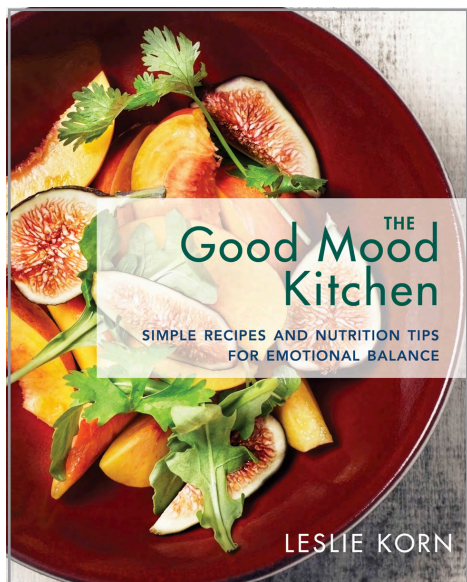


BOOK REVIEW: THE GOOD MOOD KITCHEN, SIMPLE RECIPES AND NUTRITION TIPS FOR EMOTIONAL BALANCE. THE NATURAL WOMAN, HERBAL REMEDIES FOR RADIANT HEALTH AT EVERY AGE AND STAGE OF LIFE. BY LESLIE KORN.



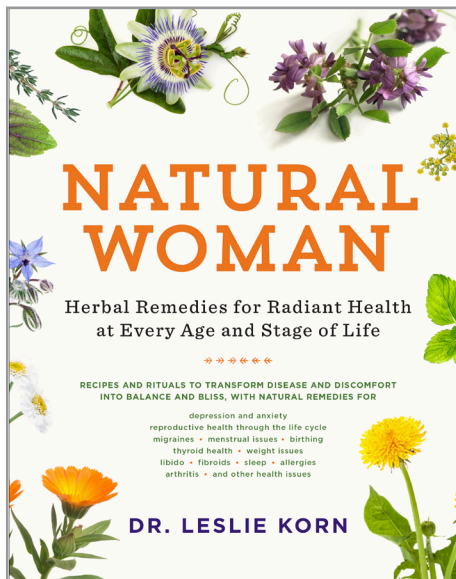
The Good Mood Kitchen, Simple Recipes and Nutrition Tips for Emotional Balance

By Leslie Korn

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By Bertha Miller

Dr. Leslie Korn draws the connection between nutrition and mental health that is accessible, practical, and thoroughly readable. She demonstrates the wealth of her extensive knowledge of traditional healing arts and sciences in her earlier book *Nutrition Essentials for Mental Health: The Complete Guide to the Food-Mood Connection* (W.W. North & Company, 2016) was written for health professionals. In *Good Mood Kitchen* (2017) and *Natural Woman* (2020), Dr. Korn smoothly transitions from the “health professional” to the self-care reader. Both of these books provide nutritional



Natural Woman Herbal Remedies for Radiant Health at Every Age and Stage of Life

By Leslie Korn

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advice and, importantly, food preparation instructions to maximize body and mental health based on different metabolisms. Korn’s two books taken together offer women and men detailed information in recipes, herbs, and ingredients informed by her knowledge of traditional cultures, foods, and medicines. These are not “cookbooks” in the conventional sense; they are detailed guides for people in search of maintaining good health and mental acuity. Dr. Korn translates cultural knowledge practiced by traditional societies into practical guidance for indigenous peoples and people in state societies,

often presented in stories and recipes delivered in a conversational style.

Leslie Korn is a licensed clinician concentrating her practice and her publications for more than 40 years on mental health nutrition, herbal medicines, and integrative medicine. She is a former Clinical Fellow at Harvard Medical School, a Fulbright Scholar, and a research scientist specializing in mind/body medicine. She has authored ten books and consults with mental health professions and provides support for indigenous communities worldwide.

In Good Mood Kitchen, one easily learns that Dr. Korn asks the same questions one could ask about personal eating habits, the kinds of foods that “make you feel good,” and the types of foods that “make you feel bad.” The reader is carried forward into the book by such questions that are not judgmental but helpfully revealing. Her questions help make understandable what food choices a person makes and what changes might be made to identify a more healthful diet, uniquely suited to better health. In a way, Good Mood Kitchen offers a helpful and friendly hand to anyone who experiences depression or other mood challenges by illustrating how food choices can directly affect emotional behaviors. Korn’s narrative style quickly leads the reader to personal changes in diet that are understandable and directly connected to outcomes.

An essential focus of Good Mood Kitchen takes the reader into a conversation about the connection between medications (prescribed or not), nutrients, and herbs. Handy tables included in the book help

the reader discover the potential possible interactions that can produce unwanted side effects. Indeed, Dr. Korn tends to encourage the reader to depend on natural substances in their diet and herbal sources rather than commercially produced medications to avoid unwanted interactions or adverse effects. This guidance is especially important to individuals suffering from medicinal and food allergies that can trigger headaches, muscle tension, and anxiety. Knowing the effects or potential conflicts between medicinals, foods, and herbs can have a direct impact on moods.

Natural Woman speaks directly to women with recipes and rituals to restore balance after suffering disease, discomfort, or emotional depression or anxiety. Continuing the theme in her earlier works, Dr. Korn points her readers toward and demonstrates the use of natural plant medicine remedies and supports for body and mental health. In this volume, the reader has complete access to selecting, preparing, and using various herbs and plant medicines found to be beneficial for treating menstrual problems, thyroid health, allergies, weight, and reproductive health problems. Self-care is a hallmark of Dr. Korn’s advice and discussion. She frequently points out the importance of “listening to your body” or said another way “body awareness” as an essential emphasis leading to self-care. Natural Woman reflects the idea of balance complemented by self-care.

Both Good Mood Kitchen and Natural Woman are perfect as companions for men and women reflecting traditional knowledge and contemporary analysis informed by experience, practice in indige-

nous communities, and critical scholarship. The publishers of both books have presented attractive publications, but they would be enormously more useful for those of us who don't know how all of the various plant medicines look. Still, the conversational narrative brings the knowledge and information into the home, the family, and into the community where the conversation is essential.

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