

Reader's Comments

“This book is a delight to read. It is very well written; a must read for anyone trying to work through the web of information and misinformation on diets, whether for weight control or improving health. One of the author’s goals is to provide unbiased information about the different types of diets. In this he has succeeded. His categorizing the diets in the manner that he does is no less than brilliant, describing in clear understandable terms, both the benefits and potential deficiencies of the major diets in vogue today.” – Howard L. Silverman, Ph.D., D.C., board of directors for the American Academy of Functional Medicine.

“As a nurse, I was acutely aware of the lack of nutritional counseling by physicians. When I read Dr. Scarfalloto’s book, I was impressed with his ability to integrate complex medical and nutritional science and present it so that the layman can understand and make better choices. Along with sound nutritional information, this book gives us a deep understanding of history, culture and environmental factors that impact how we eat. The author presents the information with encouragement to trust your inner physician, and helps you map out a nutritional plan that fits your needs.” – Deborah Caldwell, RN, CRRN Medical Case Manager.

“In addition to helping the reader navigate through the world of diets, this book is a great introduction to nutrition. This is the book I have been looking for to give to my patients.” Jim Stickle, MS Sports Science.

“Profound, sensible and loving are the three words I can use to describe this book. It is simultaneously an inspirational book and a useful reference for healthy eating. The guidelines are clear, and the reader is encouraged to maintain a sense of freedom about food. Dr. Rudy empowers us to make better choices, while showing faith in the individual’s ability to do so, rather than resorting to manipulation or coercion.” – Rev Judith Steinman

“This book held my attention even through the second reading. It is informative, useful, and personal.” – Clifford Lykke, Master Gardener, teacher and raw food chef.

“What should I Eat is an easy read and covers all topics that are of concern to those interested in healthy eating. I appreciate the description of the many dietary plans, without promoting any one particular program. And I loved the author’s description of his childhood in Sicily, and the cultural (and nutritional) shock of encountering American foods. This book is a great nutritional primer, providing the basics for those first delving into nutrition, as well as offering technical information for those who have been studying nutrition for some time. — Bill Rice, DC, LAc, DCBCN, FACCN. Treasurer of Chiropractic Board of Clinical Nutrition.

"This book beautifully summarizes the popular eating plans/diets that are utilized throughout the world. More meaningful to me was how it brought me back to a simpler time in life, my childhood and upbringing on an organic dairy farm. For me, this book is a wonderful reminder of the power of Mother Earth and the undervalued benefits of the soil we walk on." — Diane Scarfalloto, Bachelor of Science in Health and Physical Education; Master of Ed in Educational Leadership; high school principal.

“This book offers real reasons that our current health plans don't work. The author has an inspired way of explaining food, diets and nutrition. I am about to reread this book because I can use it in coaching overweight and under nourished folks.” — Rose Risovich Archer, RN

“This is an inspiring and timely book. The author skillfully peers into the core of our relationships with food. He also provides insights into a broad spectrum of environmental and social considerations about food.” — Theron Beaudreau, permaculture teacher and practitioner.

"Dr. Scarfalloto's in-depth description of the physical, emotional, historical, social and ethical sides of eating is engagingly presented, and in way that we can each consider what is right for us. No pressures, no dogma, no heavy-handed pronouncements or scare tactics; just the facts, offered with great love and respect." — Honey Judith Rubin, author of *When the Smoke Clears, Who are you? 9 Steps for Becoming a Nonsmoker*.

“What Should I Eat, is a marvelous inspiration. The author explains a difficult subject in a format that is easy to follow and understand, making it a pleasure to read. The author’s explanations are concise and clear, making

it understandable to the lay reader; and rich with intricate knowledge for the physician. Dr. Scarfalloto is to be commended on his well thought out presentation. In my opinion, this book should be kept as a reference for guidance on the subjects of general nutrition and clinical nutrition alike.”

— Lad Santiago, DC, PhD, DCCN, DCBCN, president of the American College of Functional Medicine.

“What Should I Eat? is inspiring. It supports readers in getting in touch with their best consultant, their own body and intuition.” — Linda Westman, D.C.

“Another great book from Dr. Rudy Scarfalloto! This book plows right through the confusion and creates a clear path for the reader. I also like the way that he doesn't make judgments one way or the other about people's food choices.” — Donna Overall, editor.

“*What Should I Eat* has a powerful message for me regarding my relationship with food. The second edition speaks to my heart even more so than the first edition. It invites me to a newer and braver way of being.

— Priscilla Mustin, teacher.

“The quintessential question for anyone who is trying to eat healthy, lose weight or just feel better — What should I eat? In this book, the author takes the mystery out of those four little words. He shares his knowledge and passion for healthy living and does so in way that is filled with humor and insight. This book allows even the most lost individual to find their way to the proper diet for them.”

— Jeremy Taylor, LMT, CKTP, Anatomy and Physiology Instructor.

“This is a great book! It is different from the myriads of diet books out there, because the author doesn't lay out a one-size-fits-all formula. Instead, he looks at the question asked in the title from every possible angle and advises the reader to make informed, individual choices. As a psychotherapist and a minister, I was particularly impressed with the in-depth examination of the emotional and spiritual aspects of our daily food choices. All this is delivered in a clear, highly readable and entertaining format! This book has already had a meaningful impact on my daily food choices.”

— Rev. Cele Knight, L.P.C., Nacogdoches, Texas

“In my practice of Acupuncture and Asian Body Work, a common question asked by patients is, ‘What should I eat?’ This book answers the question beautifully with its road map for finding one’s ideal diet. I am impressed by Dr. Scarfalloto’s knowledge of diets from around the world. I now recommend this book to all my patients who express an interest in improving their health with good nutrition.” – Hana H. Drew MA. LMT, MAOM

See book on Amazon:

<https://www.amazon.com/What-Should-Eat-Finding-Ideal/dp/1532720580>