

# Eat Right, Feel Right

By Dr. Leslie E. Korn, PESI Publishing & Media, Eau Claire, WI, 2017, 119 pages. ISBN: 978168373-583 (paper)

Reviewed by Wilson Manyfingers

Everyone eats food, and many eat food that is not good for their health. One's moods, sleep, attention, and focus all depend on eating foods that are healthy for your body, your brain, and your vital organs. Knowing that people in the United States, Canada, and virtually every other country in the world tend to "eat what is in front of them."

Leslie Korn (Clinical Director at the Center for Traditional Medicine) has a simple solution to improve and secure their health: "Eat Right, Feel Right." In other words one doesn't need to ask a nutritionist, or a physician how to remain or become healthy—just listen to your body. If you "feel right" then you are probably eating "right."

In her handy, wire-bound booklet of 192 pages, Korn packs eighty simple recipes for teas, smoothies, soups, quiche's and even a gluten-free apple/hazelnut tart. Selecting "clean food" is part of Korn's prescription. Many foods are processed with chemicals, added hormones, and other extraneous ingredients. But, Dr. Korn emphasizes that the best approach is to turn to foods that are minimally processed and above all "clean."

In this colorfully-organized booklet about "food as medicine," she points to particular recipes or combinations of foods that reduce or eliminate anxiety, depression, insomnia, attention/focus deficits, and addictions. Ex-

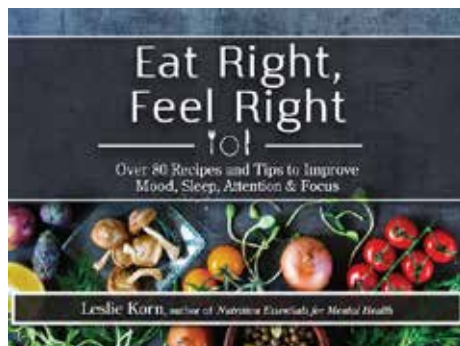
amples include a Cherry Chamomile Slumber Smoothie, or a Broccoli Slaw with Cherries. For breakfast or dinner, you might turn to Leslie's "Go-To" Granola that features pecans, almonds, walnuts, gluten free oatmeal, extra virgin coconut oil, and assorted raw additions including organic raisins, chia seeds, chopped dates, shredded coconut, chocolate, and dried candied ginger. One ought not miss Dr. Korn's

"Indonesian Avocado Chocolate 'Moodshake'" – a variation she says on a traditional Indonesian drink – or the "Less-Stress Sweet Vegetable and Meat Stew," a natural slow cooker candidate for dinner.

What is noticeable about these and the many other recipes is that in-

gredients are unadulterated and organic. This might mean her readers will need to slowly replace ingredients in the pantry or the refrigerator over time, but when the ingredients are in the home, *Eat Right, Feel Right* will become automatic. Peoples all over the world will benefit from this easily accessible booklet.

Leslie Korn has condensed into *Eat Right, Feel Right* ideas, knowledge, and guidance for eating well from her years of writing and teaching "mental health nutrition" and preventing or treating chronic diseases such as diabetes, heart disease, and some forms of cancer. Dr. Korn is the author of several influential books on integrative mental health and culture. She has authored books including *Nutrition Essentials for Mental Health: a Com-*



*plete Guide the Food-Mood Connection* (Norton, 2016), *Rhythms of Recovery: Trauma, Nature and the Body* (Routledge, 2012), *Multicultural Counseling Workbook* (Premiere Publishing, 2016), and (with Rudolph C. Rysler) *Preventing and Treating Diabetes Naturally: The Native Way* (DayKeeper Press, 2009). She is also published in academic journals such as the *Gerontologist*, the *Fourth World Journal*, and the *Journal of Bodywork and Movement Therapies* as well as popular publications and blogs like *Psychology Today*.

*Eat Right, Feel Right* is available from Dr. Korn's website and [Amazon](#). ■

This article may be cited as:  
Manyfingers, W. (2017). Book Review: Eat  
Right, Feel Right by Leslie Korn. *Fourth World  
Journal*, 16(1). pp. 125-126

# Subscribe Today

**Fourth World Journal**  
Center for World Indigenous Studies  
Spring 2010 Volume 9 Number 1

**Fourth World Journal**  
Center for World Indigenous Studies  
Winter 2010 Volume 9 Number 2

**Fourth World Journal**  
Indigenous Health & Healing Research  
SPECIAL ISSUE

Peer Reviewed  
Authoritative  
Dependable