

Book Reviews

We Don't Die, We Kill Ourselves: Our Foods Are Killing Us!

by Roger L. De Haan

Huntsville, AL: Milestones Pub., 2006
Paperback, 320 pages.

When I was a boy, if you'd asked me what I wanted to be when I grew up, I'd instantly answer, "A veterinarian." After I'd visited and talked with a local vet one Saturday morning, I changed my mind. Drug medicine for animals held no more appeal for me then than it does when used on humans now. And, I believe, it is no more effective.

We Don't Die, We Kill Ourselves is written by an experienced, holistic DVM. But this very readable, non-technical guide to health, is written for people, not pets. This is particularly evident in the book's gentle but strong evangelical character. The author, a former agricultural missionary to South America, sets his thesis out for all to see on the first page of his preface: "Unconditional and unwavering love is the only hope for bringing total health and healing to every level of the spirit, filtering into the soul, and finally transforming the body." Then Dr. De Haan talks about salvaging rice bran, sweet potato vines, and yucca shoots to use as a nutritional supplement for pigs. I like that kind of variety in a book. He also gives good solid advice for people: eat whole foods, and no junk food. He discusses gluten-free eating, avoiding cow's milk, and beating food addiction. Recommended foods are categorized into 16 groups, and the diet emphasizes vegetables, fruits, seeds, legumes, and sprouts. Most grains, fried foods, and desserts are to be avoided. But meals are not overly restrictive: fish, eggs, some cultured dairy products and occasional meats (say, three times a week) are green-lighted. De Haan advocates small family farms and, for the rest of us,

recommends having a vegetable garden outside and growing your own wheatgrass indoors. Overall, it is a very sensible, very nourishing near-vegetarian diet. He also recommends daily nutritional supplementation, saying that supplements save the US 2.6 billion dollars annually, and even more importantly, keep 100,000 people out of the hospital each year.

One of the most interesting parts of the book is about home remedies. De Haan all too briefly discusses several practical uses of homeopathy, Bach flower remedies, aroma therapy, herbs, massage, and meditation. Did you know that overripe bananas are good for stopping diarrhea? This chapter should be greatly expanded, perhaps into another entire book. The book also contains a short suggested reading list and a brief reference section, but no index.

In my opinion, Dr. De Haan had done an admirable job of presenting a fine, faith-based health book. The book may be by a dedicated Christian, but it is written for all. I especially like the way the author's easy, conversational style walks you through your own healthier lifestyle change. Change is never easy, but consider the book's title well. Preferably before your next fast-food meal.

—Review by Andrew W. Saul