

Recommended Reading

# Black Tie's Health Columnists Dr. Bennett Flaum and Dr. Mitchell Flaum Launch New Book on Diabetes

Illness of any type can be experienced with sadness and dread. As humans with ego and will, we fear that which we cannot control and in the throes of which we feel helpless. Indeed, even simply giving an illness a name often creates for us a further feeling of distance from it, shrouded in mystery and impalpability, unknowable and removed from our grasp.

An alternative approach to illness is to observe it with interest and rational study. Illness is dis-ease, a state in which the body is thrown off its predictable rhythm of activity. Learning what we can about how and why this has occurred and exploring our own capacities for acting as agents of repair is already a step in the direction of healing. Illness is a call to examine our lives more closely and exercise our freedom of choice by choosing wisely. With choice, however, comes the challenge to change, despite whatever emotional blockage may reside within us leading us to resist such change.

The emphasis of this book is to provide information to empower the reader to gain life mastery by becoming aware of the vast array of lifestyle choices available.

To order please call Dr. Mitchell Flaum  
at  
917 670 8150  
or visit:  
[www.how-sweet-it-is.net](http://www.how-sweet-it-is.net)

“This book is dedicated  
to all those willing to take the  
challenge of making the journey  
of self-exploration  
from illness into healing”.



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