

## Appendix IV

### A SELECTION OF BOOKS ON RUNNING AND HEALTHY LIVING

Here are some of what I've found to be the best reads on the art and science of exercise physiology, running mechanics, footwear, injury prevention, and training for runners of all ages and abilities.

*The Big Book of Endurance Training and Racing* and *The Big Book of Health and Fitness*, by Dr. Philip Maffetone. These two books are must-reads for understanding the basics of aerobic versus anaerobic activity, as well as ADS (aerobic deficiency syndrome). Maffetone trained legendary athletes Mark Allen, Mike Pigg, and Stu Mittleman. The principles that he outlines—including important sections on diet—work equally well for entry-level and high-level runners.

*Anatomy for Runners*, by Jay Dicharry. This is *the* tool kit for runners, coaches, and the medical providers who are treating them. Learn how your body works, and how to reset it to achieve better health. (Jay has worked closely with me on the USAF Efficient Running project.)

*Tread Lightly*, by Peter Larson and Bill Katovsky. This book nicely covers the science of running and running shoes, as well as the scientific principles of running form, the effects of footwear, and healthier running in general. Our work here is highlighted throughout this book.

*Your Best Stride* and *Run Strong, Stay Hungry*, by Jonathan Beverly. A good friend for many years and former editor of *Running Times* shares simple lessons from many of the best runners over the past fifty years. I'm proud to have a part in both of these books.

*Healthy Intelligent Training*, by Keith Livingstone. The time-tested Lydiard Method is outlined in this insightful

volume, with easy-to-follow instructions. These are the lessons and methods of the Coach of Champions, who helped introduce “jogging” to America.

*The Oxygen Advantage*, by Patrick McKeown. This book got me thinking about the effects of optimal versus poor breathing not just for sports and my own life, but for the care of my medical patients. Not a day goes by when I’m not sharing something from this book. We all need to breathe.

*Whole Body Barefoot, Simple Steps to Foot Pain Relief, Movement Matters*, and *Move Your DNA*, by Katy Bowman. This prolific writer and movement specialist carefully shows how our modern lifestyle is killing us. These four books are a good primer on the importance of the feet, how to move more of *them*, and more of *you*.

*Primal Endurance*, by Mark Sisson and Brad Kearns. Ancestral principles applied to food, movement, sleep, stress, and longevity. Become a fat-burning beast!

*Slow Jogging*, by Hiroaki Tanaka. I had the privilege of writing the foreword to this important and insightful book about the value of slow jogging as the path back to health and reduction of injuries.

*ChiRunning*, 2nd edition, by Danny Dreyer. I’m likewise honored to have written the foreword. Danny and I share a passion for learning and understanding the basics of movement.

*Challenging Beliefs*, by Tim Noakes. A world leader in exercise science challenges much of conventional wisdom on topics of nutrition, hydration, and endurance performance.

*Explosive Running*, 2nd edition, by Michael Yessis. A clear explanation of how to be fast and efficient.

*The Story of the Human Body*, by Daniel E. Lieberman. The Harvard evolutionary biologist (and friend), known as the “barefoot professor,” explains what our bodies were designed for, focusing on the prevalence of “mismatch diseases” caused by environmental and cultural vectors that we’re not adapted for.

*Aerobics*, by Kenneth H. Cooper. This groundbreaking short book on the science of aerobic health is just as relevant today as when it was released in 1968.

*Jogging*, by William J. Bowerman and W. E. Harris. Legendary New Zealand coach Arthur Lydiard inspired Bill Bowerman, a cofounder of Nike, to introduce jogging to America. Soon thousands were running for fun and health. Go forward by looking back!

*Serious Runner's Handbook*, by Tom Osler. A slim, commonsense guide to healthy running, published in 1976, that is still relevant today.

*Human Locomotion and Injury-Free Running*, by Thomas C. Michaud. Epic reads for anyone treating runners in a health care setting, by the illustrator for this book.

*8 Steps to a Pain-Free Back*, by Esther Gokhale. Relearn how to sit, stand, and walk.

*Running and Being*, by Dr. George Sheehan. A classic work by the original doctor/runner/philosopher/exercise authority.

*Long Distance*, by Bill McKibben. A great read on the principles of exercise physiology and the mind to endure.

*Why We Run*, by Bernd Heinrich. For the anthropologist in us all. How can birds fly for thousands of miles on minimal food? By burning efficient and tasty fat.

*Lore of Running*, by Dr. Tim Noakes. Explains the science of running in detail. The fourth edition is considered the bible of running.

*Born to Run and Natural Born Heroes*, by Christopher McDougall. The *New York Times* bestselling author tells the tale of an injured runner discovering the secrets of the legendary Tarahumara of Mexico and the secrets of the legendary citizen soldiers of Crete.

*Spark: The Revolutionary New Science of Exercise and the Brain*, by John Ratey. A groundbreaking and fascinating investigation of the transformative effects of exercise on the brain.

*Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul*, by Stuart Brown. An excellent

book on the science of play and its essential role in a life of happiness and intelligence.

*Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*, by Thomas Myers. This book will change the way you view the human body and how it moves. We all need to understand how to maintain our fascia, the vital web that integrates our body's communication with its movement.

*Fit Soul, Fit Body*, by Brandt Segunda and Mark Allen. A six-time Ironman winner reflects on the essentials of sustainable activity and health. Discover the connection between mind, body, and soul.

*The Nature Fix*, by Florence Williams. Without vitamin "N," it is rare for any positive health change to occur. An in-depth dive into the science of the outdoors, suitable for reading in the sunshine or in the shade of a tree.

And a few of my favorites on diet and nutrition:

*The Overfat Pandemic*, by Dr. Philip Maffetone. Emerging research shows that the overfat pandemic is alarmingly prevalent in developed countries, where up to 80 percent of adults and 50 percent of children suffer from this condition.

*Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease*, by Robert Lustig, M.D. An excellent overview and disquisition for anyone who wants to understand the science of food and obesity. This is required reading for our medical students.

*Why We Get Fat and What to Do About It; Good Calories, Bad Calories*; and *The Case Against Sugar*, by Gary Taubes. Three eye-opening, myth-shattering examinations of what makes us fat, from the acclaimed science writer.

*Deep Nutrition*, by Catherine Shanahan, M.D. Affectionately known as "Dr. Cate" to the Los Angeles Lakers and other professional sports teams, she was an innovator who connected healthy food to human performance in a transformative way, for those whose careers depend on it.

*In Defense of Food* and *Food Rules*, by Michael Pollan. This eloquent manifesto and follow-up handbook show how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating.

*Nutrition and Physical Degeneration*, by Weston A. Price. A classic work from the 1930s on nutrition and its effects on health, based on Price's studies of the healthiest places on earth.

*Always Hungry?*, by David Ludwig, M.D. From one of the world's leading obesity clinicians and researchers. Overeating does not make you fat.

*The Big Fat Surprise*, by Nina Teicholz. Nina challenges the establishment. Ten years of work went into this impeccably researched challenge to those who suggest that dietary fat is the cause of obesity and disease.

*Eat Fat, Get Thin*, by Mark Hyman, M.D., of the Cleveland Clinic. More simple truth about what is wrong with nutrition science, and a simple way to start in a new direction.

*Wired to Eat* and *The Paleo Solution*, by Robb Wolf. Robb works with me to help Native Americans and first responders, and he dives into the science and ancestral health principles of food, and of how we live in the modern world.

*The Art and Science of Low Carbohydrate Living* and *The Art and Science of Low Carbohydrate Performance*, by Drs. Stephen Phinney and Jeff Volek. These two books are *the* scientific and practical references for a low-carb diet.

*The Real Meal Revolution*, vols. 1 and 2, by Tim Noakes and Jonno Proudfoot. Dr. Noakes is changing the world from South Africa, where "Banting" is becoming an everyday term for a healthy, low-carb way of eating.

*The New Atkins for a New You*, by Drs. Eric Westman, Stephen Phinney, and Jeff Volek. This book lends more science and refinement to the original Atkins Diet, by three of the top clinicians and researchers in the fields of obesity and metabolism.

*Diabetes Unpacked*, by Zoe Harcombe, Ph.D., and

colleagues. The world's leading researchers on diabetes and metabolism make the case for changing the government nutrition guidelines that are driving this chronic disease.

And for kids and youth:

*The Youth and Teen Running Encyclopedia*, by Mick Grant. This disciple of Arthur Lydiard presents the philosophy of fun first—so that kids want to come back to practice and never get hurt running.

*Super Food for Superchildren*, by Dr. Tim Noakes, Jonno Proudfoot, and Bridget Surtees. With childhood obesity at epidemic levels and no reversal of the trend in sight, we need to make food healthy and fun again, and teach families to cook meals that are free of added sugar and processed carbs.

*Fat Head Kids*, by Tom Naughton. Based on the humorous but startlingly real documentary *Fat Head*, this book demonstrates that much of the official advice about healthy eating is wrong, and has created a record number of overweight youth who can't concentrate in school. This book makes getting healthy fun.

*Just Let the Kids Play*, by Bob Bigelow. A must-read for parents, this book singles out our elite focused youth sports programs as the cause of the problem, and offers practical ways to rebuild them so they better serve the physical and emotional needs of children.