



NEW!

Are food and nutrients on your prescription pad?

Food and Nutrients in Disease Management

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Medicine with a Knife and Fork

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 frontlines of disease management, **Food and Nutrients in Disease Management** effectively brings food back into the clinical arena and helps physicians put food and nutrients back on the prescription pad.

Under the editorial guidance of Dr. Ingrid Kohlstadt, physician nutrition specialist, this authoritative reference equips clinicians with the information they need to fully utilize nutritional medicine by enabling them to adjust medication dosage with diet, diagnose and correct nutrient deficiencies, and counsel patients on food selection. An emerging recommendation may soon be, "Take 2 cups of kale, and call me in the morning."

"...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

Edited by **Ingrid Kohlstadt**

Johns Hopkins University,
Baltimore, Maryland, USA

"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.

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Features

- Explains how food and nutrients that are used incorrectly worsen disease outcomes
- Contains more than 40 disease-specific chapters, written by doctors
- Emphasizes laboratory tests, drug-nutrient interactions, food-drug interactions, and clinical toxicology
- Details quality and dosing of supplemental nutrients
- Includes more than 100 tables, figures, and summaries for speedy clinical reference
- Presents cutting-edge scientific evidence for prescribing whole foods, dietary patterns, and supplemental nutrients



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