

## **The Mars & Venus Diet & Exercise Solution**

By: John Gray, Ph.D

Published by: St. Martins Press, 2003

Reviewed: February 2007

### **Pros**

The author, John Gray, PhD., is a recognized expert in the fields of communication, relationships and personal growth. The “dieting” approach to weight loss is discouraged. Instead, he emphasizes listening to your body and developing healthy relationships with food.

### **Cons**

Gray has attempted to fabricate a diet theory. The book is full of inaccuracies related to nutrition. It contains no current references to support the author’s claims to improve brain chemistry through a proposed “diet”. The information is unsound nutritionally and has not been substantiated by any known research. In fact, some advice is potentially dangerous. For example, Gray claims that water retention and frequent urination are symptoms of dehydration. This statement may lead people to discount these symptoms, which could be related to other serious health issues. Food allergies are wrongly explained as the body’s rejection of foods due to overeating the particular food. After reading the 300 + pages of this book, the actual foods to eat on this “diet” remain a mystery.

### **The Final Word**

We believe that Gray should stick to his area of expertise in relationship counseling. The book is not a recommended nutrition reference.