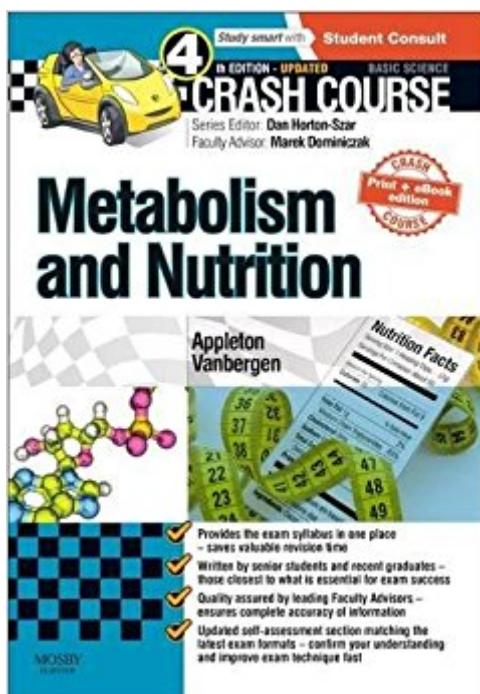


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# Crash Course: Metabolism And Nutrition: Updated Print + EBook Edition, 4e



## Synopsis

The (printed) **Updated Edition** now comes with added value access to the complete, downloadable eBook version via Student Consult. Search, read and revise whilst on the move and use the interactive self-assessment to test your understanding. **Crash Course** - a more flexible, practical learning package than ever before. Crash Course **PLUS** the perfect antidote for exam stress! Save time and be assured you have all the information you need in one place to excel on your course and achieve exam success. A winning formula now for over 15 years, each series volume has been fine tuned and fully updated, with an improved layout tailored to make your life easier. Especially written by senior medical students or recent graduates **those who have just been in the exam situation** with all information thoroughly checked and quality assured by expert faculty advisers, the result are books which exactly meet your needs and you know you can trust. This volume explains the essential concepts of human metabolism and nutrition in a memorable, easy-to-understand format. Complex information is provided succinctly and is accompanied by a full artwork programme making an often challenging subject very accessible. A full discussion of metabolic diseases then adds relevance to the underlying concepts while clinical assessment and examination, common skills and further investigations complete the picture. A fully revised self-assessment section matching the latest exam formats is also included to check your understanding and aid exam preparation. Provides the exam syllabus in one place! Written by senior medical students or junior doctors **authors who really understand today's exam situation!** Senior Faculty Advisors ensure complete accuracy of the text! Full artwork programme, improved **Hints and Tips** boxes, and **Clinical Application** boxes help you remember the key points! Self-Assessment section **fully updated to reflect new curriculum requirements** helps you maximise your grade! Solid, accurate, user-friendly coverage provides enough detail even for those aiming at distinction! Self-assessment section fully updated to reflect current exam requirements Contains **common exam pitfalls** as advised by faculty Crash Courses also available electronically! Online self-assessment bank also available - content edited by Dan Horton-Szar! The (printed) **Updated Edition** now comes with added value access to the complete, downloadable eBook version via Student Consult. Search, read and revise whilst on the move and use the interactive self-assessment to test your understanding. **Crash Course** - a more flexible, practical learning package than ever before. Now celebrating over 10 years of success - Crash Course has been specially devised to help you get through your exams with ease.

Completely revised throughout, the new edition of Crash Course is perfectly tailored to meet your needs by providing everything you need to know in one place. Clearly presented in a tried and trusted, easy-to-use, format, each book in the series gives complete coverage of the subject in a no-nonsense, user-friendly fashion. Commencing with 'Learning Objectives', each chapter guides you succinctly through the topic, giving full coverage of the curriculum whilst avoiding unnecessary and often confusing detail. Each chapter is also supported by a full artwork programme, and features the ever popular 'Hints and Tips' boxes as well as other useful aide-mémoires. All volumes contain an up-to-date self-assessment section which allows you to test your knowledge and hone your exam skills. Authored by students or junior doctors - working under close faculty supervision - each volume has been prepared by someone who has recently been in the exam situation and so relates closely to your needs. So whether you need to get out of a fix or aim for distinction Crash Course is for you!!

## **Book Information**

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## **Customer Reviews**

As with previously reviewed 'Crash course' books, these texts are written for students by students, as such the understanding of the subject matter is made much easier due to the author considering your current knowledge is null and void! What I enjoy the most about these books is how everything is broken down, right back to basics, to understand for example, 'HOW' ATP is generated, and although when flicking through the book you may be tempted to put it right back on the shelf when

you see some of the diagrams of certain synthesis productions and their subsequent stages, the supporting text does take you through each stage step by step. The chapters on vitamins and minerals I believe would be of benefit for student nurses due to further understanding chemical implications and the chapter on metabolic disease is excellent detailing why they occur, complications and symptoms. Kate Philp, Nursing Student, UK

Great quick reference. Everyone should own and read this book. Time for our society to get educated about nutrition.... put the big pharmafood producers ON NOTICE!!!

This is THE most amazing book to teach you about metabolism and nutrition! It takes a complicated subject and breaks it down into tiny bites, in simple language, making the concepts easy to follow and absorb. Plus the authors tell you facts that other authors either don't tell you at all or present in ways that are often confusing and misleading to students. Extraneous and unnecessary details are left out, and even the graphs and the accompanying texts are great. Learning about Metabolism, nutrition and even the physiopathologic bases of disease becomes almost fun!

Amazing book to study the bases of nutrition on an easy, quick and nice way. Totally recommend it. It takes you through disease and the physiopathologic base of each.

Metabolism & Nutrition (Crash Course) supplies up-to-date info about the subject in a succinct fashion. We, at the lab, were very satisfied with the outcome of this purchase.

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