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.

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- NEW data from hundreds of recent studies
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- 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

Publication Year: 2014
Edition: 3rd Ed.
Author/Editor: Katz, David L.; Friedman, Rachel S.C.; Lucan, Sean C.
Publisher: Lippincott Williams & Wilkins (LWW)
Platform: OvidMD, Ovid
Product Type: Book
Speciality: Advanced Practice, Internal Medicine, Nurse Practitioner, Nutrition & Dietetics, Physician Assistant, Primary Care/Family Medicine/General Practice
Language: English
Pages: 760
Illustrations: 0
Included In: Hospital Medical Reference Essentials, Lippincott Williams & Wilkins Doody's Core Collection 2017, Lippincott Williams & Wilkins Doody's Essential Bridge Collection 2017, Lippincott Williams & Wilkins Doody's Essential Collection 2017, Lippincott Williams & Wilkins Nursing Books Bridge Collection 2016, Lippincott Williams & Wilkins Total Access Book Collection 2010 Onward, OvidMD Advantage Extended