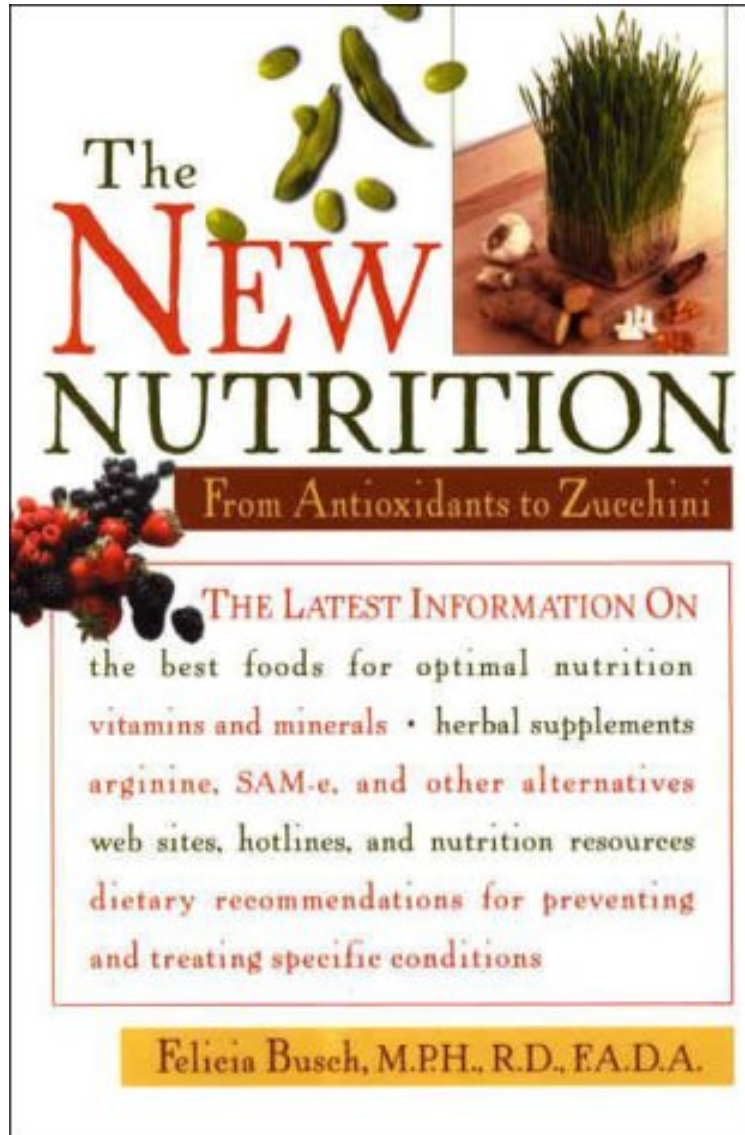


# The New Nutrition: From Antioxidants to Zucchini

*Felicia Busch*

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**Felicia Busch : The New Nutrition: From Antioxidants to Zucchini** before purchasing it in order to gage whether or not it would be worth my time, and all praised The New Nutrition: From Antioxidants to Zucchini:

5 of 5 people found the following review helpful. Great up-to-date nutrition information - fun to read!By A CustomerThis book really does cover everything about nutrition from A - Z. I especially liked the web links where I could find more information on topics. There were rate-yourself quizzes, easy nutrition tips, and background on scientific studies. This book should be on your shelf and in your kitchen if you're interested in eating right and getting

the most from foods and supplements.0 of 0 people found the following review helpful. Proper nutrition brings health to mind and bodyBy A CustomerIn *The New Nutrition*, Felicia covers all the topics necessary to understand the complicated field of nutrition. She examines modern research that shows that correct nutrition actively promotes a healthy body and mind. She explains how our choices of vitamins, minerals, supplements and herbs advance this health and how pitfalls in the way we use them cause us to waste money and in some cases lead us to harm the health we so desire. To help us in these choices, she evaluates nutritional products and the companies that sell these products to us.My favorite chapter is entitled *Eating to Heal*. In this chapter Felicia sums up the nutritional research on illnesses that, in one form or another, trouble all of us now or will trouble us in the future. She tells readers how proper nutrition and choice of vitamins, herbs and supplements can help relieve Alzheimer's Disease, arthritis, asthma, attention deficit hyperactivity disorder, diabetes, epilepsy, fibromyalgia, heart disease and many other diseases that commonly afflict us. This chapter also discusses the patient symptoms I treat every day: food allergies, sensitivities, and intolerances. Her advice in this chapter alone is worth far more than the price of the book.Not only does Felicia Busch write clearly and to the point, she also writes with great authority. She is one of America's foremost dieticians and an acknowledged expert in nutrition. She has written numerous articles in major specialty and consumer publications and appeared in over 1000 TV, radio and print interviews. I learned this when I searched for an expert to help readers follow the allergy elimination diet I use in my allergy practice and describe in *Food Allergies: The Complete Guide to Understanding and Relieving Your Food Allergies*. Her expertise contributes significantly to my book and is readily apparent in her book, *The New Nutrition*.Modern nutrition is so complicated and the benefits so positive that people, to gain the health that they deserve, must understand the foods and preparations available to them. No medical care provider can substitute for well-informed people caring for themselves. As they attempt to gain this knowledge, *The New Nutrition* should be on their bookshelf and its knowledge in their minds. Its reader-friendly words are useful today and will be useful for years to come. My nurses and I find it a valuable resource that we use daily, the reader will find it similarly helpful.3 of 3 people found the following review helpful. *The New Nutrition* pulls it all together!By A CustomerI've read many books on health and nutrition, but this one covers all the bases. It makes the information interesting and applicable. One of the best features is that it includes websites and phone numbers to gather more information on the topics if you so choose. This book is perfect for those new to health or those who have been studying it for years. Finally a health and wellness book that is entertaining and reliable!

Confused by today's many nutritional choices? Mystified by the vast world of vitamins and supplements? Having trouble separating truth from myth in nutritional claims? Now you can cut through false and confusing information with one of the most comprehensive, exciting, and reputable sources of nutrition information available today. *The New Nutrition: From Antioxidants to Zucchini* will help you combine the right foods, vitamins, and supplements to create the nutritional balance that's right for you. Noted nutrition expert Felicia Busch has painstakingly researched and detailed the latest developments in the world of nutrition, integrating the expertise of respected researchers, specialists, and nutrition scientists. *The New Nutrition* provides: A complete guide to essential whole foods and supplements, including vitamins, minerals, herbs, and alternative approaches A balanced discussion of the pros and cons of traditional and nontraditional diets such as Ayurveda, macrobiotics, vegan, and The Zone The latest information on nutritional therapies for a variety of conditions, including AIDS, Alzheimer's, cancer, migraines, PMS, and osteoporosis References to key studies, related web sites, hotline numbers, "nutrition actions," and other self-assessment tools to help you pursue good nutritional habits on your own Herbal supplements arginine, SAM-e, and other alternatives web sites, hotlines, and nutrition resources dietary recommendations for preventing and treating specific conditions Small changes in your diet can add up to huge health benefits. If you can't tell your A from your B12, or even if you are well versed in nutrition and alternative medicine, *The New Nutrition* will supply much more than the recommended daily allowance of dietary information, allowing you to eat better and feel better. In *The New Nutrition* you'll learn how to: Use vitamins, minerals, alternative supplements, and herbal products properly Master the art of being a better nutrition consumer Spot quacks and false claims Separate "junk science" from real science Decipher labeling lingo, such as "reduced," "low," and "free" Find out which common food additives can affect your health

From Library JournalWhy write another healthy-diet book when there are already so many? Registered dietician Busch aims to "cut through the clutter and share the most exciting and reputable nutrition information today." Her method for achieving this goal is to rush headlong down as many nutritional avenues as possible without pausing for deliberation. It's as though she had consulted a potpourri of books, web sites, and toll-free hotlines, made brief notes on index cards, and then arranged them into ten assorted chapters. She has a tendency to make subjective judgmentsAe.g., biotech plants are good; high-protein diets are badAand to contradict herself at times. For example, in the herbal chapter she claims that the nutritional supplement ginkgo biloba has no known side effects, but in the section on macular degeneration she warns that it may cause brain hemorrhage. With many outstanding diet books available, such as Elson Haas's *Staying Healthy with Nutrition* (LJ 5/1/92), libraries can pass.AIlse Heidmann, San

Marcos, TX Copyright 2000 Reed Business Information, Inc. "...a gold mine of nutritional nuggets, with Web links cited for nearly every topic." -- Star Tribune Newspaper, September 14, 2000

From the Back Cover

Confused by today's many nutritional choices? Mystified by the vast world of vitamins and supplements? Having trouble separating truth from myth in nutritional claims? Now you can cut through false and confusing information with one of the most comprehensive, exciting, and reputable sources of nutrition information available today. *The New Nutrition: From Antioxidants to Zucchini* will help you combine the right foods, vitamins, and supplements to create the nutritional balance that's right for you. Noted nutrition expert Felicia Busch has painstakingly researched and detailed the latest developments in the world of nutrition, integrating the expertise of respected researchers, specialists, and nutrition scientists. *The New Nutrition* provides:

- \*A complete guide to essential whole foods and supplements, including vitamins, minerals, herbs, and alternative approaches
- \*A balanced discussion of the pros and cons of traditional and nontraditional diets such as Ayurveda, macrobiotics, vegan, and The Zone
- \*The latest information on nutritional therapies for a variety of conditions, including AIDS, Alzheimer's, cancer, migraines, PMS, and osteoporosis
- \*References to key studies, related web sites, hotline numbers, "nutrition actions," and other self-assessment tools to help you pursue good nutritional habits on your own
- \*Herbal supplements arginine, SAM-e, and other alternatives
- web sites, hotlines, and nutrition resources
- dietary recommendations for preventing and treating specific conditions

Small changes in your diet can add up to huge health benefits. If you can't tell your A from your B12, or even if you are well versed in nutrition and alternative medicine, *The New Nutrition* will supply much more than the recommended daily allowance of dietary information, allowing you to eat better and feel better. In *The New Nutrition* you'll learn how to:

- \*Use vitamins, minerals, alternative supplements, and herbal products properly
- \*Master the art of being a better nutrition consumer
- \*Spot quacks and false claims
- \*Separate "junk science" from real science
- \*Decipher labeling lingo, such as "reduced," "low," and "free"
- \*Find out which common food additives can affect your health