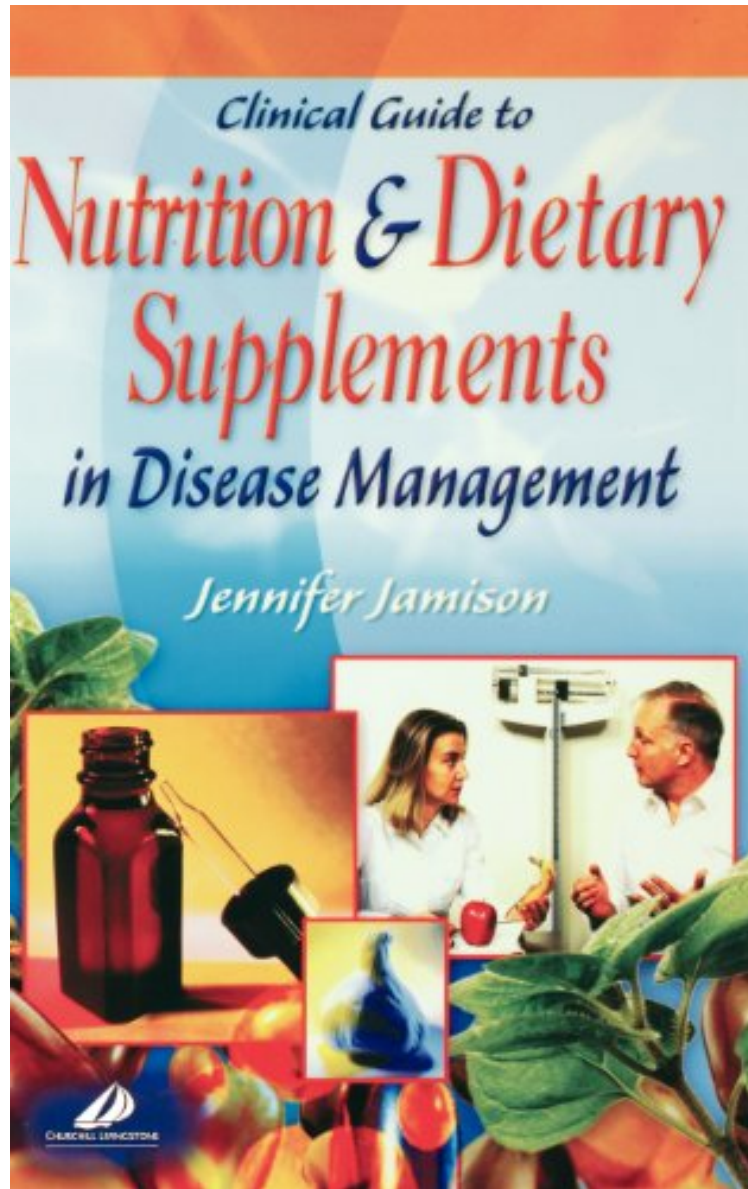


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Clinical Guide to Nutrition and Dietary Supplements in Disease Management, 1e

Jennifer R. Jamison MBBCh PhD EdD

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This is a text which provides a contemporary approach to the use of lifestyle, herbal and nutritional interventions in health care. While conventional health care has long classified many nutritional and herbal remedies as folklore, there is increasing scientific evidence to support a number of 'old wives tales'. This book demonstrates the biological plausibility of using supplements in clinical care and supports the scientific validity of such interventions by referring to clinical trials. It provides the health professional with therapeutic protocols that can be used to manage or support other treatment regimes in promoting health, preventing and treating disease. The book is divided into 3 parts. Part 1 considers the principles of nutritional intervention. Part 2 lists prevalent diseases and provides a therapeutic protocol for their management. Part 3 lists nutrients (and some frequently used herbs) and seeks to catalogue the indications, doses, interactions and side effects that require consideration when providing safe and effective clinical care. The text will provide readers with:

- A grasp of how natural measures can be incorporated into scientifically acceptable clinical practice
- An understanding of the biological plausibility underlying the use of certain natural interventions in disease
- An appreciation of the level of scientific validation supporting various natural interventions
- Enhanced understanding of guidelines for the safe use of nutrients
- Therapeutic protocols using lifestyle, nutritional and herbal intervention for the prevention and management of various conditions.
- Increased awareness of natural options that deserve trialing in particular clinical situations