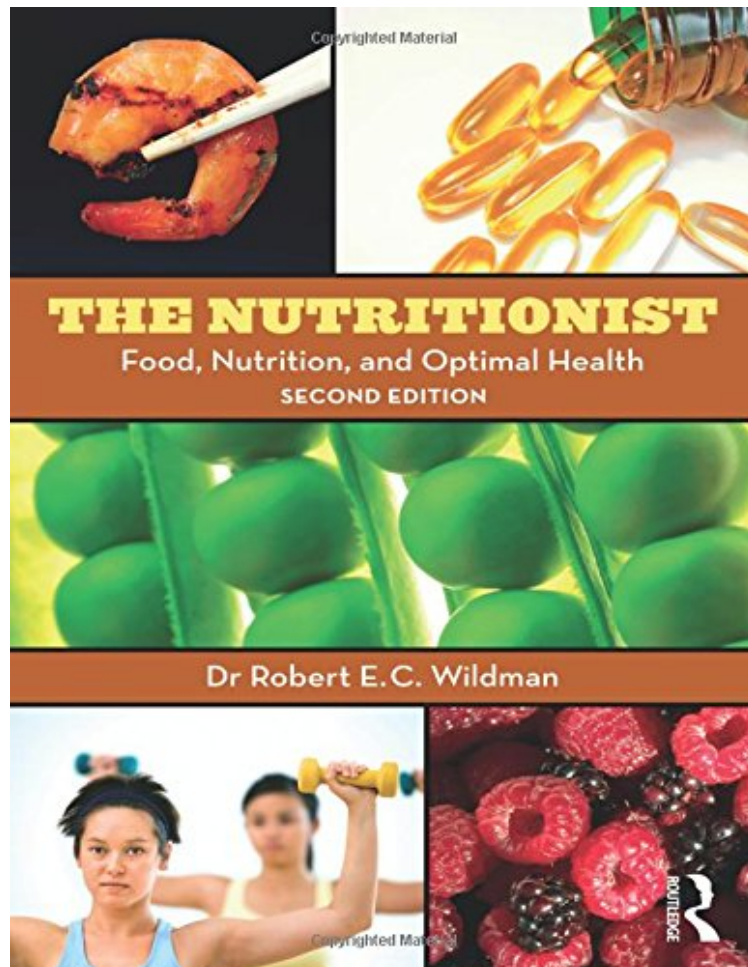


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The Nutritionist: Food, Nutrition, and Optimal Health, 2nd Edition

Robert E.C. Wildman

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Robert E.C. Wildman : The Nutritionist: Food, Nutrition, and Optimal Health, 2nd Edition before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Nutritionist: Food, Nutrition, and Optimal Health, 2nd Edition:

5 of 5 people found the following review helpful. This book is THE BOOK TO OWN if you have questions about Nutrition, your body and how nutrition and supplements work in relation. By Kindle Customer I discovered the first edition of this book approximately 10 years ago. It was thorough and comprehensive in its subject matter and explanations of our bodies' workings. Although written by a Ph.D., the book is perfect for the layperson looking to inform one's self as to the science of Nutrition, food, digestion, bodily functionality, etc. When I first read it, I finished it thinking I had just taken a very inexpensive college course with a first-rate professor as my instructor. I have purchased update additions since then and have found it to easily be the most comprehensive book in the market and in regard to its subject matter. I have since discovered a number of other books written by Dr. Robert Wildman. He has

very impressive credentials with a strong research background and is a known expert in the field of Nutrition and Sport Nutrition. I have purchased most of his other books and have found even the ones that are obviously geared toward classroom instruction readable and extremely informative. I almost feel I have a Ph.D. myself - I wish! As a side note: I have come across several videos of Dr. Wildman on YouTube and BodyBuilding.com. He is very knowledgeable and provides helpful and up to date information. You may want to check those out. 1 of 1 people found the following review helpful. Excellent source of information and reference of conventional Nutrition

By American Citizen As a book with a purpose of detailing the underlying mechanism of health and nutrition, this is an excellent source of information for a professional or non-professional in the healthcare field. I was a bit disappointed though in the chapter that pertained to weight loss and recommendations for an effective weight loss program. For example, there has been much said about foods that promote the body's metabolism. I only saw hot peppers as a food mentioned in "The Nutritionist" that might provide an inducement to the body's metabolism. This was the only chapter that could not be viewed before purchase, so made this chapter mysterious and bait for purchase if the reader wanted to read what a truly certified Nutritionist had to say, who had credentials far exceeding those by nearly all diet book authors. The book overall provides details in biochemistry and metabolism that are a good reference for understanding the function of the GI tract and the purpose and metabolism of essential nutrients. 0 of 0 people found the following review helpful. Decent overview

By Mika Jurgen Decent overview of nutrition - an update or more recent research would be helpful as everything changes daily in this field.

Now in an updated and expanded new edition, *The Nutritionist: Food, Nutrition, and Optimal Health, 2nd Edition*, provides readers with vital information about how to simply but radically improve their daily lives with the science of nutrition, balance their diets to achieve more energy, and improve health and longevity. Complete with many informative and easy-to-read tables and charts, *The Nutritionist: Food, Nutrition, and Optimal Health, 2nd Edition*, utilizes the findings of the latest biological and medical studies to give experts and non-experts alike a comprehensive account of the needs of our bodies and the ways that healthy eating can improve performance in day-to-day activities. Author Dr. Robert Wildman, renowned nutrition expert, debunks myths about carbohydrates, fat, and cholesterol, elucidates the role of water in nutrition, and clearly explains the facts of human anatomy and physiognomy, the process of digestion, and vitamin supplements. Complete with a practical and comprehensive guide to the nutrition information printed on the packaging of most food items, *The Nutritionist: Food, Nutrition, and Optimal Health, 2nd Edition* is a necessary and extremely useful nutrition resource for anyone interested in the science and practical benefits of good nutrition.

About the Author Dr. Robert E.C. Wildman is a graduate of the University of Pittsburgh, The Florida State University, and The Ohio State University, and is currently on the faculty at Kansas State University. Dr. Wildman is also the author of *Sport Fitness Nutrition* (2002) and editor of *The Handbook of Nutraceuticals and Functional Foods* (Taylor Francis, second edition, 2007).