

# ***SGARLAT PUBLICITY***

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***Post Office Box 4204 □ Charlottesville, Virginia 22905-4204 □ (434) 245-2272  
sgarlatpublicity@comcast.net ♦ Sara Sgarlat, Publicist ♦ Cell: (434) 962-0933***

**Flash! The answer to the so-called "healthcare crises" now  
raging throughout this nation isn't about how to fund it...  
*it's about how to define it!***

***To Be Or Not To Be Healthy*, by Myles J. Schneider, DPM,  
is the primer that all politicians, healthcare professionals  
and, most importantly, we, the public, should be reading,  
for to save health care, we first have to decide how to save  
ourselves, because *we* are the ones who have abrogated  
responsibility for our most important possession:  
*our own health!***

In his latest book, ***To Be Or Not To Be Healthy: For most of us, this is a choice***, Dr. Schneider clearly and persuasively demonstrates that, on a community-wide level, *wellness* is the key to transforming our failing healthcare system. For even though Americans spend significantly more on healthcare than any other nation in the world...even though our healthcare professionals are the best trained and best equipped in the world...even though the United States is where everyone wants to be for a life-threatening medical emergency or surgical intervention or long-term care...yet, with all of this knowledge and all of our technologies and medical training, the state of our *individual* health is rapidly deteriorating, along with our vaunted healthcare system. Sadly, our lack of information and understanding about what constitutes true health, particularly regarding what our bodies really need to function efficiently and optimally, lies at the very core of this crisis!

Even Dr. Schneider, the son of a doctor father and dietician mother, not to overlook his own forty-year career as a podiatrist, admits that he himself was ignorant of what true health and wellness really meant. In fact, for much of his adult life he experienced episodes of back, hip and neck pain that occasionally left him bed-ridden for a few days at a time. After being treated by many of his colleagues over the years without enduring success, he eventually came to accept that these ailments were merely related to an automobile accident from his youth, as well as to several other injuries over the years, and there was nothing he could do about it. He essentially took it for granted that this was to be expected. That is, as one ages, aches and pains are to be accepted...that you should *expect to feel old*. How wrong he was to prove himself to be when, at the age of fifty-five, he experienced the epiphany that led him on a journey to feeling better and better through knowledge that:

- For most of us, good health is a choice...not an accident.
- Being healthy does not just mean the absence of disease.

- True health and wellness are really about how much better you will feel, and how much more energy you will have, as a result of giving each of the trillions of cells in your body everything they need to function as efficiently as they can.
- Being proactive, rather than reactive, is vital to good health.
- Recognizing that our healthcare system is, for the most part, reactive.
- Becoming ill or diseased is not inevitable; there are many things you can do to prevent this from occurring.
- Even though the functioning of the body is very complex, giving the body what it needs for optimum health is relatively simple.
- In many cases, you can feel better and have an improved quality of life even if you have a chronic health condition or disease.
- You do not have to feel, look, or act as old as you are, and it is possible to reverse many of the negative effects of aging.
- Making healthy lifestyle choices is not as expensive as you think.

Dr. Schneider's book guides us through his no-nonsense **Six Habits of Health**, all easy to do and sustain, relatively inexpensive, and without side effects: **Good Nutrition; Healthy Water; Quality Sleep; Regular Exercise; Stress Management; Clean Air**. There is an entire, well-annotated chapter dedicated to each of these topics, with a final section, "The Wellness Continuum," to pull it all together. And at the conclusion, he maps out his seminal **Wellness Evolution**, the detailed changes which must occur to resolve our healthcare debacle.

Myles Schneider grew up in the Bronx, New York, graduated from New York University in 1965 with a B.A. and received his Doctor of Podiatric Medicine (DPM) degree from the Ohio College of Podiatric Medicine in Cleveland in 1969. He did his training in foot surgery at the Kern Hospital for Special Surgery in Detroit and is a Diplomate of the American Board of Podiatric Orthopedics and Primary Podiatric Medicine. He has co-authored a number of popular books, including *The Family Foot Care Book* and *The Athlete's Health Care Book: From the Hip Down*. In addition to his advocacy for healthcare reform, his special interests are podiatric sports medicine and biomechanics. He currently resides in Reston, Virginia.

**[www.MylesOfHealth.com](http://www.MylesOfHealth.com)**

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