. A former competitive middle-distance runner, he understands nutrition from several angles.

This doesn't mean he isn't critical of the outliers like Banting ('To place so much value and emphasis on dairy is questionable...') and veganism ('Difficult diet to follow...').

The chart on page 95 is a welcome quick-reference to both the pros and cons of each of the 14 food lifestyles. These include ayurvedic, blood-typing, biotyping, food combining, traditional medicine, LCHF (low carb, high fat), LFHC (low fat, high carb), vegetarian, and vegan (no animal products).

The final methodology covered is nutrigenomics, which is a new science based on individuals' genetic makeup.

If you've read any of Patrick

Holford's books, you'll find some of the thinking similar. In fact, Holford graces the book with the Foreword message.

Rachel Jesson (MSc Sports Science) provides the practical tips, which I really enjoyed, especially the excellent sections on fermented foods, and the 30 nutrient-dense recipes at the end of the book. She also has a lot to say about pesticides, buying organic, and growing your own food.

Unlike the 576-page *How Not To Die* by Dr Michael Greger (reviewed last issue), *Wholesome Nutrition's* modest 176 pages won't double as a burglar-basher. What it lacks in thickness, it compensates for in depth and quality. In fact, it has the feel of a college textbook in some places.

That's not a bad thing: books like this should be in the set reading lists of every high school and university, so that adolescents - the world's future adults - have a better grasp of nutrition and living a healthy life. **DB**