

## Foreword by Benjamin Shield, PhD

What can possibly be written about visceral organs that hasn't already been told? Well, dear reader, you are about to find out. As an author and teacher of visceral physiology, in reading Peter Levin's work, I'm almost without words. I have never seen nor imagined this complex subject approached with such playfulness and skill. The more I read, the more I couldn't wait to devour the next page... the next chapter... the entire book.

*You Are Your Organs* excites me. Weaving the whimsy and the profound, the philosophical and the physical, Dr. Levin creates freshness of thought, depth of information, and a large dose of creativity that help us understand this inner-world of our inner-world. Dr. Levin tours us through our community of organs that throughout our lives nourish and support our health, emotions, and movement.

These vital organs are often considered only when dysfunctional or diseased. Dr. Levin enlightens us to this community, giving each extraordinary organ its own personality and voice, and sharing how each heroically protects us and keep us alive. He shows us how each organ is individual in itself yet influences and is dependent on the entire family of organs.

There have been volumes of writing in this field that have been disappointingly derivative and simply a dull re-hashing of information. Dr. Levin has crafted a work that is fresh and new. With genius, wit, and artistry, he brings illumination to this important world that has often eluded understanding.

There are poets, there are storytellers, and there are scientists. It is rare that these extraordinary qualities are so skillfully intertwined. Dr. Levin makes complex descriptions and relationships enjoyable and easy to understand for both the professional and the novice. I congratulate Dr. Levin for this extraordinary work. *You Are Your Organs* will prove to be a classic.