

# *Dr. Goldman's Book Reviews*

## **PERFECT HEALTH**

The Complete Mind Body Guide

By

**Deepak Chopra, M.D.**

Three Rivers Press 1991

*Perfect Health* is a fascinating, well written and easy to read introduction to East Indian Ayurvedic Medicine. Dr. Chopra, born and raised in India, is the son of a British trained Cardiologist. He attended a British style medical school in India and then moved to the U.S. where he was trained in Endocrinology. He was already a fully trained Endocrinologist when he became interested in the ancient Indian view of medicine and the body.

Deepak Chopra is a prolific writer and speaker. This book is one of his first and serves as a **good introduction to Ayurveda**. Each person is a mix of the three main body types: Vata, Pita and Kapha. Usually, one or two types predominate in any one individual and there are guides to mapping out your own type. **Your body type affects everything from the types of food, fruits and vegetables that are most beneficial, to your individual best times of day for work and thinking.**

In America, everyone is trying to figure out what is the ideal diet or the perfect vitamin, exercise, or lifestyle regimen. In Ayurveda, that depends on the individual's characteristics. **No single plan is going to be perfect for everyone.** That may sound obvious but it is not the way standard, American, Allopathic medicine works. For any given condition, in American medicine, everyone is treated the same.

This is a great book for anyone who wants a different view of lifestyle and health. **This book helped to start me on my path to holistic medicine.**

Robert P. Goldman. M.D.