

# Health & Wellness

## Top 10 wellness books to gift this year

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Books are among my favourite things in the whole world. They are also one of my top gifts to give and receive.

There's nothing better than cracking the spine of a new book over the holidays and settling in for a good read.

If you're thinking of giving the gift of health this season, you might find inspiration in my top 10 favourite wellness-related books:

### 1. **Women Food and God: An Unexpected Path to Almost Everything** by Geneen Roth

I recommend this book in every one of my programs and to almost every client. Roth's book is a classic, must-read for anyone struggling with food. She suggests that the way you eat is inseparable from your core beliefs about being alive. While God is in the title, this is not a religious book, but more spiritual in nature as she connects food to our deepest values.

### 2. **Intuitive Eating** by Evelyn Tribole and Elyse Resch

Another go-to read on creating harmonious relationships with food. This book goes beyond dieting to connect you intuitively with what your body needs. While we differ on views about carbohydrates, I find the 10 principles of intuitive eating presented in the book to be essential ingredients in making peace with food, ending the diet roller coaster and rediscovering the pleasure of eating.

### 3. **Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat** by Paul Jaminet, Shou-Ching Jaminet

While I don't agree that there is one perfect diet or that we can achieve perfect health, the Jaminets have written a scientifically backed formula for optimal health. Based on five years of research and personal experience in curing their own chronic illnesses, this book provides an in-depth overview of the latest in nutrition science. Also includes 55 recipes and meal planning ideas.

### 4. **The Art and Science of Low Carbohydrate Living** by Jeff Volek, Stephen Phinney

From two New York Times best selling authors, this book is the expert guide on low carbohydrate living. Great for health care professionals and those looking for the nutrition science behind carbohydrate restriction. Includes meals plans for seven days of low carbohydrate living.

### 5. **Better than Before, Mastering the Habits of Our Everyday Lives** by Gretchen Rubin

On my nightstand right now.

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compassion. Instead of trying to move away from pain and suffering, Chodron suggests we move toward it, embrace it, and relax into it. This is one book you'll come back to time and time again.

### 7. **The Untethered Soul and The Surrender Experiment** by Michael A. Singer

These two books should come together as a package. I received them as a birthday gift from my husband this year and instantly devoured them. I recommend reading *The Surrender Experiment* first which is Michael Singer's own life and spiritual experience with surrendering to life's offerings. *The Untethered Soul* is a compilation of his teachings on finding inner peace, freedom and a more meaningful existence. Brilliant work.

### 8. **Against All Grain: Delectable Paleo Recipes to Eat Well & Feel Great** by Danielle Walker

I don't currently own this cookbook, but I've made many of Danielle's recipes from her blog and website and love her easy, practical, delicious grain-free offerings.

### 9. **The Autoimmune Paleo Cookbook** by Mickey Prescott

We received this cookbook as a gift and have found it to be a great resource for ideas and suggestions for managing chronic illness. Beautifully photographed with delicious recipes this is much more than a cookbook but a valuable guide for allergy-free, clean eating and healing.

### 10. **The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet** by Nina Teicholz

This book is currently on my wish list. Investigative journalist Nina Teicholz documents how everything we've been told about dietary fats is wrong. Her findings are based on a nine-year investigation into the low fat craze. She reveals how science misinterpreted the data and that low fats diets may themselves be the problem.

Happy healthy holiday reading!

I'm fascinated to learn all I can about how we make lasting health and wellness change. This book is packed with practical tips, techniques, and personal stories. Rubin identifies four tendencies that influence how we form habits and provides a wealth of insight into how these tendencies impact how we change and form habits.

### 6. **When Things Fall Apart, Heart Advice for Difficult Times** by Pema Chodron

We all experience tough times. When I do, I reach for Pema Chodron's book of Buddhist wisdom for insight, courage, strength and

Michelle MacLean is a certified Wellness Coach and Nutrition Consultant in the Halifax area. She works primarily with women who are struggling with the negative effects of sugar and helps them find energy, lightness and ease through her eight-week Sugar Shift Intensive and individual coaching. For more information visit [www.michelle-maclean.com](http://www.michelle-maclean.com).



When Dr. Jenine Arab O'Malley heard about countless teenagers having their teeth extracted in Central America because it was considered to be the only option, she knew she had to do something to make a difference. She travelled to needy communities in Honduras and she showed mission workers how to work to save the tooth structure as part of a Global Brigades humanitarian mission.

Contributed

## Local dentist restores smiles at home, abroad

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Going to the dentist is about much more than cleanings, fillings, and the occasional crown. More patients are inquiring about treatments that will improve the look of their smile as well as boost their confidence — and advances in dental technology are making these procedures more comfortable and affordable than ever before.

Jenine Arab O'Malley has been a dentist for more than two decades, and a lot has changed since she's been chair-side in her Clayton Park practice, Halifax Dental Studio. White composite fillings have replaced the old silver amalgam ones, dental implants have surpassed bridges and dentures as a way of replacing missing teeth, and lasers can be used for precise soft tissue applications.

In the past, crowns and veneers where the primary treatment options for restoring a patient's esthetic concerns. These procedures required shaving the tooth down for their preparation.

With progressions in the profession, "the philosophy of preserving tooth structure has become the cornerstone in how we are practicing dentistry," says O'Malley, explaining that advances in material technology make cosmetic bonding a great alternative to crowns or veneers if a patient is looking to correct gaps, tooth rotations, wear or discoloration.

She says procedures like cosmetic bonding has opened the doors to many other cost-effective treatments — both functional and cosmetic.

"These procedures often do not require freezing, they can be performed in one visit, they're less invasive and they're often covered by insurance plans," says O'Malley. "Because many of the procedures are less intrusive and help conserve tooth structure, it ultimately means Nova Scotians will retain their own teeth longer."

The mother of four graduated from Saint Mary's University with a double major in biology and psychology, and then earned her Doctor of Dental Surgery degree at Dalhousie University. She opened her Clayton Park practice shortly after graduation, and immediately encountered patients who had anxiety about the state of their smile. Some were so unhappy with their teeth that they were embarrassed to smile and suffered from low self-esteem.

"A patient who is unhappy with their teeth will feel reluctant or even embarrassed or humiliated to smile. By restoring someone's teeth, you can impact their confidence, self esteem and total well being," says O'Malley.

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Dr. Jenine Arab O'Malley

"It is not an exaggeration to say restoring a smile can be life-altering."

When she heard about countless teenagers having their teeth extracted in Central America because it was considered to be the only option, she knew she had to do something to make a difference. O'Malley travelled to needy communities in Honduras and she showed mission workers how to work to save the tooth structure as part of a Global Brigades humanitarian mission.

"I brought my own dental materials and taught different restoration techniques to the mission workers as an alternative," says O'Malley, who was proud to have helped them work towards positive, sustainable change. "Using my talents to support others always leaves me feeling connected and with a sense of fulfillment."

But O'Malley has also been committed to giving back right here at home. She launched the YMCA for the Give Back a Smile program, which restores the smiles — and confidence — of women in need throughout HRM. Even when a patient has severely decayed teeth or teeth broken at the gumline, O'Malley is able to work her magic and restore them.

This past spring, O'Malley was the first dentist in Atlantic Canada to be accredited by the American Academy of Cosmetic Dentistry — and one of just 400 dentists worldwide. She says she's only recently learned the importance of lifelong learning, even though she's been practicing for more than 20 years and holds numerous university degrees.

"There are always opportunities to learn more, and improve your skills and knowledge," says O'Malley. "By being committed to lifelong learning, we commit to always pursuing the best of ourselves."

