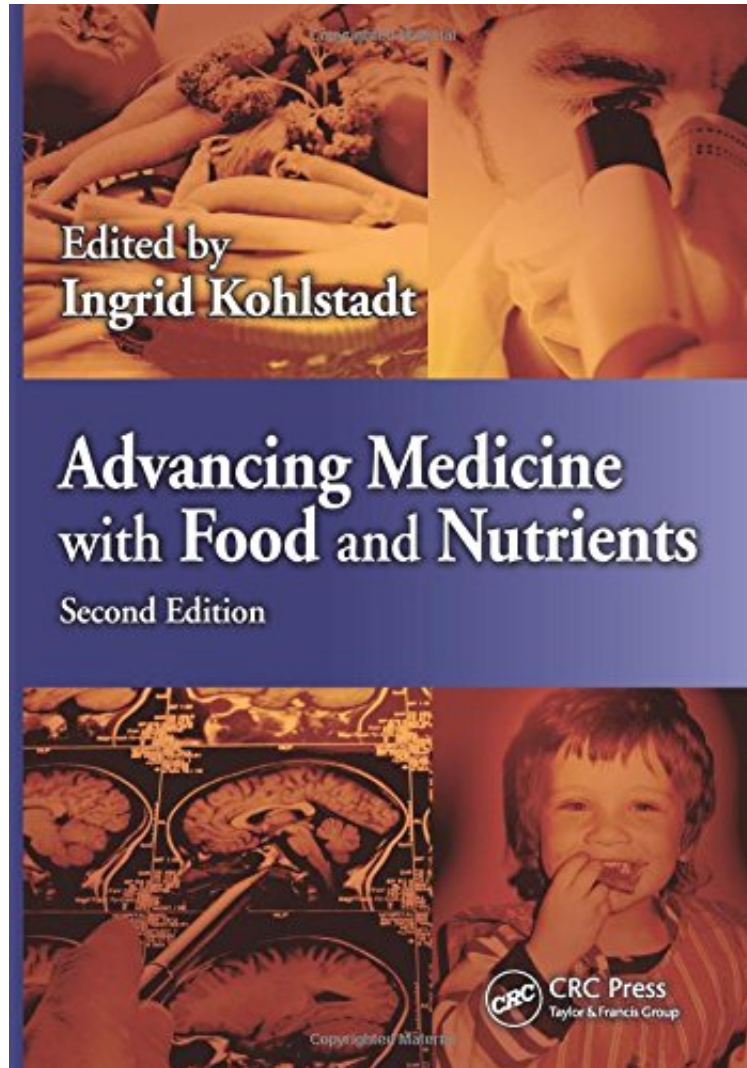


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From Brand: CRC Press : Advancing Medicine with Food and Nutrients, Second Edition before purchasing it in order to gauge whether or not it would be worth my time, and all praised Advancing Medicine with Food and Nutrients, Second Edition:

1 of 1 people found the following review helpful. This is a perfect book to learn the latest nutrition and food associated ...By yoshimi This is a perfect book to learn the latest nutrition and food associated with diseases. It takes a bit of foundational understanding of physiology and chemistry, but one by one, I find it very useful. Of course I have other sources to check details, but each chapter provides great insights about each disease and complexity. This is not exactly the conventional medicine or Bio medicine that I have grown up with - Of course you need to be critical in interpreting

what is right for you or your subject, as every body is unique. but it is interesting to learn the basic understanding of disease and associated food and helpful nutrition. It is a good place to consult. 6 of 6 people found the following review helpful. A must have reference book By R.S., MDI did not hesitate to order this book soon after it was published, expecting to find the most up to date information on the nutritional and nutraceutical approach to many of the common disorders encountered in a primary care and functional medicine office. I was not disappointed! The contributing authors are some of the leading functional and integrative medicine physicians and practitioners in the world. The editor, Ingrid Kohlstadt, M.D., has once again demonstrated her expertise in the assimilation and organization of an incredible amount of clinically useful information. This information is on the cutting edge of research based medical care and extremely helpful to those of us on the front lines of patient care. I highly recommend this book! 4 of 4 people found the following review helpful. This book is amazing. I am a dietitian and have never found ... By Lindsey Daniels This book is amazing. I am a dietitian and have never found such a helpful book. It spends enough time on the pathophysiology of various diseases/ conditions- but really focuses on therapeutic nutrition interventions that you can apply clinically. I love this book!

Food and nutrients are the original medicine and the shoulders on which modern medicine stands. But in recent decades, food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress. With contributions from highly regarded experts who work on the front-lines of disease management, the bestselling first edition *Food and Nutrients in Disease Management* (CRC Press 2009) effectively brought food back into the clinical arena, helping physicians put food and nutrients back on the prescription pad. Written by doctors for doctors, *Advancing Medicine with Food and Nutrients, Second Edition* reunites food and medicine. Buttressed with new evidence, leading physicians on the forefront of disease management apply the latest scientific advances to the clinical practice of medicine. Each chapter offers adjuncts to standard care, fewer side effects, improved risk reduction, or added quality of life. Guided by Dr. Kohlstadt, this authoritative reference equips clinicians with the information they need to fully utilize nutritional medicine in their practice. Board-certified in General Preventive Medicine, Ingrid Kohlstadt, MD, MPH has been elected a Fellow of the American College of Nutrition and a Fellow of the American College of Preventive Medicine (see About the Author). *Advancing Medicine with Food and Nutrients 2nd Edition*: Contains more than 40 disease-specific chapters providing information on the relationships between food, nutrients, and management of disease. Offers summaries that demonstrate clinical recommendations at the end of each chapter. This 2nd Edition includes additional new themes and topics: Periodontal disease, steatohepatitis, bariatric surgery, atopic dermatitis, kidney stones, toxic exposures such as molds, microbial infections, xenoestrogens, heavy metals, and inert nanoparticles. Examines food-drug interactions and the effects of medications on the body's nutrient needs. Food safety issues: precautions for patients with preexisting medical conditions, adequate labeling of food allergens such as gluten, potential adverse effects of artificial sweeteners, consequences of applying ionizing radiation to food, food-borne mycotoxins, critical food restrictions following bariatric surgery, precautions for preparing food in the home. Consumer advocacy issues on navigating claims of medical foods and dietary supplements. Physical forces on nutritional needs, such as ultraviolet light initiating vitamin D synthesis, non-ionizing radiation's effects on brain glucose metabolism and excess body fat's effects on inflammation and hydration. Preventive medicine and how to preserve resiliency at the individual and public health levels.

When we walk into a grocery store, we are really entering a pharmacy with precious nutrients and potentially dangerous toxins. The power of nutrition in enhancing our most innovative medical interventions as well as avoiding their need become readily apparent in this well organized, comprehensive work that is an essential textbook for healers around the world. The sacredness of food is often forgotten and leads to many of the chronic illnesses that ail modern society. This text reminds us of the strong scientific foundation for arguing that healing starts with our diet. Mehmet Oz, M.D., Professor and Vice-Chair of Surgery, New York Presbyterian/ Columbia Hospital. This book is an excellent in depth review of the evidence to support the role of nutrition in health promotion and disease prevention. This book should be read by all those who strive to improve the health of the people they serve. It should certainly be a well-read addition to the library of every health care provider who wants to use an evidence-based approach to treating and caring for their patients. Dr. Kohlstadt has pulled together a wonderful array of scientists and clinicians who have brought the science and practice of medicine into one compendium. Miriam Alexander, MD, MPH, Director, General Preventive Medicine Residency Program and Director, Mid-Atlantic Public Health Training Center, Johns Hopkins Bloomberg School of Public Health. *Advancing Medicine with Food and Nutrients* is a wealthy string of clinical pearls, this book maximizes the subtle and significant effects of food and nutritional supplements. It represents a unique collaborative, written by leaders in naturopathic and allopathic medicine. Current, with relevant research and practical details, it merits a place on any naturopathic physician's shelf or teaching library. This work should empower practitioners to better follow Hippocrates admonition to "Let food be thy medicine and medicine be thy food". Dr. Michael J. Cronin, ND, Naturopathic Physicians Group, President, American Assoc. of Naturopathic

Physicians, and Chair, Naturopathic Physicians Research Institute Dr. Kohlstadt has edited an up-to-date, comprehensive, massive yet easy-to-navigate guide for using nutrition to improve health; Well laid-out and very helpful treatment-oriented nutritional guidance. Will become a favorite go-to handbook for any practitioner wanting to use nutrition to improve others' health. The breadth and scope of this new book by Dr. Kohlstadt is truly immense. Down-home, real-life, scientific rationale for incorporating nutrition into practice. Comprehensive and massive enough to satisfy detail-oriented practitioners, but also edited to be a quick and handy guide for practices. Luke R. Bucci, PhD, CCN, CNS, Research Scientific Affairs Specialist, Schiff Nutrition International This is not just a second edition, this is volume II - filled with new chapters, topics, updates, authors. Together they provide valuable information and indispensable source of reference for medical practitioners and especially any busy Integrative Medicine Clinic like ours. The consistent and practice friendly format give the book a uniform, accessible feel, all to the credit of a strong editor, Dr. Kohlstadt. John C. Pan, M.D., Clinical Professor, Founder and Executive Director, Center for Integrative Medicine, The George Washington University Medical Center We live in a time a great transition. Millions more people are suffering from diseases associated with too few calories, protein, or vital nutrients each year, while even a greater number are still suffering from overnutrition. Evidence continues to mount that nutrition, along with exercise, other key lifestyle factors, and decisions regarding environmental exposure are fundamental to health, well-being, and compression of morbidity in association with medicine and genetics. This book, *Advancing Food and Nutrition*, is, perhaps, the most important compendium of articles by physicians and other health scientists describing the role of the intelligent use of food and nutrients in medicine. It lays a foundation for a knowledge base critical to the medical management of health and disease, not only as a supplement to other modalities of therapy, but in the case of literally millions of Americans, the scientific application of food and nutritional knowledge is primary to their health and disease conditions. Michael D. McDonald, Ph.D., President, Global Health Initiatives, Inc. *Food and Nutrients in Disease Management, Second Edition*, is an extraordinary evidence-based information source for the treatment and prevention of disease. Written for doctors by doctors, this book is essential to the library of any clinician who wants to optimize their patients' health. Erminia Guarneri, MD, FACC, Founder and Senior Consultant, Scripps Center for Integrative Medicine, La Jolla, CA Any health collection strong in professional nutrition references will find *Advancing Medicine with Food and Nutrients* a 'must have' addition to a collection. While this appears in a second edition, this is actually Volume II packed with new chapters, topics, extensive revamps and updates, and discussions applicable to clinical and consumer interests alike. Chapters cover everything from chronic inflammation and kidney stones to fibromyalgia and other conditions affected by diet choices. Scientific research, mathematical formulas, charts, diagrams, and chemistry discussions mark a survey packed with insights into prevention, repair, and how the medical profession is enhanced by nutritional research. The result is an extensive reference and discussion recommended for any professional's health library. California Bookwatch, November 2013 Praise for the First Edition: An interesting and practical addition to the regular medical textbooks. *Pediatric Endocrinology* s, Vol. 7, No. 4, June 2010 *Food and Nutrients in Disease Management* provides a wealth of information on the relationships between food, nutrients, and management of disease. All of the chapters are well referenced. The book is an up-to-date reference text that physicians, particularly family practice physicians, should have on their bookshelves. The text should be of interest to nutritionists, dieticians, pharmacists, and other health professionals. Judith A. Driskell, JAMA, Vol. 302 Fantastic! Every physician who treats patients should devour this book. Sherry A. Rogers, M.D., ABEM, FACA, FACN, ABFP *Food and Nutrients in Disease Management* is a text that is long overdue. Written by pioneering experts in the field of nutrition and health, this text pulls together in one convenient place material that has been difficult to find in mainstream medicine. Every physician in the world should read, refer to, and apply the information in these pages. Christiane Northrup, M.D. Ingrid Kohlstadt, M.D., is prominent among the 22,000 physicians and scientists of the American Academy of Anti-Aging Medicine, who see the potential for dramatic improvements in both health span and lifespan, and her new book gives the prescription and clear roadmap to maximum longevity. Ronald Klatz, M.D., D.O., President, American Academy of Anti-Aging Medicine Dr. Kohlstadt has established a benchmark of nutrition and nutrient effects on health and disease that meets the educational needs of a growing group of doctors, who are poised to use the best foods and nutrients available to promote health and treat disease. Patrick J. Hanaway, M.D., Chief Medical Officer, Genova Diagnostics, President, American Board of Integrative Holistic Medicine; Many of the bright lights of nutritional medicine have had a hand in crafting this practical, well-done text. As an educator in an integrative medicine academic practice, I would have this text available and required reading for all of the students, residents, and fellows that rotate through our program. The recommendations for use of nutrition and nutritional supplements during healthcare are made with the latest evidence at hand, coupled with great clinical insight. Jeanne A. Drisko, M.D., Riordan Professor of Orthomolecular Medicine, The University of Kansas Medical Center; Dr. Ingrid Kohlstadt has skillfully edited the contributions of 64 distinguished contributors to create a comprehensive resource on the importance of good nutrition in the promotion of health and in healing disease. The industrialization of agriculture and the tremendous growth of processed foods threaten the availability of a diverse, nutrient-rich diet. This book will inform clinicians to provide scientific advice to their patients and help them to improve. Robert S. Lawrence, M.D.,

Director, Center for a Livable Future, Johns Hopkins Bloomberg School of Public Health There are some books that have classic written all over them, destined to take up a permanent position within armsquo;s reach in the library of every writer, researcher, and clinician concerned with holistic health . . . Food and Nutrients in Disease Management is such a book . . . Virtually every chapter in this brilliant volume can serve as a basic reference article on the disease being discussed, as well as providing a treasure trove of research summaries of the relevant effects of various foods, dietary strategies, and nutritional supplements. Highly recommended.Jonny Bowden, Ph.D., Townsend Letter, June 2009If you are looking for the research evidence behind the use of food and nutrients to improve outcomes for major disease states, or to deepen your understanding of the biochemistry thereof, then this is it. And Food and Nutrients in Disease Management is masterful at that task. hellip; I think this textbook will have a major impact on the way allopathic medicine looks at food and nutrients in clinical care, and it is desperately needed.American Nutrition AssociationFrom the AuthorTop 10 reasons to buy this book:Anchor your consulting practice in the latest scienceShow your patients how nutrition is important for their healthPersonalize your recommendationsUse it as a course textbookHealth care professionals in training can access 70 experts Give it to your doctor:nbsp; Tell them you think nutrition is importantUse it as a second opinion, and third, fourth, and fifthnbsp; Gift this to friends and change their healthChange public policy around nutrition with this authoritative workBecome better informed about potentially questionable or misleading claims from food and nutrition companiesAbout the AuthorIngrid Kohlstadt MD, MPH is a graduate of Johns Hopkins School of Medicine, Class of 1993, and is Faculty Johns Hopkins Bloomberg School of Public Health. She earned her bachelor's degree in biochemistry at the University of Maryland and as a Rotary Club International Scholar at Universitauml;t Tuuml;bingen, Germany in 1989.Board-certified in General Preventive Medicine and with a graduate degree in epidemiology, Dr. Kohlstadt became convinced that nutrition is powerful and underutilized in preventing disease. She therefore focused her career on nutrition through fellowships at Johns Hopkins and The Centers for Disease Control and Prevention, as well as bariatric physician with the Johns Hopkins Weight Management Center, the Indian Health Service, and the Florida Orthopedic Institute. She has been elected a Fellow of the American College of Nutrition, and a Fellow of the American College of Preventive Medicine.Dr. Kohlstadt maintains that clinical advances emerge at the interface between research and regulation, where she has worked as an inaugural U.S. Food and Drug Administration Commissioner's Fellow, a local health officer, a congressional intern and a consulting physician with the United States Department of Agriculture.Having practiced medicine on every continent including as station doctor in Antarctica, she is convinced that nutrition is much broader than health. "It is an expression of our inter-connectedness with the earth and future generations, with each other and those who have gone before us." -Ingrid Kohlstadt MD, MPH