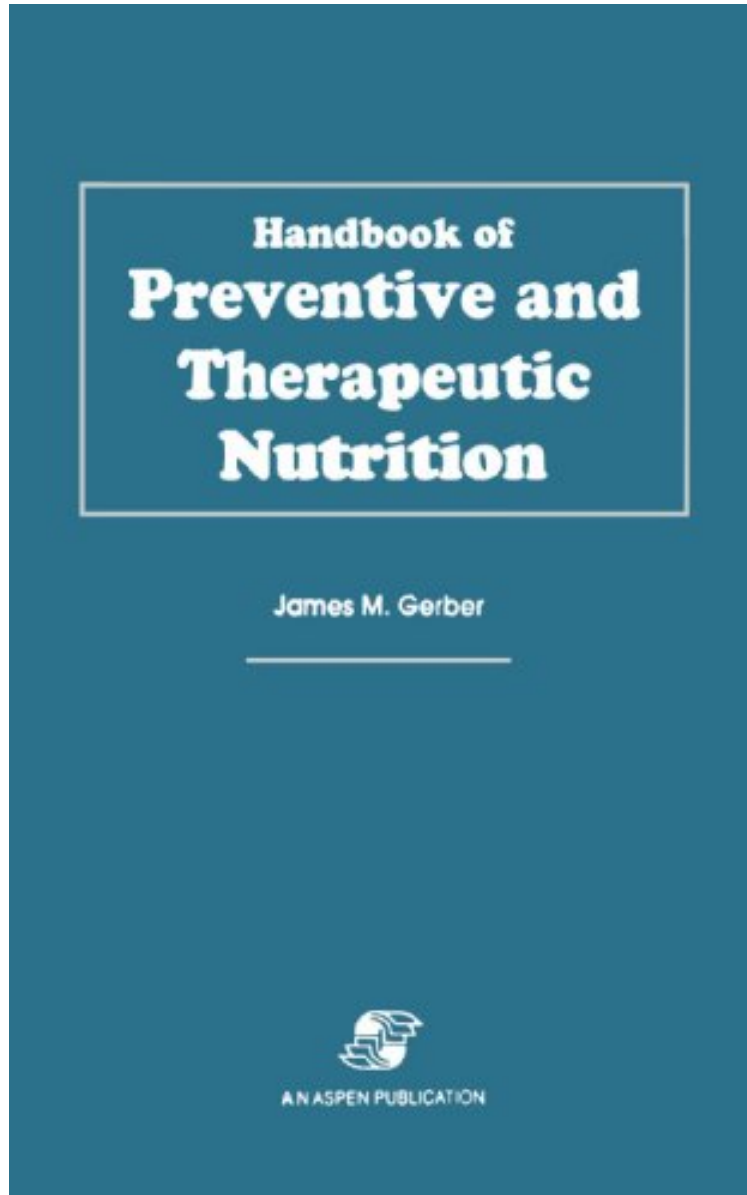


[FREE] Handbook of Preventive Therapeutic Nutrition

Handbook of Preventive Therapeutic Nutrition

James Gerber

*audiobook / *ebooks / Download PDF / ePub / DOC*



 Download

 Read Online

#3555679 in Books Aspen 1992-09-29 Original language: English PDF # 1 8.00 x 1.00 x 5.00l, 1.05 #File Name: 0834203189440 pages | File size: 60.Mb

James Gerber : Handbook of Preventive Therapeutic Nutrition before purchasing it in order to gage whether or not it would be worth my time, and all praised Handbook of Preventive Therapeutic Nutrition:

1 of 1 people found the following review helpful. Recommended ReadBy RONALD AMONThe forward by Jonathan Wright, MD, and the protocols are worth the price of the book. What Wright calls "the currently dominant form of

medical care" is said to pervert the science and knowledge of nutrition for "higher markup modalities" referring to drugs, surgery, ionizing radiation, and chemo. Wright regards these as radical means of last resort only if or after nutrient therapeutics (applied human biochemistry) fail. Combining principles of diagnosis with commonsense, the book's author, Dr. James Gerber, MD, divides the book into clinical protocols, clinical nutrition assessment, and clinical aspects of application, including macro and micronutrients. Disease prevention, therapeutic intervention and the "leading edge of nutrition science" are hallmarks of the book. The book is invaluable in its breakdown of disorders by incidence, signs symptoms, initial Lab workup, aetiology, assessment, and treatment. Where detoxification to remove accumulated metabolic waste is necessary, organ sites are enumerated, with specifics. Appendices for prostaglandin modification and free-radical prevention facilitate and complement dietary therapeutics, as pantothenate acid supplementation in rheumatoid arthritis. I welcome Dr. Gerber's synergistic consideration of 15,000 chemicals added to the US food supply, under Foodborne carcinogens, and note the sharp contrast in publications by Dr. Bruce Ames, and associates, who disregard medical precautions in favor of industry prerogative. Psychosomatic aspects of cancer (p19) provides a complete understanding of disease aetiology. Target populations also help to further render aetiology within a socioeconomic context as bladder cancer (lower class) and endometrial (upper class) delineate the who and why--among other considerations. Factors in melanoma include low Vitamin A, petrochemicals, and EXCESS sunlight. Otherwise, please remember sun is good for you and is contributory to overall good health. In GI complaints, there is a very good breakdown of substances presenting with upper GI symptoms such as sphincter inhibitors, gastric secretagogues, mucosal irritants (p47). Many gynecologic disorders are covered including nutrient therapies for abnormal PAP smears (cervical dysplasia), including Folic Acid, Vitamin A, Beta Carotene, Vitamin C, Vitamin E, and Selenium. PMS indicates the need for B6, Mg, and E therapy. Dr. Gerber correctly notes the relationship between alcohol and breast cancer but errs on notion of so-called "healthy benefits of moderate intake." (If you're looking for an excuse--it's in this book). "Moderate" does not exist. You either pay now or pay later as alcohol is a known carcinogen. That the handbook's 4 Parts each has its own Bibliography, contributes to this excellent reference. The section on sugar substitutes (p207) includes carcinogenicity, neurologic damage, and diarrhea properties. What else needs to be said? Also, most common vitamins are discussed as micronutrients, but no mention of Vitamin B17 also known as Laetrile or nitriloside. Is this specific antineoplastic vitamin too controversial? Other vitamins are discussed as cancer protocols, as in Beta Carotene and Retinol (Vitamin A). On Vitamin C (p285) there is a common misconception that Vitamin C does not prevent colds. Statements such as "not usually the frequency of these infections" may apply to the 500mg/d dose cited, but fails to give adequate import to the "or more" that is required for positive results in prevention. This is a good book with much useful information. I am disappointed that there is no mention of Lecithin and its efficacy in atherosclerotic plaque regression. Lecithin can be used as an option to surgical procedure in cardiovascular events and is therefore a safer and less costly corrective modality. 0 of 0 people found the following review helpful. Exactly what I needed for class! By Audrey Wrong Was exactly what I ordered and needed for a class! 3 of 3 people found the following review helpful. Practical, Highly Qualified Information By A Customer Although probably written for clinicians such as Chiropractic and Naturopathic Physicians, it is straightforward enough for most laypersons with an interest in non-pharmaceutical approaches for the prevention AND treatment of a large number of both chronic and acute conditions. I am a Chiropractic Physician with a strong interest in "Natural Medicine", rarely does a day go by when I do not at least glance at some reference in Dr. Gerber's book. Whenever I leave it in my exam room, my patients will invariably be found with their noses buried in it when I walk in to greet them. The public is literally 'dying' for this information (or lack thereof)! Although the wonderful forward by Jonathan V. Wright, MD seems to toll the demise of conventional American medicine, with its high-tech/low-touch approach, Dr. Gerber's own forward better sets a more sober and cautionary tone. The handbook itself is a compact and well-bound and very comfortable to thumb through.:-)

This is a pocket guide to nutrition therapy for chiropractors. It provides the information needed to integrate nutrition therapy into health care practice. This reference provides clinical protocols for using nutrition in prevention and management, and quick information on vitamins and minerals. It also has methods for clinical assessment, patient and diet histories, and more.