



The Body Clock Guide to Better Health: How to Use Your Body's Natural Clock to Fight Illness and Achieve Maximum Health

By Michael Smolensky, PhD, and Lynne Lamberg. 428 pp. Henry Holt & Company, Inc, 115 W. 18th St, New York, NY 10011, 2000. \$26.

Chronobiology is the study of time-related changes in the biology of life. All of life has certain patterns and mechanisms that are governed by the organism's internal clock. Although the internal clock is in sync with environmental cues—for example, people work during the day and sleep at night—a variety of other physiologic phenomena are altered according to an organism's cyclic change.

Dr Smolensky and Ms Lamberg capture everything one needs to know about chronobiology and chronomedicine, that is, diagnosis and treatment based on human body time. Most physicians know very little about this rapidly evolving science and its tremendous influence on our lives. The authors—a veteran chronobiologist and a veteran medical journalist—place a wealth of information at the reader's fingertips. Each chapter has importance in our own and in the lives of our patients.

The book carefully presents the rationale for this science. The authors discuss chronobiology from infancy through adulthood. Time to eat, time for sex, time for work, and even a time to heal are discussed. Most important, for

physicians, there is a huge section on wellness, health, and illness as they relate to chronobiology—numerous diseases have strong chronobiological influence, such as arthritis, asthma, cancer, diabetes, epilepsy, headache, circulatory problems, and mood swings. The topic of jet lag is also included, useful to us all.

The wealth of medical information included will be of particular interest to osteopathic physicians because we are keenly aware of the interactions and interrelationships of the human body with its environment.

This book truly lives up to its title. It explores the body as a clock and helps us understand not only how to accomplish health, but how to preserve it.

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