



Nutrition in the Prevention and Treatment of Disease

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As we enter the 21st century, a new era of nutrition in the prevention and treatment of disease emerges. Clinical nutrition involves the integration of diet, genetics, environment, and behavior promoting health and well being throughout life. Expertly edited, Nutrition in the Prevention and Treatment of Disease provides overall perspective and current scientifically supported evidence through in-depth reviews, key citations, discussions, limitations, and interpretations of research findings.

This comprehensive reference integrates basic principles and concepts across disciplines and areas of research and practice, while detailing how to apply this knowledge in new creative ways. Nutrition in the Prevention and Treatment of Disease is an essential part of the tool chest for clinical nutritionists, physicians, nurse practitioners, and dieticians in this new era of practice. This book prepares the clinical nutrition investigator or practitioner for a life-long commitment to learning.

CONTAINS INFORMATION ON:

- * Diet assessment methodologies
- * Strategies for diet modification
- * Clinical status of herbals, botanicals, and modified food products
- * Preventing common diseases such as cardiovascular disease, diabetes, osteoporosis, and breast cancer through nutrition
- * The Importance of genetic factors
- * Understanding of cultural and socio-economic influences on eating and exercise behaviors and integrating that knowledge with biological or functional markers of disease

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