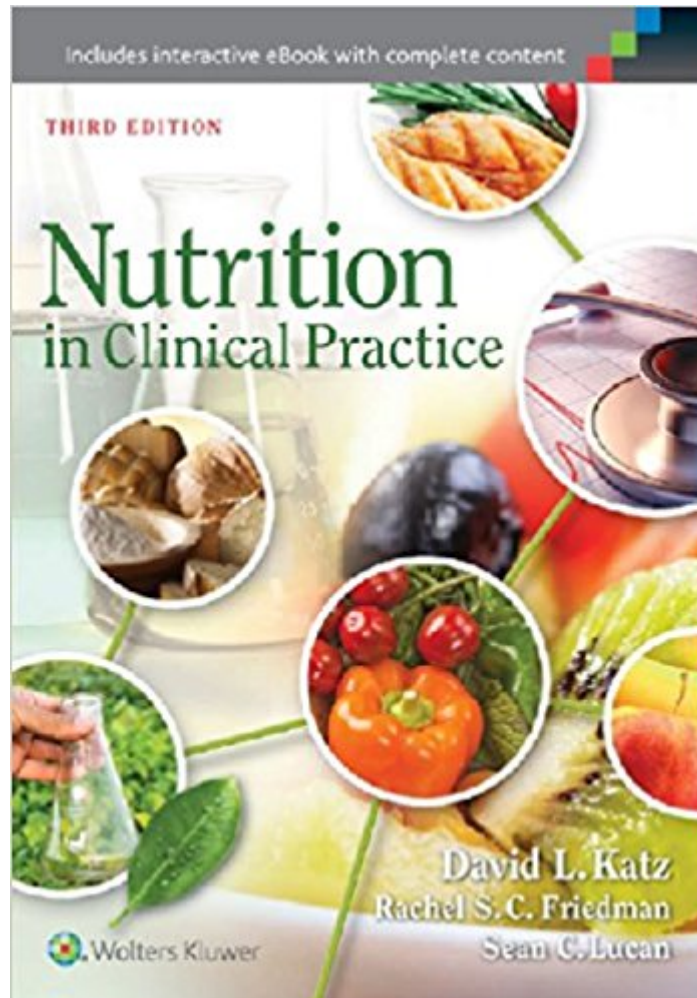




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Nutrition In Clinical Practice



Synopsis

In nearly every level of treatment and counseling, care providers must take into account the effects of their patients' diets. *Nutrition in Clinical Practice* is written to guide health professionals in providing well-informed, compassionate, and effective dietary and weight-management counseling. This fully updated 3rd edition is edited by a leading authority in nutrition and preventive medicine. Practical and evidence-based, chapters address the effects of diet on health and a comprehensive array of illnesses, making it a vital and timely addition to any caregiver's library.

Features:

- NEW** data from hundreds of recent studies
- NEW** section: Contemporary Topics in Nutrition
- Easy-reference format includes short chapters, links to current online articles
- Contributors representing diverse expertise and practical experience with medical education, nutrition in clinical practice, and preventive medicine
- Enhanced coverage of controversial topics, such as, the effects of sugar; health effects of obesity and the *obesity paradox*; health effects of gluten and grains; nutritional therapy
- Appendices includes ancillary materials such as clinically relevant formulas, nutrition data tables, and patient specific meal planners, all fully updated

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This book is well researched and presented. It is highly technical and appropriate for medical professionals. Integration of content into my psychiatric practice has been a goal in reviewing this book.

Excellent resource book for clinicians. No hype just facts.

Good

Great resource

excellant book for the clinician

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