



Preventive Nutrition: the Comprehensive Guide for Health Professionals (Nutrition and Health)

Richard J. Deckelbaum

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Leading medical authorities and clinicians comprehensively review and critically assess the newest nutritional approaches to preventing or delaying disease processes to create the single most comprehensive resource for health professionals seeking to improve individual health outcomes through nutrition. Along the way these distinguished scientists develop specific nutrient recommendations and illuminate not only the relationship between diet on the one hand and cancer, cardiovascular disease, and diabetes on the other, but also the dietary prevention of cataracts, osteoporosis, and immune dysfunction. In addition, they examine the exciting current research linking nutritional status with the prevention of birth defects, as well as with the optimization of the health and intellectual capacity of children. Their pathbreaking reviews clearly spell out the public health implications of preventive nutrition strategies for the US and Europe, as well as emerging nations and developing countries worldwide.

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