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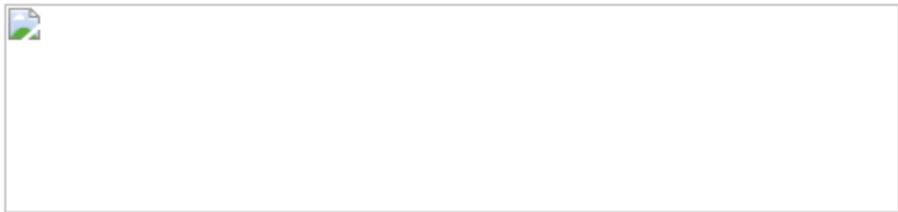
**Subject** The New Health Rules by Dr. Lipman and Danielle Claro

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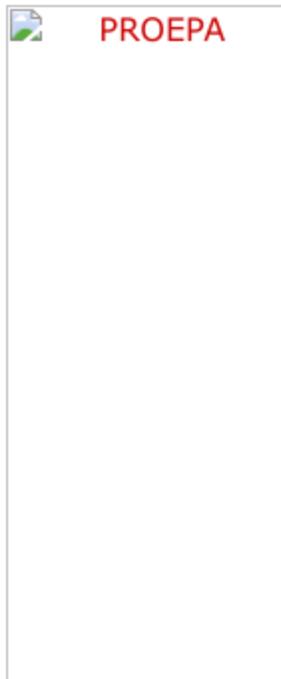
Dr. Galland's Newsletter

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May 18th, 2015

## The New Health Rules by Dr. Lipman and Danielle Claro



 **The Next Mission Revealing the Power of Microbes**

Renowned integrative medicine doctor Frank Lipman has just brought to the market a lushly illustrated guide to improving every aspect of your body, mind, and soul.

**THE NEW HEALTH RULES** presents nearly 100 manageable but life-changing tips on EATING, MOVING, BOOSTING, HEALING, and LIVING.

Dr. Lipman said, [The New Health Rules](#) "is not meant to change you in a weekend. It's meant to map out the healthy habits you want to integrate deeply and forever. Open to any page, anytime, and there's a step you can take toward feeling better. If you've been waiting for a clear message—been thinking, 'Just tell me what to do'—this is it. Here's what to do. Change by change, you'll build a healthy lifestyle that sticks."

### A Conversation with Dr. Frank Lipman

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**Q: What is your book about?**

**A:** *The New Health Rules* is my personal compendium of integrative health's wisest mantras, all wrapped up in a beautiful, easy-to-digest package. It's a modern guide to wellness and happiness for time-pressed readers in a fast-paced world. Thanks to my co-author, Danielle Claro, it gets to the meat of each matter very quickly and inspires real change.

**Q: What makes it different from other health books?**

**A:** No other health book has distilled wellness into bite-sized, lushly illustrated, easy-to-implement pearls of wisdom on how to eat, how to sleep, how to breathe, how to think, and more—basically, everything you need to achieve a life that is whole and happy—in a format that's really enjoyable to read.

**Q: You practice "integrative medicine." What does that mean? Can you describe your approach?**

**A:** I just call it "good medicine." Instead of just suppressing symptoms with drugs, I look for the underlying causes, remove those when possible, and then improve the function of the various organ systems. This approach is concerned with far more than simply treating disease. Instead, its focus is on helping you achieve optimal health.

**Q: What are some of the easiest changes we can make to our diets that will result in real improvement?**

**A:** I'm not sure they're the easiest, but by far the most important would be to cut out sugar and processed foods. You want to be eating foods as close to nature as possible. Foods that are altered in factories tend to cause problems in our bodies.

**Q: You have strong feelings about sugar.**

**A:** Sugar is poison. In spite of all the research, unfortunately not enough doctors agree that sugar is the major problem that it is. Most doctors have demonized the wrong white crystals: salt instead of sugar.

**Q: What are some strategies for freeing ourselves from sugar cravings?**

**A:** Some strategies would be to take L Glutamine every few hours or have peppermint tea on your afternoon break at work instead of something from the candy machine—and if you really want to get off sugar and kickstart your health, do the Be Well Cleanse.

**Q: What are the staples on your own grocery store shopping list week in, week out?**

**A:** My diet is simple: lots of greens, good fats, and protein from healthy sources. So my grocery list would be all sorts of organic vegetables, lots of avocados, grass-fed meats, organic chicken, organic pastured eggs, wild fish, nuts, and seeds. I tend to use a lot of coconut oil and eat less fruit these days (and when I do, I tend to eat berries, which are lower in sugar than many other fruits). I also usually have a protein shake for breakfast.

**Q: Yoga is a central component of your approach to wellness. Why?**

**A:** Well, I believe yoga has been a big part of what has kept me healthy over the years. Not only does it keep you limber but it is moving meditation, so it was my way in to meditation. And I particularly love restorative yoga, as it gives you the effects of the poses without exerting any energy. So it's wonderful for when you're rundown and tired. Not too many things have that type of immediate effect.

**Q: The New Health Rules mentions that it's not just what we put *in* our bodies (food) but what we put *on* our bodies that affects our health. Can you explain?**

**A:** Many cosmetics and personal-care products contain undisclosed toxic chemicals that are dangerous to your health and are known to contribute to cancer, nerve damage, and infertility. Your skin is an extremely permeable membrane, so these toxins enter your body very easily. The fewer of these you put on your body the better. Be particularly vigilant about products that remain on the skin for long periods of time, such as moisturizer and makeup. The longer you're exposed to chemicals, the greater the opportunity for your body to absorb them.

**Q: What's a big misconception about exercise?**

**A:** The biggest misconception about exercise is that you have to go to the gym and spend hours on a treadmill or elliptical trainer. You just have to move your body. Find some sort of movement you love. It could be dancing around your living room by yourself to your favorite music or walking in the woods. And when you do exercise, to get the best results, try doing intervals—exert yourself in short bursts and intersperse those with periods of milder activity.

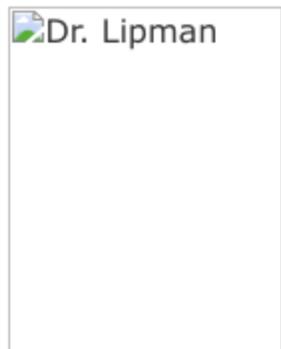
**Q: If people were to make only one change from [The New Health Rules](#), what would you have that be?**

**A:** If I had to choose only one thing, it would have to be to cut way back on sugar, gluten, and processed foods. Just doing that would probably help most people feel better.

**Q: Who do you think would like [this book](#)?**

**A:** [The New Health Rules](#) is really for everyone—anyone who wants to feel better; anyone who wants some inspiration to get or stay healthy; anyone who longs for a map of positive, simple, actionable, manageable, and even enjoyable steps toward wellness. This book is full of positive changes you can make right away, one at a time or all at once.

**ABOUT THE AUTHORS:**

Dr. Lipman

Dr. Frank Lipman is a leading international speaker on health and wellness: he has been featured in *Martha Stewart Living*, *Men's Health*, *Men's Journal*, *Redbook*, and *Vogue*. He contributes to *Goop* and *The Huffington Post*, and posts regularly on [DrFrankLipman.com](http://DrFrankLipman.com). His patients include Kevin Bacon, Kyra Sedgwick, Donna Karan, Jake Gyllenhaal, Maggie Gyllenhaal, Arianna Huffington, Bobbi Brown, and Gwyneth Paltrow. [The New Health Rules](#) is his first illustrated book.

Co-author Danielle Claro is a writer, editor, longtime yogi, and former professional dancer. She has ghostwritten two New York Times bestsellers, launched an indie lifestyle magazine called *Breathe*, and served as special projects



director at Condé Nast's Domino magazine. She's currently deputy editor of Real Simple.

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